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PREFACE

The works, some seventy in all, which in any of our manuscripts are assigned to Hippocrates, comprise what is called the "Hippocratic collection." During nearly three centuries there appeared many editions, of some or of all of these works, intended to instruct medical students or practitioners. The birth of modern medical science in the nineteenth century stopped finally this long series, but a few scholars still worked at the treatises from an historical standpoint. The literary merit, however, of the Hippocratic writings, at least of the majority, is not great, and it is only within the last few years that they have been subjected to the exact scholarship which has thrown such a flood of new light upon most of the classical authors. Even now very little has been done for text, dialect, grammar and style, although the realization of the value of the collection for the history of philosophy is rapidly improving matters. So for the present a translator must also be, in part, an editor. He has no scholarly tradition behind him upon which to build, but must lay his own foundations.

It will be many years before the task is finished, but in the meanwhile there is work for less ambitious students. My own endeavour has been to make as clear and accurate a translation as the condition of
the text permits, introducing as few novelties of my own as possible, and to add such comment as may bring out the permanent value of the various treatises. They are no longer useful as text-books, but all of us, whether medical or lay, may learn a lesson from the devotion to truth which marked the school of Cos, and from the blunders committed by theorizers who sought a short cut to knowledge without the labour of patient observation and careful experiment.

The present volume has been in preparation since 1910, and the actual writing has occupied all my leisure for the past three years. The time would have been longer, had it not been for the great kindness of Dr. E. T. Withington, whose name will probably appear on the title-page of one of the succeeding volumes.

My thanks are also due to the Rev. H. J. Chaytor for his helpful criticisms.

W. H. S. Jones.
GENERAL INTRODUCTION

§ 1. Greek Medicine and "Hippocrates."

We have learned to associate, almost by instinct, the science of medicine with bacteria, with chemistry, with clinical thermometers, disinfectants, and all the apparatus of careful nursing. All such associations, if we wish even dimly to appreciate the work of Hippocrates and of his predecessors, we must endeavour to break; we must unthink the greater part of those habits of thought which education has made second nature. The Greek knew that there were certain collections of morbid phenomena which he called diseases; that these diseases normally ran a certain course; that their origin was not unconnected with geographical and atmospheric environment; that the patient, in order to recover his health, must modify his ordinary mode of living. Beyond this he knew, and could know, nothing, and was compelled to fill up the blanks in his knowledge by having recourse to conjecture and hypothesis. In doing so he was obeying a human instinct which assures us that progress requires the use of stop-gaps where complete and accurate knowledge is unattainable, and that a working hypothesis, although wrong, is better than no hypothesis at all. System, an organized scheme, is of greater value than chaos. Yet however healthy such an instinct may be, it has
added considerably to the difficulties of the historian in his attempts so to reconstruct the past as to make it intelligible to modern readers.

Primitive man regards everything he cannot explain as the work of a god. To him the abnormal, the unusual, is divine. The uncharted region of mysterious phenomena is the peculiar realm of supernatural forces. "It is the work of heaven" is a sufficient answer when the human intelligence can give no satisfactory explanation.

The fifth century B.C. witnessed the supreme effort of the Greeks to cast aside this incubus in all spheres of thought. They came to realize that to attribute an event to the action of a god leaves us just where we were, and that to call normal phenomena natural and abnormal divine is to introduce an unscientific dualism, in that what is divine (because mysterious) in one generation may be natural (because understood) in the next, while, on the other hand, however fully we may understand a phenomenon, there must always be a mysterious and unexplained element in it. All phenomena are equally divine and equally natural.

But this realization did not come all at once, and in the science of medicine it was peculiarly slow. There is something arresting in the spread of an epidemic and in the onset of epilepsy or of a pernicious fever. It is hard for most minds, even scientific minds, not to see the working of a god in them. On the other hand, the efficacy of human means to relieve pain is so obvious that even in Homer, our first literary authority for Greek medicine, rational treatment is fully recognized.

As the divine origin of disease was gradually
discarded, another element, equally disturbing, and equally opposed to the progress of scientific medicine, asserted itself. Philosophy superseded religion. Greek philosophy sought for uniformity in the multiplicity of phenomena, and the desire to find this uniformity led to guesswork and to neglect of fact in the attempt to frame a comprehensive theory. The same impulse which made Thales declare that all things are water led the writer of a treatise in the Hippocratic Corpus to maintain that all diseases are caused by air. As Daremberg says, "the philosophers tried to explain nature while shutting their eyes." The first philosophers to take a serious interest in medicine were the Pythagoreans. Alcmaeon of Croton, although perhaps not strictly a Pythagorean, was closely connected with the sect, and appears to have exercised considerable influence upon the Hippocratic school. The founder of empirical psychology and a student of astronomy, he held that health consists of a state of balance between certain "opposites," and disease an undue preponderance of one of them. Philolaus, who flourished about 440 B.C., held that bile, blood, and phlegm were the causes of disease. In this case we have a Pythagorean philosopher who tried to include medical

1 The peri phusōn.
2 Histoire des sciences médicales, p. 82.
3 A young man in the old age of Pythagoras. See Aristotle Meta. Α 986 a 30. Alcmaeon was more interested in medicine than in philosophy, but does not seem to have been a "general practitioner."
4 Ἀλκμαῖων τῆς μὲν ὑγιείας εἶναι συνεκτικὴν τῆν ἰσονομίαν τῶν δυνάμεων, ύγροῦ, ξηροῦ, ψυχροῦ, θερμοῦ, πικροῦ, γλυκέος, καὶ τῶν λοιπῶν, τῆν δ’ ἐν αὐτοῖς μοναρχίαν νόσου ποιητικὴν φθοροποίην γὰρ ἐκατέρου μοναρχίαν.—Aëtius V. 30. 1.
theory in his philosophical system. Empedocles, who flourished somewhat earlier than Philolaus, was a "medicine-man" rather than a physician, though he is called by Galen the founder of the Italian school of medicine. The medical side of his teaching was partly magic and quackery.

This combination of medicine and philosophy is clearly marked in the Hippocratic collection. There are some treatises which seek to explain medical phenomena by a priori assumptions, after the manner of the philosophers with their method of οφθεσις or postulates; there are others which strongly oppose this method. The Roman Celsus in his preface asserts that Hippocrates separated medicine from philosophy, and it is a fact that the best works of the Hippocratic school are as free from philosophic assumptions as they are from religious dogma. But before attempting to estimate the work of Hippocrates it is necessary to consider, not only the doctrine of the philosophers, but also the possibly pre-Hippocratic books in the Corpus. These are the Prenotions of Cos and the First Proorhetic, and perhaps the treatise—in Latin and Arabic, the Greek original having mostly perished—on the number seven (περὶ ἐβδομάδων).

1 For the medical theories of Philolaus see the extracts from the recently discovered Iatrica of Menon, discussed by Diels in Hermes XXVIII., p. 417 foll.

2 Galen X. 5.

3 Hippocrates . . . ab studio sapientiae disciplinam hane separavit, vir et arte et facundia insignis.

4 Grimm, Ermerins and Adams are convinced of the early date of these. Littre seems to have changed his mind. Contrast I. 351 with VIII. xxxix. The writer in Pauly-Wissowa is also uncertain. I hope to treat the question fully when I come to Prognostic in Vol. II.
The Prenotions of Cos and the First Proorhletic (the latter being the earlier, although both are supposed to be earlier than Hippocrates) show that in the medical school of Cos great attention was paid to the natural history of diseases, especially to the probability of a fatal or not fatal issue. The Treatise on Seven, with its marked Pythagorean characteristics, proves, if indeed it is as early as Roscher would have us believe, that even before Hippocrates disease was considered due to a disturbance in the balance of the humours, and health to a "coction" of them, while the supposed preponderance of seven doubtless exercised some influence on the later doctrine of critical days. The work may be taken to be typical of the Italian-Sicilian school of medicine, in which a priori assumptions of the "philosophic" type were freely admitted. Besides these two schools there was also a famous one at Cnidos, the doctrines of which are criticised in the Hippocratic treatise Regimen in Acute Diseases. The defects of this school seem to have been:

1. the use of too few remedies;
2. faulty or imperfect prognosis;
3. over-elaboration in classifying diseases.

We may now attempt to summarise the com-

1 There are several Cnidian treatises in the Corpus. See p. xxiii. The Cnidian point of view admits of defence, and their desire to classify was a really scientific instinct. I hope to treat of the Cnidiens fully when I come to translate Regimen in Acute Diseases.

2 The Coan school, on the other hand, sought for a unity in diseases. Its followers tried to combine, the Cnidiens to distinguish and to note differences. See Littré II. 202-204.
ponents of Greek medicine towards the end of the fifth century B.C.

(1) There was a religious element, which, however, had been generally discarded.

(2) There was a philosophic element, still very strong, which made free use of unverified postulates in discussing the causes and treatment—especially the former—of diseases.

(3) There was a rational element, which relied upon accurate observation and accumulated experience. This rationalism concluded that disease and health depended on environment and on the supposed constituents of the human frame.

Now if we take the Hippocratic collection we find that in no treatise is there any superstition, in many there is much "philosophy" with some sophistic rhetoric, and among the others some are merely technical handbooks, while others show signs of a great mind, dignified and reserved with all the severity of the Periclean period, which, without being distinctively original, transformed the best tendencies in Greek medicine into something which has ever since been the admiration of doctors and scientific men. It is with the last only that I am concerned at present.

I shall make no attempt to fix with definite precision which treatises are to be included in this category, and I shall confine myself for the moment to three—Prognostic, Regimen in Acute Diseases, and Epidemics I. and III. These show certain characteristics, which, although there is no internal clue to

1 A possible exception is Decorum, which I hope to discuss in Vol. II.
either date or authorship, impress upon the reader a conviction that they were written by the same man, and at a time before the great period of Greece had passed away. They remind one, in a subtle yet very real way, of Thucydides.¹

The style of each work is grave and austere. There is no attempt at “window-dressing.” Language is used to express thought, not to adorn it. Not a word is thrown away. The first two treatises have a literary finish, yet there is no trace in them of sophistic rhetoric. Thought, and the expression of thought, are evenly balanced. Both are clear, dignified—even majestic.

The matter is even more striking than the style. The spirit is truly scientific, in the modern and strictest sense of the word. There is no superstition, and, except perhaps in the doctrine of critical days, no philosophy.² Instead, there is close, even minute, observation of symptoms and their sequences, acute remarks on remedies, and recording, without inference, of the atmospheric phenomena, which preceded or accompanied certain “epidemics.” Especially noteworthy are the clinical histories, admirable for their inclusion of everything that is relevant and their exclusion of all that is not.

The doctrine of these three treatises may be summarised as follows:—³

¹ The resemblance struck Littre. See Vol. I., pp. 474, 475.
² Of course even in the greatest works of the Hippocratic Corpus there is, and could not help being, some theory. But the writer does not love the theory for its own sake. Rather he is constantly forgetting it in his eagerness to record observed fact.
³ There is a clear account of Hippocratic doctrine in Littre, Vol. I., pp. 440–464.
GENERAL INTRODUCTION

(1) Diseases have a natural course, which the physician must know thoroughly, so as to decide whether the issue will be favourable or fatal.

(2) Diseases are caused by a disturbance in the composition of the constituents of the body. This disturbance is connected with atmospheric and climatic conditions.

(3) Nature tries to bring these irregularities to a normal state, apparently by the action of innate heat, which "concocts" the "crude" humours of the body.

(4) There are "critical" days at fixed dates, when the battle between nature and disease reaches a crisis.

(5) Nature may win, in which case the morbid matters in the body are either evacuated or carried off in an ἀπόστασις, or the "coction" of the morbid elements may not take place, in which case the patient dies.

(6) All the physician can do for the patient is to give nature a chance, to remove by regimen all that may hinder nature in her beneficent work.

It may be urged that this doctrine is as hypothetical as the thesis that all diseases come from air. In a sense it is. All judgments, however simple, attempting to explain sense-perceptions, are hypotheses. But hypotheses may be scientific or philosophic, the latter term being used to denote the

1 This knowledge is πρόγνωσις.
2 It is not clear whether this disturbance is regarded as quantitative, qualitative, or both.
3 This term will be explained later. Roughly speaking, it means the collection and expulsion of morbid elements at a fixed point in the body. I translate it "abscession," a term which suggests "abscess," perhaps the most common form of an "abscession." xvi
character of early Greek philosophy. A scientific hypothesis is a generalization framed to explain the facts of experience; it is not a foundation, but is in itself a superstructure; it is constantly being tested by appeals to sense-experience, and is kept, modified or abandoned, according to the support, or want of support, that phenomena give to it. A "philosophic" hypothesis is a generalization framed with a view to unification rather than to accounting for all the facts; it is a foundation for an unsubstantial superstructure; no efforts are made to test it by appeals to experience, but its main support is a credulous faith.

Now the doctrine of the Epidemic group is certainly not of the philosophic kind. Some of it was undoubtedly derived from early philosophic medicine, but in this group of treatises observed phenomena are constantly appealed to; nor must it be forgotten that in the then state of knowledge much that would now be styled inference was then considered fact, e.g. the "coction" of phlegm in a common cold. Throughout, theory is in the background, observation in the foreground. It is indeed most remarkable that Hippocratic theory is hard to disentangle from the three works on which my argument turns. It is a nebulous framework, implied in the technical phraseology—πέψις, κρίσις, κρασίς—and often illustrated by appeal to data, but never obtrusively insisted upon.

In 1836 a French doctor, M. S. Houdart,\(^1\) violently attacked this medical doctrine on the ground that it

\(^1\) *Études historiques et critiques sur la vie et la doctrine d'Hippocrate, et sur l'état de la médecine avant lui.* Paris and London.
neglected the physician’s prime duty,\(^1\) which is to effect a cure. Diagnosis, he urges, is neglected in the cult of prognosis; no attempt is made to localize the seat of disease; the observations in the *Epidemics* are directed towards superficial symptoms without any attempt to trace them to their real cause. The writer is an interested but callous spectator who looks on unmoved while his patient dies.\(^2\)

In this rather rabid criticism there is a morsel of truth. The centre of interest in these treatises is certainly the disease rather than the patient. The writer is a cold observer of morbid phenomena, who has for a moment detached himself from pity for suffering. But this restraint is in reality a virtue; concentration on the subject under discussion is perhaps the first duty of a scientist. Moreover, we must not suppose that the fatally-stricken patients of the *Epidemics* received no treatment or nursing. Here and there the treatment is mentioned or hinted at,\(^3\) but the writer assumes that the usual methods

\(^1\) “Attendre qu’il plaise à la nature de nous délivrer de nos maux, c’est laisser l’économie en proie à la douleur, c’est donner le temps aux altérations de dévorer nos viscères, c’est, en un mot, nous conduire sûrement à la mort.”—*Op. cit.* p. 253. M. Houdart was but following the example of Asclepiades, the fashionable physician at Rome in the first century B.C., who called the Hippocratic treatment a “meditation upon death.”


\(^3\) E.g. *Epil.* III. Case viii. (second series): \(\theta\varepsilon\varphi\mu\acute{a}\varepsilon\mu\alpha\tau\alpha\) and \(\acute{\alpha}γ\dot{d}o\acute{\eta} \acute{\alpha}g\kappa\acute{\omega}n\ \acute{e}t\alpha\mu\omicron\).

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were followed, and does not mention them because they are irrelevant.

The charge of callousness may be dismissed. More serious is the attack on the fundamental principle of Hippocratic medicine, that "nature" alone can effect a cure, and that the only thing the physician can do is to allow nature a chance to work. Modern medical science has accepted this principle as an ultimate truth, but did the writer of the three treatises under discussion do his best to apply it? Did he really try to serve nature, and, by so doing, to conquer her? Houdart says that practically all the author of the Epidemics did was "to examine stools, urine, sweats, etc., to look therein for signs of coction, to announce crises and to pronounce sentences of death," ¹ in other words that he looked on and did nothing. I have just pointed out that the silence of the Epidemics on the subject of treatment must not be taken to mean that no treatment was given, but it remains to be considered whether all was done that could have been done. What remedies were used by the author of Regimen in Acute Diseases? They were:—

(1) Purgatives and, probably, emetics.
(2) Fomentations and baths.
(3) (a) Barley-water and barley-gruel, in the preparation and administering of which great care was to be taken.
(b) Wine.
(c) Hydromel, a mixture of honey and water; and oxymel, a mixture of honey and vinegar.

(4) Venesection.  
(5) Care was taken not to distress the patient.  

If we take into account the scientific knowledge of the time, it is difficult to see what more the physician could have done for the patient. Even nowadays a sufferer from measles or influenza can have no better advice than to keep warm and comfortable in bed, to take a purge, and to adopt a diet of slops. Within the last few years, indeed, chemistry has discovered febrifuges and anaesthetics, the microscope has put within our reach prophylactic vaccines, and the art of nursing has improved out of all recognition, but nearly all these things were as unknown to M. Houdart as they were in the fifth century B.C.

This criticism of Hippocratic medicine has been considered, not because it is in itself worthy of prolonged attention, but because it shows that underlying the three treatises I have mentioned there is a fundamental principle, a unity, a positive characteristic implying either a united school of thought or else a great personality. All antiquity agreed that they were written by the greatest physician of ancient times—Hippocrates. Within the last hundred years, however, doubts have been expressed whether Hippocrates wrote anything. Early in the nineteenth century a doctor of Lille published a thesis intitled *Dubitationes de Hippocratis vita, patria, genealogia, forsan mythologicis, et de quibusdam eius libris multo*

1 It should be noticed that in all the Hippocratic collection no attention is paid to the pulse. The doctor judged whether a patient was feverish, and estimated the degree of fever, by the touch. I have not translated πυρετὸς ὀξυς by "high temperature," but by "acute fever," because I wish to introduce as few anachronisms as possible.
antiquioribus quam vulgo creditur. Wellmann and Wilamowitz hold similar views nowadays. As the Hippocratic writings are all anonymous, such a hypothesis is not difficult to maintain. But it is a matter of merely antiquarian interest whether or not the shadowy "Hippocrates" of ancient tradition is really the writer of the Epidemics. The salient and important truth is that in the latter half of the fifth century works were written, probably by the same author, embodying a consistent doctrine of medical theory and practice, free from both superstition and philosophy, and setting forth rational empiricism of a strictly scientific character. If in future I call the spirit from which this doctrine emanated "Hippocrates" it is for the sake of convenience, and not because I identify the author with the shadowy physician of tradition.

Similar in style and in spirit to the three treatises discussed above are Aphorisms and Airs Waters Places, along with two surgical works, Fractures ¹ and Wounds in the Head. The severely practical character of the last is particularly noteworthy, and makes the reader wonder to what heights Greek surgery would have risen had antiseptics been known. Aphorisms is a compilation, but a great part shows a close relationship to the Hippocratic group. The least scientific of all the seven treatises is Airs Waters Places, which, in spite of its sagacity and rejection of the supernatural, shows a tendency to facile and unwarranted generalization.

¹ With this should be joined the work Articulations, which is very closely allied to Fractures, and is supposed by Galen to have been originally combined with it as a single work. Instruments of Reduction appears to be a compendium of Articulations.
§ 2. The Hippocratic Collection.

We are now in a position to attempt a brief analysis of the Corpus Hippocraticum. For the moment the external evidence of Galen and other ancient commentators, for or against the authenticity of the various treatises, will be passed over. This evidence is of great importance, but may tend to obscure the issue, which is the mutual affinities of the treatises as shown by their style and content.

In the first place the heterogeneous character of the Corpus should be observed. It contains:

1. Text-books for physicians;
2. Text-books for laymen;
3. Pieces of research or collection of material for research.
4. Lectures or essays for medical students and novices.
5. Essays by philosophers who were perhaps not practising physicians, but laymen interested in medicine and anxious to apply to it the methods of philosophy.
6. Note-books or scrap-books.

Even single works often exhibit the most varied characteristics. It is as though loose sheets had been brought together without any attempt at coordination or redaction. Epidemics I., for instance, jumps with startling abruptness from a "constitution" of the diseases prevalent at one period in Thasos to the function of the physician in an illness, passing on to a few disjointed remarks on pains in the head and neck. Then follows another "constitution," after which comes an elaborate classification of the
ordinary fevers, with their periods, paroxysms and crises. At the end come fourteen clinical histories.

I have already mentioned a pre-Hippocratic group and a Hippocratic group, and it has been noticed that the main task of Greek medicine was to free science from superstition and from philosophic hypotheses. The Corpus contains two polemical works, On Epilepsy and Ancient Medicine, which attack respectively the "divine" origin of disease and the intrusion into medicine of the hypothetical speculation of philosophers.

There is another group of works which, while they do not display to any marked degree the Hippocratic characteristics, are nevertheless practical handbooks of medicine, physiology or anatomy. The list is a long one, and includes works by different authors and of different schools:—

The Surgery.
The Heart.
Places in Man.
Glands.
Anatomy.
Nature of the Bones.
Sight.
Dentition.
Diseases I.
Diseases II. and III.¹
Affections.¹
Internal Affections.¹
Sores.
Fistulae.
Hemorrhoids.

¹ Shows influence of Cnidian school. So possibly do other books.
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Prorhetic II.
The Physician.
Crises.
Critical Days.
Purges.
Use of Liquids.

Seventh Month Child.
Eighth Month Child.

{ Generation.¹
  Nature of the Child.¹
  Diseases IV.¹
  Diseases of Women.¹
  Barrenness.¹
  Diseases of Girls.
  Nature of Women.
  Excision of the Foetus.
  Superfoetation.

Regimen in Health.²
Regimen II. and III. with Dreams.

Another most important group of works consists of those in which the philosophic element predominates over the scientific, the writers being anxious, not to advance the practice of medicine, but to bring medicine under the control of philosophic dogma, to achieve in fact the end attacked by the writer of Ancient Medicine. These works are Nutriment, Regimen I. and Airs. The first two are Heraclitean; the last is probably derived from Diogenes of Apollonia.

¹ Shows influence of Cnidian school. So possibly do other books.
² Really a continuation of Nature of Man.
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*Regimen I.*, however, while strongly Heraclitean, is eclectic. Animals are said to be composed of two elements, fire and water, fire being a composite of the hot and the dry, water of the cold and the moist. Certain sentences are strikingly reminiscent of Anaxagoras, so much so that it is impossible to regard the resemblances as accidental. Take for instance the following:—

(1) ἀπόλλυται μὲν οὖν οἷδὲν ἀπάντων χρημάτων, οὐδὲ γίνεται ὅτι μὴ καὶ πρόσθεν ἦν. ἰχμασγόμενα δὲ καὶ διακρινόμενα ἄλλοιοῦται.—*Regimen I. iv.*

(2) οὐδὲν γὰρ χρήμα γίνεται οὐδὲ ἀπόλλυται, ἀλλ' ἀπὸ ἐόντων χρημάτων συμμισγεται τε καὶ διακρίνεται.—*Anaxagoras, fr. 22 (Schaubach).*

To assign exact dates to these works is impossible, but they are probably much later than Heraclitus himself. The interesting fact remains that Heraclitus had followers who kept his doctrine alive, second-rate thinkers, perhaps, and unknown in the history of science, but hearty supporters of a creed, and ready to extend it to embrace all new knowledge as it was discovered. Particularly interesting is the work *Nutriment*. This not only adopts the theory of Heraclitus, but also mimics his sententious and mysterious manner of expression. A few examples may not be out of place.

φῦσις ἔξαρκει πάντα πᾶσιν.—*Nutriment xv.*
κρατεῖ γὰρ [sc. ὁ θεῖος νόμος] . . . καὶ ἔξαρκει πᾶσι.—*Heraclitus apud Stob. Flor. III. 84.*
μία φῦσις εἶναι καὶ μὴ εἶναι.—*Nutriment xxiv.*
ἐὶμέν τε καὶ οὖκ εἴμεν.—*Heraclitus Alleg. Hom. 24.*
ὁδὸς ἄνω κάτω, μία.—*Nutriment xlv.*

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Similar to these philosophic treatises are the essays, ἐπιδείξεις or displays, which propound theses which are not the ὑποθέσεις of philosophers. These are The Art, the object of which is to show that there is an art of medicine, and Nature of Man, which combats the monist philosophers, and sets forth the doctrine of the four humours as the cause of health, by their perfect crasis, and of disease, through a disturbance of that crasis. To this group we may perhaps add the treatise Decorum, which deals (among other things) with bed-side manners, and Precepts, a work similar in style and subject.

The last two works are interesting for their introductory remarks. Decorum practically identifies medicine and philosophy, which term is used to denote the philosophic spirit, with its moral as well as its intellectual attributes, and recognises the working of an agency not human; it is in fact typical of the ethical science, practical if occasionally commonplace, which came into vogue towards the end of the fourth century B.C. The introduction to Precepts is Epicurean. The first chapter, in fact, is a summary of Epicurean epistemology, and is full of the technical terms of that school. A single quotation will suffice:—
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δὸ γὰρ λογισμὸς μνήμη τὸς ἐστὶ ἐνθετικὴ τῶν μετ' αἰσθήσιος ληφθέντων ἐφαντασιώθη γὰρ ἐναργεῖς ἢ αἰσθησις, προπαθῆς καὶ ἀναπομπὸς εὐνύσει διάνοιαν τῶν ὑποκειμένων.—Precepts I.

This definition of λογισμὸς is practically the same as that of the Epicurean πρόληψις given in Diogenes Laertius X. 33.

A few of the contents of the Corpus Hippocraticum remain unclassified. Of these, by far the most Hippocratic are Epidemics II., IV. VII. It is indeed remarkable that in antiquity they were not generally assigned to the "great" Hippocrates. The clinical histories are invaluable, although they are not so severely pertinent as those of Epidemics I. and III., betraying sometimes an eye for picturesque but irrelevant detail.

The treatise curiously misnamed Fleshes contains, amid a variety of interesting anatomical and physiological detail, traces of Pythagoreanism in the virtue attached to the number seven, and of Heracliteanism in the view put forward that warmth is the spirit that pervades the universe.

Humours deals with the relations of humours to the seasons and so on.

The Oath and The Law are small but interesting documents throwing light on medical education and etiquette.

Finally, the Epistles¹ and Decree, although merely imaginary essays, show what manner of man Hippocrates was supposed to have been by the Greeks of a later age.

¹ It is interesting to note that the Platonic collection and the New Testament, like the Corpus, end with a series of letters.
The Hippocratic collection is a medley, with no inner bond of union except that all the works are written in the Ionic dialect and are connected more or less closely with medicine or one of its allied sciences. There are the widest possible divergences of style, and the sharpest possible contradictions in doctrine. The questions present themselves, why were they united, and when did the union occur?

Littre's problem, "When was the Hippocratic collection published?" cannot be answered, for it is more than doubtful whether, as a whole, the collection was ever published at all. The publication of a modern work must in no way be compared with the circulation of a book in ancient times. Printing and the law of copyright have created a revolution. As soon as an ancient author let go out of his possession a single copy of his book, it was, to all intents and purposes, "published." Copies might be multiplied without permission, and a popular and useful work was no doubt often circulated in this way. Now at least one hundred, perhaps three hundred, years separate the writing of the earliest work in the Corpus from the writing of the latest. Diocles knew the Aphorisms, Ctesias probably knew Articulations, and Menon certainly knew two or three treatises. Aristotle himself quotes from Nature of Man, though he ascribes it to Polybus. It is surely impossible to suppose with Littre that there was anything approaching a publication of the Corpus by the Alexandrian librarians. Even if they had published for the first time only a large portion of the collection, such a momentous event would scarcely have passed unnoticed by the

1 Vol. I., chap. xi.
long series of commentators culminating in Galen. The librarians of Alexandria could not have done more than establish a canon, and if our present collection represents their work in this direction it was done very badly, as the most superficial critic would not fail to notice that a great part of its contents is neither by Hippocrates himself nor by his school.

The Hippocratic collection is a library, or rather, the remains of a library. What hypothesis is more probable than that it represents the library of the Hippocratic school at Cos? The ancient biographies of Hippocrates relate a fable that he destroyed the library of the Temple of Health at Cnidos (or, according to another form of the fable, at Cos) in order to enjoy a monopoly of the knowledge it contained. The story shows, at least, that such libraries existed, and indeed a school of medicine, like that which had its home at Cos, could not well have done without one. And what would this library contain? The works of the greatest of the Asclepiads, whether published or not; valuable works, of various dates and of different schools, bearing on medicine and kindred subjects; medical records and notes by distinguished professors of the school, for the most part unpublished; various books, of no great interest or value, presented to the library or acquired by chance.

The Hippocratic collection actually corresponds to this description. This is nearly all the historian is justified in saying. Beyond is mere conjecture. We can only guess when this library ceased to be the property of the Hippocratic school, and how it was transferred to one or other of the great libraries
which were collected in Alexandrine times, to be re-copied and perhaps increased by volumes which did not belong to the original collection.

It may be urged that if the Hippocratic Corpus were originally a library, it is improbable that all the treatises composing it would be written in Ionic. But it is by no means certain when Ionic ceased to be the normal medium for medical science; for all we know the dialect may have been in vogue until long after the koine established itself throughout the Greek world. Moreover, we do not know what levelling forces were at work among copyists and librarians, inducing them to assimilate the dialects of medical works to a recognized model. We do know, however, that as centuries passed more and more Ionisms, most of them spurious, were thrust upon the Hippocratic texts. The process we can trace in the later history of the text may well have been going on, in a different form, in the fourth and third centuries B.C.

It is because I regard the Hippocratic collection as merely a library that I do not consider it worth while to attempt an elaborate classification, like those of Littré, Greenhill, Ermerins, and Adams. A library is properly catalogued according to subject matter, date, and authorship; it is of little use to view each separate volume in its relationship to a particular writer. The Hippocrates of tradition and the Hippocrates of the commentators may well be left buried in obscurity and uncertainty. What we do know, what must be our foundation stone, is that certain treatises in the Corpus are impressed with the marks of an outstanding genius, who inherited much but bequeathed much more. He stands for xxx
science and against superstition and hypothetical philosophy. The other contents of the Corpus are older or later than this nucleus, either in harmony with its doctrines or opposed to them. More than this we cannot hope to know for certain.

§ 3. **Means of Dating Hippocratic Writings.**

The means of fixing the dates of the treatises composing the Hippocratic collection are twofold—external and internal.

The external evidence consists of the statements of Galen and other ancient authors.

The internal tests are:

(a) The philosophical tenets stated or implied;
(b) The medical doctrines;
(c) The style of the treatise;
(d) The language and grammar.

(a) When a philosophic doctrine is adopted, or referred to as influential, it is presumptive evidence that the treatise was written before that doctrine grew out of date. We cannot, however, always be sure when a doctrine did grow out of date. It is a mistaken idea to suppose that the rise of a fresh school meant the death of its predecessors. It is certain, for instance, that Heraclitus had followers, after the rise of other schools, who developed his doctrines without altering their essential character.

(b) Medical doctrines also are by no means a certain test. If we could be sure that a knowledge
of the pulse was unknown to the writers of the chief Hippocratic treatises, we should be more confident in dating, *e.g.*, the work called *Nutriment*, which recognizes the existence of a pulse. It is a fact that no use is made of this knowledge in any treatise of the collection, but we must not infer from this that the Hippocratic writers were ignorant of pulses. We can only infer that they were ignorant of their medical importance.

(c) The style of a treatise is sometimes a sure test and sometimes not. Sophistic rhetoric is of such a marked character in its most pronounced form that a treatise showing it is not likely to be much earlier than 427 B.C., nor much later than 400 B.C., when sophistic extravagances began to be modified under the influence of the Attic orators. But a work moderately sophistic in general style and sentence-structure may be much later. There is also a subtle quality about writings later than 300 B.C., an unnatural verbosity and tortuousness of expression, a suspicion of the "baboo," that is as unmistakable as it is impalpable. A few of the Hippocratic treatises display this characteristic.

(d) In some respects grammar and diction are the surest tests of all. If the negative μη is markedly ousting οὐ it is a sure sign of post-Alexandrine date. A preference for compound words with abstract meaning, in cases where a simple expression would easily have sufficed, is a mark of later Greek prose. If any reader wishes for concrete evidence to support my rather vague generalisations, he has only to read *Epidemics* I., then *The Art* or *Regimen* I., and finally *Precepts* or *Decorum*, and try to note the differences.

xxxii
§ 4. Plato’s References to Hippocrates.

In the Protagoras (311 B) Plato assumes the case of a young man who goes to Ἰπποκράτη τοῦ Κών, τῶν τῶν Ἀσκληπιαδῶν, to learn medicine. This passage tells us little except that Hippocrates took pupils for a fee. But in the Phaedrus (270 C—E) there is another passage which professes to set forth the true Hippocratic method. It is as follows:—

Socrates. Do you think it possible, then, satisfactorily to comprehend the nature of soul apart from the nature of the universe?

Phaedrus. Nay, if we are to believe Hippocrates, of the Asclepiad family, we cannot learn even about the body unless we follow this method of procedure.

Socrates. Yes, my friend, and he is right. Yet besides the doctrine of Hippocrates, we must examine our argument and see if it harmonizes with it.

Phaedrus. Yes.

Socrates. Observe, then, what it is that both Hippocrates and correct
argument mean by an examination of nature. Surely it is in the following way that we must inquire into the nature of anything. In the first place we must see whether that, in which we shall wish to be craftsmen and to be able to make others so, is simple or complex. In the next place, if it be simple, we must inquire what power nature has given it of acting, and of acting upon what; what power of being acted upon, and by what. If on the other hand it be complex, we must enumerate its parts, and note in the case of each what we noted in the case of the simple thing, through what natural power it acts, and upon what, or through what it is acted upon, and by what.

It is obvious that if we could find passages in the Hippocratic collection which clearly maintain the doctrine propounded in this part of the Phaedrus we should be able to say with confidence that the
Hippocrates of history and tradition was the author of such and such a treatise.

Galen maintains that Plato refers to the treatise *Nature of Man*. I believe that few readers of the latter will notice any striking resemblances between this work\(^1\) and the doctrine outlined by Plato. More plausible is the view of Littré, that Plato refers to Chapter XX of *Ancient Medicine*, which contains the following passage:

\[
\text{ἐπεὶ τούτῳ γε μοι δοκεῖ ἀναγκαῖον εἶναι παντὶ ἦττῳ περὶ φύσιος εἰδέναι, καὶ πάνυ σπουδάσαι ὡς εὑσται, εἰτέρ τι μέλλει τῶν δεόντων ποιήσειν, ὅ τι τέ ἔστω ἢ ὅρωπος πρὸς τὰ ἐσθιόμενα τε καὶ πυνόμενα, καὶ ὃ τι πρὸς τὰ ἄλλα ἐπιτηδεύματα, καὶ ὃ τι ἀφ’ ἕκαστον ἕκαστῳ συμβῆσεται.}
\]

Here the resemblance is closer—close enough to show that the author of *Ancient Medicine*, if he be not the Hippocrates of history, at least held views similar to his. And here the question must be left. Few would maintain with Littré that the resemblance between the two passages is so striking that they must be connected; few again would deny that Plato was thinking of *Ancient Medicine*. Ignorance and uncertainty seem to be the final result of most of the interesting problems presented by the Hippocratic collection.

\[\text{§ 5. The Commentators and Other Ancient Authorities.}\]

About the time of Nero a glossary of unusual Hippocratic terms was written by Erotian, which

\(^{1}\) To my mind the closest resemblances are in Chapters VII and VIII, which deal with the relations between the "four humours" and the four seasons.
still survives. Erotian was not the first to compose such a work, nor was he the last, the most famous of his successors being Galen. An examination of this glossary, combined with testimony derived from Galen, throws some light on the history of the Hippocratic collection. It will be well to quote a passage from Erotian’s introduction, which contains a fairly complete list of commentators.

Παρὰ ταύτην γε τοί τήν αἰτίαν πολλοί τῶν ἐλλογίμων οὐκ ἴατρῶν μόνον, ἀλλὰ καὶ γραμματικῶν ἐσπούδασαν ἐξηγήσασθαι τὸν ἄνδρα καὶ τὰς λέξεις ἐπὶ τὸ κοινότερον τῆς ὁμιλίας ἀγαγεῖν. Ἐνυόρκητος γὰρ ὁ Κὼς, γραμματικὸς ὃν, ὃς φήσειν ὁ Ταραντίνος Ἦρακλείδης, πρῶτος ἐπεβάλετο τὰς τοιαύτας ἐξυπλοῦν φωνάς. ὡς δὲ καὶ ὁ Κιτεύς Ἀπολλώνιος ἰστορεῖ, καὶ Καλλίμαχος ὁ ἀπὸ τῆς Ἡροφίλου οἰκίας. μεθ’ ὅν φασι τὸν Ταναγραῖον Βακχείον ἐπιβαλεῖν τῇ πραγματείᾳ καὶ διὰ τριῶν συντάξεων πληρώσαι τὴν προθεσμίαν, πολλὰς παραθέμενον εἰς τούτο μαρτυρίας ποιητῶν, ὃ δὴ τὸν ἐμπειρικὸν συγχρονήσαντα Φιλῖν διὰ ἐξαβίβλοι πραγματείαις ἀντειπεῖν, καίπερ Ἐπικλέους τοῦ Κρητὸς ἐπιστημομένου τὰς Βακχείου λέξεις διὰ . . . συντάξεων, Ἀπολλωνίου τε τοῦ Ὁφεως ταύτῳ ποιήσαντος, καὶ Διοσκορίδου τοῦ Φακᾶ πάσι τούτους ἀντειπόντος δὲ ἐπτὰ βιβλίων, Ἀπολλωνίου τε τοῦ Κιτεύς ἀτοκωκαϊδεκα πρὸς τὰ τοῦ Ταραντίνου τρία πρὸς Βακχείον διαγράφαντος, καὶ Γλαυκίου τοῦ ἐμπειρικοῦ δ’ ἔνος πολυστίχου πάνυ καὶ κατὰ στοιχείων πεποιημένον ταυτὸ ἐπιτηθεύσαντος πρὸς τε τούτους Αὐσιμάχου τοῦ Κὼν κ’ βιβλίων ἐκπονήσαντος πραγματείαις μετὰ τοῦ τρίᾳ μὲν γράφαι πρὸς Κυδίαν τὸν Ἡροφίλειον, τριὶ δὲ πρὸς Δημήτριον. τῶν δὲ γραμματικῶν οὐκ ἔστιν ὅστις ἐλλόγιμος φανεῖς παρῆλθε τοῦ ἄνδρα. καὶ γὰρ ὁ ἀναδεξάμενος αὐτὸν Ἐυφορίων πᾶσαν ἐσπούδασε λέξιν ἐξηγήσασθαι διὰ βιβλίων σ’, περὶ ὥν γεγράφασιν x x x v i
A good account of the commentators is given by Littre, vol. I., pp. 83 foll. Herophilus (about 300 B.C.) appears to have been the first; Bacchius his pupil edited *Epidemics III.*, wrote notes on three other Hippocratic works, and compiled a glossary. A great number of short fragments of the works of Bacchius still survive. The most celebrated commentator, a medical man as well as a scholar, was Heraclides of Tarentum, who lived rather later than Bacchius.

Erotian in his introduction gives the following list of Hippocratic works:

The actual glossary, however, refers to more works than these, as will appear from the following table.
# GENERAL INTRODUCTION

## LISTS OF THE HIPPOCRATIC COLLECTION

[Works known to the authors, not necessarily attributed by them to Hippocrates.]

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## GENERAL INTRODUCTION

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| 70 | 23? | 25 | 49 |

Erotian knew also περὶ τραυμάτων καὶ βελῶν, now lost.
The double × × means "by quotation, but not in the list."
N.B.—The list of Bacchius is made by noting where in the Hippocratic collection occur the strange words upon which he commented; that of Celsus by a comparison of similar passages; that of Erotian from his list, by noting where occur the γλώσσας explained by him, and from fragments in scholia (see E. Nachmanson's edition, pp. 99 foll.). Of course the list of Celsus is dubious from its nature, and Bacchius may have known many more treatises than those we are sure he did know.

The recently discovered history of medicine called Menon's Iatrica contains several references to Hippocrates. Diels is of opinion that they are very erroneous.

In § V. the writer says that according to Hippocrates diseases are caused by "airs" (φύσαι), a statement which seems to be taken from περὶ φυσῶν, VI. 98 foll. Littré, and the doctrine is described in §§ V. and VI. In § VII. Hippocrates is said to hold doctrines which are taken from Nature of Man, VI. 52 foll. Littré. In § VIII. occur references to Places in Man, VI. 276, 294 Littré, and Glands, VIII. 564 Littré. In § XIX. occur references to Nature of Man, VI. 38 Littré, but the physician named is Polybus.

Galen

Galen is the most important of the ancient commentators on Hippocrates, and of his work a great part has survived.

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1 Edited by H. Diels, Berlin, 1893. The work was probably written by a pupil of Aristotle.
2 See Diels, p. xvi, note 1, and in Hermes XXVIII., pp. 410 foll.
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His writings are of value for two reasons:—
(1) They often give us a text superior to that of the MSS. of the Corpus. Sometimes this text is actually given in Galen's quotations; sometimes it is implied in Galen's commentary.¹
(2) They sometimes throw light upon the interpretation of obscure passages.

Galen's ideal of a commentator is beyond criticism. He prefers ancient readings, even when they are the more difficult, and corrects only when these give no possible sense. In commenting he is of opinion that he should first determine the sense of the text and then see whether it corresponds with the truth.²

Unfortunately he is not so successful when he attempts to put his ideal into practice. He is intolerably verbose, and what is worse, he is eager so to interpret Hippocrates as to gain support therefrom for his own theories. A good example of this fault is his misinterpretation of Epidemics III. xiv. Littré gives as another fault his neglect of observation and observed fact.³

Galen wrote commentaries, which still survive, on the following:—

Nature of Man.  One book in ancient
Regimen of People in Health.  times.
Regimen in Acute Diseases.
Prognostic.
Prorrhetic I.
Aphorisms.

¹ On the value of Galen for a reconstruction of the text see especially I. Ilberg in the Prolegomena to Kühlewein's edition Vol. I., pp. xxxiv-xlxix and lxii.
² See Littré I. 120, 121.
³ I. 121.
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Epidemics I., II., III., VI.
Fractures.
Articulations.
Surgery.
Humours.¹
Nutriment.¹
Airs, Waters, Places (only fragments survive).

We also have his Glossary.

Commentaries on the following are altogether lost:
Sores.
Wounds in the Head.
Diseases.
Affections.

He also wrote (or promised to write) the following, none of which survive:—Anatomy of Hippocrates, Characters in Epidemics III., Dialect of Hippocrates, The Genuine Writings of the Physician of Cos.

Galen also knew: Coan Prenotions, Epilepsy, Fistulae, Hemorrhoids, Airs, Places in Man, Regimen, Seven Months’ Child, Eight Months’ Child, Heart, Fleshes, Number Seven, Prorrhetic II., Glands, and probably Precepts.

The most important of the Hippocratic treatises not mentioned by Galen are Ancient Medicine and The Art.


We possess three ancient biographies of Hippocrates: one by Suidas, one by Tzetzes, and one by Soranus, a late writer of uncertain date.

¹ These are supposed by the latest criticism not to be genuine.
From these we gather that Hippocrates was born in Cos in 460 B.C.; that he belonged to the guild of physicians called Asclepiadace; that his father was Heraclides, and his teachers were Herodicus and his own father; that he travelled all over Greece, and was a great friend of Democritus of Abdera; that his help was sought by Perdiccas king of Macedonia and by Artaxerxes king of Persia; that he stayed the plague at Athens and in other places; that his life was a long one but of uncertain length, the traditions making him live 85, 90, 104 or 109 years.

In these accounts there is a certain amount of fable, but in the broad outline there is nothing improbable except the staying of the Athenian plague, which is directly contrary to the testimony of Thucydides, who expressly states that medical help was generally unsuccessful.

The Epistles in the Hippocratic collection, and the so-called Decree of the Athenians, merely give, with fuller picturesqueness of detail, the same sort of information as is contained in the biographies.

Plato refers to Hippocrates in two dialogues—the Protagoras and the Phaedrus. The former passage tells us that Hippocrates was a Coan, an Asclepiad, and a professional trainer of medical students; the latter states as a fundamental principle of Hippocratic physiology the dogma that an understanding of the body is impossible without an understanding of nature as a whole, in modern

1 Aulus Gellius N.A. XVII. 21 says that he was older than Socrates. This statement, if true, would put his birth prior to 470 B.C.

2 311 B.C.

3 270 C–E.
language, physiology is inseparable from physics and chemistry.

From Aristotle\(^1\) we learn that Hippocrates was already known as "the Great Hippocrates."

Such is the ancient account of Hippocrates, a name without writings, as Wilamowitz says. There is no quotation from any treatise in the Corpus before Aristotle,\(^2\) and he assigns as the author not Hippocrates but Polybus.\(^3\) The *Phaedrus* passage, indeed, has been recognized by Littré as a reference to *Ancient Medicine*, but Galen is positive that it refers to *Nature of Man*.

In fact the connexion between the great physician and the collection of writings which bears his name cannot with any confidence be carried further back than Ctesias the Cnidian,\(^4\) Diocles of Carystus\(^5\) and Menon,\(^6\) the writer of the recently discovered *Iatrica*. Ctesias and Diocles belong to the earlier half of the fourth century, and Menon was a pupil of Aristotle.

§ 7. THE ASCLEPIADAE.

Hippocrates was, according to Plato, an Asclepiad. This raises the very difficult question, who the Asclepiadæ were. Its difficulty is typical of several

\(^1\) *Politics*, VII. 4 (1326 a).
\(^2\) Who quotes from *Nature of Man*.
\(^3\) See Littré VI. 58 and Aristotle *Hist. Animal*. III. 3 (512 b), and compare Galen XV. 11.
\(^4\) Ctesias appears to have known the treatise *Articulations*, Littré I. 70.
\(^5\) Diocles criticises *Aphorisms* II. 33. See Dietz *Scholia in Hippocratem et Galenum* II. 326, and Littré I. 321–323.
\(^6\) Menon refers to *Airs* (\( \pi \epsilon \rho \lambda \varphi \upsilon \sigma \omega \nu \)), *Nature of Man*, *Places in Man*, and *Glands*, Hippocrates being expressly connected with the first two.
Hippocratic problems. Certainty, even approximate certainty, is impossible owing to the scantiness of the evidence.

The old view, discarded now by the most competent authorities, is that the Aselepiadæ were the priests of the temples of Asclepius, combining the functions of priest and physician. This view implied that Hippocratic medicine had its origin in temple-practice. For a thorough refutation of it see Dr. E. T. Withington's excursus in my Malaria and Greek History and his own book Medical History from the Earliest Times.

Another view is that the Aselepiadæ were a guild, supposed to have been founded by Asclepius, the members of which were bound by rules and swore the Hippocratic "Oath." Such is the view of Dr. Withington himself. It is one which is free from all intrinsic objections, but it is supported by the scantiest of positive evidence.

It should be noticed that the term "Aselepiadæ" means literally "the family of Asclepius," and it is at least possible that the Aselepiads were a clan of hereditary physicians who claimed to be descended from Asclepius. It would be very easy for such a family to develop into something like a guild by the admission, or rather adoption, of favoured outsiders. In this way the term might readily acquire the general meaning of medical practitioner, which it apparently has in e.g. Theognis 432:—

*e* δ' Ἀσκληπιάδαις τοῦτῷ γ' ἔδωκε θεός, ἰάσθαι κακότητα καὶ ἀτηρῶς φρένας ἀνδρῶν, πολλοὺς ἄν μισθοὺς καὶ μεγάλους ἐφερον.

pp. 137–156. ²pp. 45, 46 and 378.
I do not think that it has been noticed what an interesting parallel is afforded by the term "Homeridae." A family of poets tracing their descent from Homer finally could give their name to any public reciter of the Homeric poems.¹

§ 8. The Doctrine of Humours.

The doctrine of the humours probably had its origin² in superficial deductions from obvious facts of physiology, but it was strongly coloured by philosphic speculation, in particular by the doctrine of opposites. Indeed it is impossible to keep distinct the various influences which acted and reacted upon one another in the spheres of philosophy and medicine; only the main tendencies can be clearly distinguished.

Even the most superficial observer must notice (a) that the animal body requires air, fluid, and solid food; (b) that too great heat and cold are fatal to life, and that very many diseases are attended by fever; (c) that fluid is a necessary factor in digestion;³ (d) that blood is in a peculiar way connected with life and health.

These simple observations were reinforced by the speculations of philosophers, particularly when philosophy took a biological or physiological turn, and

¹ See e.g. Pindar, Nemeans II. 1.
² It is supposed by some that the humoral pathology originated in Egypt. See Sir Clifford Allbutt, Greek Medicine in Rome, p. 133.
³ See Nutriment L.V.: ὑγρασία τροφής ὄχημα. See also Diseases IV., Littre VII. 568: τὸ σῶμα . . . ἀπὸ τῶν βρωτῶν καὶ τῶν ποτῶν τῆς ἰκμάδος ἐπαυρίσκεται.
became interested in the organs of man and their functions.  

The second of the Greek philosophers, Anaximander, taught that creation was made up of "opposites," though it is not clear how many he conceived these opposites to be. Many later thinkers, working on lines similar to those of Anaximander, made them four in number—the hot, the cold, the moist and the dry. These were the essential qualities of the four elements, fire, air, water, earth. 

There was, however, no uniformity among thinkers as to the number of the opposites, and Alcmaeon, a younger contemporary of Pythagoras and a native of Croton, postulated an indefinite number. Alcmaeon was a physician rather than a philosopher, and asserted that health was an ἰσονομία of these opposites and disease a μοναρχία of one. This doctrine had a 

1 Empedocles, Philistion and Pausanias were the chief pioneers in this union of philosophy with medicine which the writer of Ancient Medicine so much deplores. See Burnet, Early Greek Philosophy, pp. 234, 235 (also Galen X. 5, οἱ ἐκ τῆς Ἰταλίας ιατρὸς Φιλιστίων ἐπὶ καὶ Ἠμεδοκλῆς καὶ Παυσανίας καὶ οἱ τούτων ἔταιροι.)

2 He was also interested in biology. See Burnet, pp. 72, 73.


4 Aëtius V. 30. 1, and Galen (Kühn) XIX. 343: Ἀλκμαῖων τής μὲν ὑγείας εἶναι συνεκτικὴν ἰσονομίαν τῶν δυνάμεων ὑγροῦ, θερμοῦ, ξηροῦ, ψυχροῦ, πυκνοῦ, γλυκέος καὶ τῶν λοιπῶν, τὴν δὲ ἐν αὐτοῖς μοναρχίαν νῦσον ποιητικῆς. See also 344: τὴν δὲ ὑγείαν σύμμετρον τῶν ποιῶν τὴν κράσιν. It would be interesting if the technical word κράσις could be traced back to Alcmaeon himself.
strong influence upon the Coan school of medicine, and indeed upon medical theory generally.

But the opposites are not χυμοί: they are only δύναμεις. The humoral pathology was not fully developed until for δύναμεις were substituted fluid substances. In tracing this development the historian is much helped by Ancient Medicine. It is here insisted that the hot, the cold, the moist and the dry are not substances; they are only "powers," and, what is more, powers of merely secondary importance. The body, it is maintained, has certain essential χυμοί, which χυμοί have properties or "powers" with greater influence upon health than temperature. The number of the χυμοί is left indefinite. If the body be composed of opposite humours, and if health be the harmonious mixture or blending (κράσις) of them, we shall expect to see one or other "lording it over the others" (μοναρχία) in a state of disease.

The two commonest complaints in ancient Greece, chest troubles and malaria, suggested as chief of these humours four: phlegm, blood (suggested by hemorrhage in fevers), yellow bile and black bile (suggested by the vomits, etc., in remittent malaria).

That the humours are four is first clearly stated in Nature of Man, which Aristotle assigns to Polybus, though Menon quotes a portion of it as Hippocratic. The passage in question runs: τὸ δὲ σῶμα τοῦ ἄνθρωπον

1 It is a pity that the treatise Humours tells us so little about the humours themselves. It is merely a series of notes for lectures, heads of discourse to medical students.

2 See especially Chapters XIV–XVII, in particular XVII: ἀλλά ἐστι καὶ πικρὸν καὶ θερμὸν τὸ αὐτό, καὶ ὅξυ καὶ θερμὸν, καὶ ἀλαιρὸν καὶ θερμὸν . . . τὰ μὲν οὖν λυμαινόμενα ταῦτ' ἐστι.
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Some thinkers, belonging to the school of Empedocles, and being more inclined towards philosophy than towards medicine, made the four chief opposites, materialized into fire, air, water and earth, the components of the body, and disease, or at any rate some of the chief diseases, an excess of one or other. We see this doctrine fairly plainly in Menon's account of Philistion, and it is copied by Plato in the Timaeus.

The doctrines I have described admitted many variations, and in Menon's Iatrica, which is chiefly an account of the origins of disease as given by various physicians, the most diverse views are set forth. Petron of Aegina, while holding that the body is composed of the four opposites, stated that disease was due to faulty diet, and that bile was the result and not the cause of disease. Hippon thought that a suitable quantity of moisture was the cause of health; Philolaus that disease was due to bile, blood and phlegm; Thrasymachus of Sardis that blood, differentiated by excess of cold or heat into phlegm, bile, or τὸ σεσηπός (matter or pus), was

1 Iatrica XX. : Ἐν ὑποτάτω αἴμα καὶ φλέγμα καὶ χολή τε καὶ μάλιστα, καὶ ταῦτα ἐστὶν αὐτῷ ἡ φύσις... ὑπαίτει μὲν οὖν μᾶλιστα ὀκοτάν μετρίως ἐχθατά τῆς πρὸς ἄλληλα κρύστοις καὶ δυνάμιοι καὶ τοῦ πλήθεος, καὶ μᾶλιστα μεμηγμένα ἢ κ.π.λ. (Litré VI. 38 and 40).

2... τὸ μὲν ὁδὸν ἐκ πυρὸς ὑπερζολῆς μᾶλιστα νοσήσαι σώμα ξυνεχὴ καῦματα καὶ πυρετοῦ ἀπεργάζεται, τὸ δὲ ἄερος ἀμφημερινοῦς κ.π.λ.

3 Iatrica, XX.

4 Ibid., XI.

5 Ibid., XVIII.

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the cause; 1 Menecrates that the body is composed of blood, bile, breath and phlegm, and that health is a harmony of these. 2

The Hippocratic collection shows similar diversity of opinion. Diseases IV. 51, gives as the four humours bile, blood, phlegm and ὄροψ (not water, but a watery humour). 3 Affections I. ascribes all diseases to bile and phlegm. 4 Ancient Medicine recognizes an indefinite number of humours.

The great Hippocratic group imply the doctrine of humours in its phraseology and outlook on symptoms, but it is in the background, and nowhere are the humours described. It is clear, however, that bile and phlegm are the most prominent, and bilious and phlegmatic temperaments are often mentioned in Airs Waters Places and Epidemics I. and III. There are signs of subdivision in πικρόχολοι 5 and λευκοφλεγματία. 6

Amid all these differences, which by their very variety indicate that they belonged to theory without seriously affecting practice, there is one common principle—that health is a harmonious mingling of the constituents of the body. What these constituents are is not agreed, nor is it clear what exactly is meant by "mingling."

The word ἀκριπτος, which I have translated "unmixed" or "uncompounded," is said by Galen to mean "consisting of one humour only." It is more

1 Iatrica, XI. (end).
2 Ibid., XIX.
3 Littré VII. 584.
4 Ibid., VI. 208.
5 Regimen in Acute Diseases, XXXIII.: οἱ πικρόχολοι τὰ ἀκριπτος: Epidemics III. xiv. (end).
6 Epidemics III. xiv.
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likely that the word means properly "showing signs that crasis has not taken place."

Coction

The course of our inquiry has brought us to the doctrine of "coction" (πέψις). Familiar as a modern is with the difference between chemical blending and mechanical mixture, it is difficult for him to appreciate fairly theories put forward when this difference was unknown, and the human mind was struggling with phenomena it had not the power to analyse, and trying to express what was really beyond its reach. We must try to see things as the Greek physician saw them.

We have in Chapters XVIII and XIX of Ancient Medicine the most complete account of coction as the ancient physician conceived of it. It is really the process which leads to κράσις as its result. It is neither purely mechanical nor yet what we should call chemical; it is the action which so combines the opposing humours that there results a perfect fusion of them all. No one is left in excess so as to cause trouble or pain to the human individual. The writer takes three types of illnesses—the common cold, ophthalmia and pneumonia—and shows that as they grow better the discharges become less acrid and thicker as the result of πέψις.

In one respect the writer of Ancient Medicine is not a trustworthy guide to the common conception of πέψις. He attached but little importance to heat, and it can scarcely be doubted that the action of heat upon the digestibility of foods, and the heat which accompanies the process of digestion itself,
must have coloured the notion of πέψις as generally held. It is true that we read little about innate heat in the Hippocratic collection, but that is an accident, and it certainly was thought to have a powerful influence upon the bodily functions.¹

A disease was supposed to result when the equilibrium of the humours, from some “exciting cause” or other (πρόφασις), was disturbed, and then nature, that is the constitution of the individual (φύσις), made every effort she could through coction to restore the necessary κράσις.

Crisis

The battle between nature and the disease was decided on the day that coction actually took place or failed to take place. The result was recovery, partial or complete, aggravation of the disease, or death. The crisis (κρίσις) is “the determination of the disease as it were by a judicial verdict.”²

After a crisis there might, or might not, be a relapse (υποστροφή), which would be followed in due course by another crisis.

The crisis, if favourable, was accompanied by the expulsion of the residue remaining after coction and κράσις of the humours had occurred. This expul-

¹ See Aphorisms, § I. 14: τὰ αὔξανομενα πλειστον ἐχει τὸ ἐμφυτὸν θερμὸν πλείστης οὐν δεῖ ταῖς τροφῆς; εἰ δὲ μὴ, τὸ σῶμα ἀναλίσκεται κ.τ.λ.

² See Dr. E. T. Withington, Classical Review, May–June 1920, p. 65. There is a good definition of κρίσις in Affections VIII. (Littre VI. 216): κρίνεσθαι δὲ ἐστίν ἐν ταῖς νοσοῖς, ὅταν αὔξωνται αἱ νοσοί ἡ μαραλώνται ἡ μεταπλάτωσιν ἐς ἐτερον νόσημα ἡ τελευτώσιν.
sion might take place through any of the ordinary means of evacuation—mouth, bowels, urine, pores—and the evacuated matters were said to be concocted (πέπονα), that is to say, they presented signs that coction had taken place.  

But nature was not always able to use the ordinary means of evacuation. In this case there would be an abscession (ἀπόστασις). When the morbid residue failed to be normally evacuated, it was gathered together to one part of the body and eliminated, sometimes as an eruption or inflammation, sometimes as a gangrene or tumour, sometimes as a swelling at the joints.

An abscession did not necessarily mean recovery; it might merely be a change from one disease to another. The Hippocratic writers are not clear about the point, but apparently the abscession might fail to accomplish its purpose, and so the disease continued in an altered form. In other words there was abscession without real crisis.

To trace the course of a disease through its various stages, and to be able to see what is portended by symptoms in different diseases and at different stages of those diseases, was an art upon which Hippocrates laid great stress. He called it πρόγνωσις, and it included at least half of the physician's work.

1 The chief signs of coction were greater consistency, darker colour, and "ripeness" or "mellowness."

2 The most important passages are:—

(a) οὐδὲ γὰρ αἱ γιγνόμεναι τοῦτοι ἀποστάσιες ἔκρινον ὃσπερ ἐπὶ τοῖς ἄλλοις (Epidemics III. xii.).

(b) Ἀποστάσιες ἐγένοντο, ἣ μεῖσος ὡστε ὑπεφέρειν μὴ δύνασθαι, ὣ μείου ὡστε μηδὲν ὑφελεῖν ἀλλὰ ταχὺ παλινδρομεῖν κ.τ.λ. (Epidemics I. viii.).
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Critical Days

Crises took place on what were called critical days. It is a commonplace that a disease tends to reach a crisis on a fixed day from the commencement, although the day is not absolutely fixed, nor is it the same for all diseases. The writer of Prognostic and Epidemics I. lays it down as a general law that acute diseases have crises on one or more fixed days in a series.

In Prognostic Chapter XX the series for fevers is given thus:—4th day, 7th, 11th, 14th, 17th, 20th, 34th, 40th, 60th.

In Epidemics I. xxvi. two series are given:—

(a) diseases which have exacerbations on even days have crises on these even days: 4th, 6th, 8th, 10th, 14th, 20th, 24th, 30th, 40th, 60th, 80th, 120th.

(b) diseases which have exacerbations on odd days have crises on these odd days: 3rd, 5th, 7th, 9th, 11th, 17th, 21st, 27th, 31st.

A crisis on any other than a normal day was supposed to indicate a probably fatal relapse.

Galen thought that Hippocrates was the first to discuss the critical days, and there is no evidence against this view, though it seems more likely that it gradually grew up in the Coan school.¹

What was the origin of this doctrine? Possibly it may in part be a survival of Pythagorean magic, numbers being supposed to have mystical powers, which affected medicine through the Sicilian-Italian.

¹ On the other hand, critical days are not discussed at all in Coan Prenotions, the supposed repository of pre-Hippocratic Coan medicine.
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school. But a man so free from superstition as the author of *Epidemics I.* was unlikely to be influenced by mysticism, particularly by a mysticism which left his contemporaries apparently untouched. More probably there is an effort to express a medical truth. In malarious countries, all diseases, and not malaria only, tend to grow more severe periodically; latent malaria, in fact, colours all other complaints. May it not be that severe exacerbations and normal crises were sometimes confused by Hippocrates, or perhaps a series of malarial exacerbations attracted the crisis to one of the days composing it? The sentence in *Epidemics I.* xxvi. is very definitely to the effect that when exacerbations are on even days, crises are on even days; when exacerbations are on odd days, crises are on odd days. Evidently the critical days are not entirely independent of the periodicity of malaria.


Diseases were classified by ancient physicians according to their symptoms; they are now classified according to the micro-organisms which cause them. Accordingly it often happens that no exact equivalent in Greek corresponds to an English medical term and *vice versa.* The name of a Greek disease denotes merely a syndrome of symptoms.

Perhaps the most remarkable point arising in a discussion of Greek diseases is the apparent absence of most infectious fevers. Plagues, vaguely referred to by the term *λοιμός,* occurred at intervals, but the

1 For the common Greek conception of *λοιμός* see pseudo-Aristotle *Problems I.* 7.
medical writings in the Hippocratic collection are occupied almost entirely with endemic disease and do not describe plagues, not even the great plague at Athens. There is no mention of smallpox or measles; no certain reference occurs to diphtheria, scarlet fever, bubonic plague or syphilis. It is extremely doubtful whether typhoid was present in Greece, for although it is similar to severe cases of καῦσος and φρενίτις, the latter were certainly in most cases pernicious malaria, which is often so like typhoid that only the microscope can distinguish them. It is expressly stated by pseudo-Aristotle\(^1\) that fevers were not infectious, and it is difficult to reconcile this statement with the prevalence of typhoid. The question must be left open, as the evidence is not clear enough to warrant a confident decision.\(^2\)

Colds, "with and without fever,"\(^3\) were common enough in ancient times, but whether influenza prevailed cannot be stated for certain. Its all too frequent result, pneumonia, was indeed well known, but it is puzzling that in the description of epidemic cough at Perinthus,\(^4\) the nearest approach to an influenza wave in the Hippocratic collection, it is expressly stated that relapses into pneumonia were rare.\(^5\)

Consumption (φθίσις) is one of the diseases most frequently mentioned in the Corpus, and it is remarkable that in the very passage where we are told

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3. See *Epidemics IV.*, Littre V., p. 149.
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that fevers are not infectious it is also stated that consumption is so. To consumption are added "ophthalmias," which term will therefore include all contagious inflammations of the eyes.¹

The greatest plague of the Greek and of the ancient world generally was malaria, both mild and malignant, both intermittent and remittent.

The intermittents (διαλείποντες πυρετοί) are:

- ἀμφημερινὸς πυρετός (quotidiens)
- τριταῖος πυρετός (tertians)
- τεταρταῖος πυρετός (quartans)²

The remittents (often συνεχεῖς πυρετοῖ) included:

καῦσος, so called because of the intense heat felt by the patient, a remittent tertian often mentioned in the Corpus.

φρενίτις, characterized by pain in the hypochondria and by delirium. It generally had a tertian periodicity.

λήθαργος, characterized by irresistible coma. It bore a strong likeness to what is now known as the comatose form of pernicious malaria.

ἡμιτριταῖος, semiterminal, was pernicious remittent malaria with tertian periodicity.³

τύφος or τῦφος, of which five different kinds are mentioned in the Cnidian treatise περὶ τῶν ἐντὸς παθῶν

¹ Pseudo-Aristotle Problems VII. 8: διὰ τί ἂν ὀξύ φθίσεως καὶ ὀφθαλμών καὶ ψώρας οἱ πλησιάζοντες ἀλίσκονται ἀπὸ δὲ ὀδρώπως καὶ πυρετῶν καὶ ἀποτλημάσεως οὐχ ἀλίσκονται, οὔτε τῶν ἄλλων;

² See e.g. Epidemics I. xxiv., where quintans, septans and nonans also are mentioned. In the fourth century the existence of these fevers was denied.

³ I have discussed these diseases more fully in my Malaria and Greek History, pp. 63–68.
(Littré VII. 260 foll.), was in at least two cases a species of remittent malaria.

In connexion with the question of malaria it should be noticed that malarial cachexia, the symptoms of which are anaemia, weakness, dark complexion and enlarged spleen, is often described in the Hippocratic collection. Especially vivid is the description in *Airs Waters Places*. This is further evidence of the malarious condition of the ancient Greek world.

*μέλαγχολία*

This word is closely connected both with the doctrine of the humours and with the prevalence of malaria. It is fully discussed in *Malaria and Greek History*, pp. 98–101. Generally it means our “melancholia,” but sometimes merely “biliousness.” In popular speech *μέλαγχολία* and its cognates sometimes approximate in meaning to “nervous breakdown.” Probably the name was given to any condition resembling the prostration, physical and mental, produced by malaria, one form of which (the quartan) was supposed to be caused by “black bile” (*μέλαινα χολή*).

*ἐρυθρίπελας*

See Foes’ *Oeconomia*, p. 148, where quotations are given which enable us to distinguish *ἐρυθρίπελας* from *φλεγμονή*. Both exhibit swelling (*ογκός*) and heat (*θερμασία*), but whereas *ἐρυθρίπελας* is superficial and yellowish, *φλεγμονή* is internal also and red.

*διάρροια* and *δυσεντερία*

The former is local, and causes merely the passing of unhealthy excreta. The latter is accompanied by *lviii*
fever, and is a dangerous disease, in which the bowel is ulcerated, with the passing of blood. See περὶ παθῶν 23 and 25 (Littré VI. 234, 235), and more especially περὶ δωάτης 74 (Littré IV. 616):

ποιιτο γὰρ (διάρροια) ὄνομαζεται ἐως ἄν αὐτὴ μόνη σαπείσα ἡ τροφὴ ὑποχωρῆ. ὅκοταν δὲ θερμαίνομένου τοῦ σώματος κάθαρσις δρμεά γένηται, τὸ τε ἐντερὸν ἔσται καὶ ἐλκοῦται καὶ διαχωρεῖται αίματωδεα, τοῦτο δὲ δυ-σειτήρη καλεῖται, νόσος χαλεπὴ καὶ ἐπικύδινως.

"Dysentery" would include what is now called by this name and any severe intestinal trouble, perhaps typhoid and paratyphoid if these were diseases of the Greek world, while "diarrhoea" means merely undue laxity of the bowels.

**Delifium**

The Hippocratic collection is rich in words meaning delirium of various kinds. It is probable, if not certain, that each of them had its own associations and its own shade of meaning, but these are now to a great extent lost. Only the broad outlines of the differences between them can be discerned by the modern reader. The words fall into two main classes:—

(1) Those in which the mental derangement of delirium is the dominant idea; e. g. παραφέρομαι, παραφρονῶ (the word common in Prognostic), παρανοῶ, παρακρούω (the most common word in Epidemics I. and III.), παρακοπή, ἐκμαίνομαι, μανία.

(2) Those in which stress is laid upon delirious talk; e. g. λῆρος, παράληπρος, παραληπρῶ, παραλέγω, λόγοι πολλοί.
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It is more difficult to say exactly which words in each class signify the greater degree of delirium. Of class (1) ἐκμαίνομαι is obviously the most vigorous word, meaning "wild raving," μανία comes next to it, and παρακοπή is apparently slightly stronger than the others. Of class (2) λῆρος or παράληρος seems to be the strongest, then παράλέγω, and finally λόγοι πολλοί.

Pain

There are two common words for pain in the Corpus, πόνος and ὀδύνη. They seem practically synonymous. Perhaps πόνος is more commonly used of violent pains, and ὀδύνη of dull, gnawing pains, but I think that no reader would care to pronounce a confident opinion on the matter.

Ague

There are two words commonly used to describe the chilly feeling experienced in fevers, especially in malarial fevers. These are (a) ρήγος and its derivatives, and (b) φρική and its derivatives. The former lays stress upon the chilly feeling, the latter upon the shivering accompanying it. But in this case also it is possible to discriminate too finely; see e.g. in Epidemics III. Case ii. (second series), φρικώδης is followed by μετὰ τὸ γενόμενον ρῆγος, referring apparently to the same occasion.

The reader should note the extreme care with which symptoms are described in the Hippocratic group of treatises. It has been pointed out, for instance, that in Epidemics I. Case i., and Epidemics III. Case xv. (second series), there are possibly lx
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instances of Cheyne-Stokes breathing. Noticed by the writer of these works, this important symptom was overlooked until the eighteenth century.

§ 10. πολύς and ὀλίγος in the plural.

It is at least curious that one of the translator's greatest difficulties is to decide what are the meanings of πολύς and ὀλίγος (also of σμικρόν) when used in the plural. The reader is at first sight inclined to think that ῥεῦματα πολλά (Epidemics III. iv.) means "many fluxes," and so possibly it may. But just above we have ῥεῦμα πολύ, "a copious flux," and so the plural may well mean "copious fluxes." The ambiguity becomes more serious when the words are applied to the excreta. Is frequency or quantity the more dominant idea? It seems impossible to say for certain, but the evidence tends towards the latter view. From Prognostic Chapter XI it seems that quantity is the more important thing, and in the same passage πυκνόν is the word used to denote frequency. The usage in Epidemics I. and III. bears out this view. "Frequently shivering" is φρικῶδες πυκνά (Epid. III. xii.). In the same chapter occurs the sentence, ἀν ὃ ἄργει ἐνέποι μὲν δὲ ἔτεσι πολλαί, καὶ πολλὰ ἀνάγονσαι πέτονα, where πολλαί means "many" and πολλά "copious." In Epid. III. Case ii. (second series) βῆχες συνεχές ἔγρα ὀλλαὶ means "continued coughing with watery and copious sputa." In Case ix. of the same series "frequent, slight epistaxis" is ἡμορράγια . . . πυκνά κατ' ὀλίγον. After long consideration of this difficult question I conclude that πολύς and ὀλίγος in the plural, when
used of excreta, etc., should be translated "copious" or "abundant" unless the context makes the other meaning absolutely necessary.

The case is somewhat similar with the word \( \sigma\mu\kappa\rho\alpha \). Used adverbially this word means "slightly," "a little," more often than it does "in small quantities." \( \sigma\mu\kappa\rho\alpha \) κατενόει is almost certainly "lucid intervals," and \( \sigma\mu\kappa\rho\alpha \) ἐκοιμήθη is "snatches of sleep," but I do not feel sure that \( \sigma\mu\kappa\rho\alpha \) παρέκρουσε means more than "slight delirium," nor \( \sigma\mu\kappa\rho\alpha \) ἐπύρεξε (Epíd. III. xiii.) more than "slightly feverish."

§ 11. The Ionic Dialect of the Hippocratic Collection.

The later MSS. of the Corpus exhibit a mass of pseudo-ionic forms which are not to be found, or are only rarely found, in the earlier MSS. The uncontracted forms, too, are more common in the later authorities. If we follow closely the earlier MSS. we have a text which is very like Attic, with a mild sprinkling of Ionic forms. These facts seem to show that, when Ionic became the medium of scientific prose, it lost touch gradually with the spoken speech and assimilated itself to the predominant Attic, and later on possibly to the ἱστος. It retained just enough Ionic to keep up the tradition and to conform to convention. The later scribes, under the mistaken impression that the texts before them had been atticized, restored what they considered to be the ancient forms, often with disastrous results. Many of their ionisms are sheer monstrosities.

In 1844 A. W. Smyth discussed the dialect of the Corpus in his work The Sounds and Inflections of the ἱστι
Greek Dialects: Ionic. He pointed out, however, that the labours of Littré had left much to be done in this department of Hippocratic study, and that the material for a sound judgment was not yet available.

The collection of this material is not yet complete, but a good start was made by Kühlewein, who in Chapter III of the Prolegomena to the first volume of the Teubner Hippocrates (de dialecto Hippocratica) laid down the principles followed in the present edition.

§ 12. Manuscripts.

None of our MSS. are very old, but the oldest are far superior to the later, both in readings and in dialect. There is no regular canon, and no recognized order; each independent MS. seems to represent a different "collection" of Hippocratic works. This fact fits in well with the theory that the nucleus of the Corpus was the library (or the remains of it) of the Hippocratic medical school at Cos.

θ Vindobonensis med. IV., tenth century. Our oldest MS., containing: peri tων εντος παθών. peri παθών. peri ierης νούσου. peri νούσων α. peri νούσων γ. peri νούσων β. peri διαίτης α. peri διαίτης β. peri διαίτης γ (with peri ἐνυπνών). peri γυναικείων α. peri γυναικείων β. peri γυναικείης φύσιος. Of some books parts are missing.

A Parisinus 2253, eleventh century. It contains:

1 See §§ 94-103, pp. 100-110.
3 pp. lxv-cxxviii.
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Kwakai προγνώσεις. περὶ τροφῆς. περὶ πτωσάνθης. περὶ χυμῶν. περὶ ύγρῶν χρήσιος. ἐπιβώμιος. περὶ τέχνης. περὶ φύσιος ἀνθρώπου. περὶ φυσῶν. περὶ τόπων τῶν κατὰ ἀνθρωπον. περὶ ἀρχαίας ἱηρικῆς. ἐπιθημιών. An excellent MS., the use of which has transformed our Hippocratic text. There are four or five correcting hands.

B Laurentianus 74, 7, eleventh or twelfth century. It contains: κατ᾽ ἱηρείον. περὶ ἄγμῶν. περὶ ἀρηρων. περὶ τῶν ἐν κεφαλῇ τρωμάτων. Two correcting hands.


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1525 Hippocratis Coi medicorum longe principis octoginta volumina, quibus maxima ex parte an-
norum circiter duo millia latina caruit lingua, Graeci vero, Arabes et prisci nostri medici, plurimis tamen utilibus praetermissis, scripta sua illustrarunt, nunc tandem per M. Fabium Calvum, Rhavennatem, virum undecumque doctissimum, latinitate donata, Clementi VII pont. max. dicata, ac nunc primum in lucem edita, quo nihil humano generi salubrius fieri potuit.

Romae ex aedibus Francisci Minitii Calvi Novocomensis. 1 vol. fol.

1526 Ἀπαντά τὰ τοῦ Ἰπποκράτους. Omnia opera
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This edition was edited by Janus Cornarius.
1595 Τοῦ μεγάλου Ἰπποκράτους πάντων τῶν ιατρῶν κορυφαίου τὰ εὑρηκόμενα.
Magni Hippocratis medicorum omnium facile principis opera omnia quae extant in VIII sectiones ex Erotiani mente distributa, nunc recens latina interpretatione et annotationibus illustrata, Anutio Foesio Mediomatrico medico authore. Francofurti apud Andreae Wecheli haeredes. Fol.

Reprinted 1621, 1624, 1645 and at Geneva 1657.
1665 Magni Hippocratis Coi opera omnia graece et latine edita et ad omnes alias editiones accommodata industria et diligentia Joan. Antonidae van der Linden. Lugduno-Batav. 1665. 2 vol. octavo.
1679 Hippocratis Coi et Claudii Galeni Pergameni
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\( \dot{\alpha} \rho \chi i \mu \tau \rho \dot{\omega} \nu \) opera. Renatus Charterius Vindocinensis, plurima interpretatus, universa emendavit, instauravit, notavit, auxit . . . Lutetiae Parisiorum, apud Jacobum Villery. 13 vol. fol.

1743 Τὰ Ἐποκράτους Ἀπαιτα . . . studio et opera Stephani Mackii. Viennae. 2 vol. fol.


1846 Article “Hippocrates” in Smith’s Dictionary of Greek and Roman Biography and Mythology, by Dr. W. A. Greenhill.

1849 The genuine works of Hippocrates translated from the Greek with a preliminary Discourse and Annotations by Francis Adams. London. 2 vol.


1864–1866 Εποκράτης κομμήτης Χαρ. Η. Θ. Reinhold. Αθήνης. 2 vol.

1877, 1878 Chirurgie d’Hippocrate, par J. E. Pétrequin. 2 vols.


The second volume appeared in 1902.

1913 Article “Hippokrates (16)” in Pauly-Wissowa Real-Encyclopädie der classischen Altertums-wissenschaft.
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The early editions are learned but uncritical, being stronger on the medical side than in scholarship. Special mention should be made of the *Oeconomia* of Foes, a perfect mine of medical lore, and it is supplemented by the excellent notes in Foes' edition. Such a work could have appeared only in an age when Hippocrates was a real force in medical practice.¹

The first scholarly edition was that of Littré, and only those who have seriously studied the works of Hippocrates can appreciate the debt we owe to his diligence, or understand why the task occupied twenty-two years. Unfortunately Littré is diffuse, and not always accurate. His opinions, too, changed during the long period of preparation, and the additional notes in the later volumes must be consulted in order to correct the views expressed in the earlier.

As a textual critic he shows much common sense, but his notes are awkward to read, and his knowledge was practically confined to the Paris MSS.

He is at his best as a medical commentator, and he was the first to explain Hippocratic pathology by proving that the endemic diseases of the Hippocratic writings must be identified, not with the fevers of our climate, but with the remittent forms of malaria common in hot climates. It is not too much to say that without keeping this fact in view we cannot understand a great part of the *Corpus*. It is curious to note that Hippocrates was a medical text-book almost down to the time (about 1840) *This is in a way a defect. Foes, like Galen, is not sufficiently “detached” from Hippocratic teaching to judge Hippocrates impartially.*

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when malaria ceased to be a real danger to northern Europe.

The most useful critical edition of Hippocrates is that of Ermerins. He was a scholar with a lucid and precise mind, and his critical notes are a pleasure to read. The introductions, too, are stimulating, instructive and interesting, written in a style full of life and charm. As a philologist he was very deficient.

The edition in the Teubner series, edited by Kühlewein, of which two volumes have appeared, marks a distinct advance. Fresh manuscripts have been collated, and the text has been purged of the pseudo-ionisms which have so long disfigured it.

A word should perhaps be said about Reinhold, whose two volumes of text give us more plausible conjectures than the work of any other scholar.

Of the scholars who have worked at parts of the Corpus mention should be made of Gomperz and Wilamowicz, but especial praise is due to the remarkable acuteness of Coray, whose intellect was like a sword. He always instructs and inspires, even when the reader cannot accept his emendations.

Adams’ well-known translation is the work of a man of sense, who loved his author and was not without some of the qualifications of a scholar. The translation is literal and generally good, but is occasionally misleading. The medical annotation is far superior to the scholarship displayed in the work.
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Among ancient writers Erotian is the only one who expressly ascribes this little treatise to Hippocrates himself. Modern critics generally regard it as old, but as not by Hippocrates, the chief exception being Littré. Adams is uncertain, but is inclined to think that Hippocrates was not the author.

Thus the external evidence in support of the view that Hippocrates was the author of this treatise is very slight indeed. The internal evidence is considerably stronger.

(1) The writer, like Hippocrates, holds that health is caused by a "coction" of the "humours."
(2) He recognises the importance of "critical" days in an illness.
(3) He holds that medical science is founded on observation and reasoning, not on speculation.
(4) He attaches great importance to the use of "slops" of various degrees of consistency.

All these doctrines are in conformity with the views expounded in the works assigned to Hippocrates. On the other hand, no stress is laid upon prognosis, which Hippocrates considered of primary importance. Again, it would be impossible to show from the works of Hippocrates that the father of

1 By "Hippocrates" is meant the writer of Prognostic, of Regimen in Acute Diseases, and of Epidemics, I., III.
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medicine thought little of the power of heat and cold in producing health or disease; our author, however, rates them very low. Moreover, like the Pythagorean physician Alcmaeon, he holds that there is an indefinite number of “opposites,” the harmony or crasis of which produces health. The historical Hippocrates is said to have reduced the number of the humours to four, although I can find no trace of this limitation to four in any treatise earlier than the one on the Nature of Man, which is not generally considered authentic.

It may be said that, were the external evidence stronger, the treatise would be accepted as an authentic work of Hippocrates.

Littré¹ argues that the well-known passage in the Phaedrus,² where “Hippocrates the Asclepiad” is mentioned as holding a theory that a knowledge of the human body is impossible without a knowledge of the universe—interpreted to mean an examination of the δύναμις (or δυνάμεις) of a body according to its inter-relations with other things—refers to Chapter XX of the περὶ ἀρχαι ἑτρικῆς, and not, as Galen maintains, to the treatise On the Nature of Man. Littré³ also points out that a passage in our treatise⁴ is very similar to one in Regimen in Acute Diseases, the authenticity of which is undoubted.

¹ i. pp. 294–310. Goniperz is inclined to support this view.
² 270, C. D. Littré’s discussion of the sentence τὸ τοῖνυν περὶ φύσεως σκόπει τὸ ποτε λέγει Ἰπποκράτης τε καὶ δ ὅρθος λόγος, to show that it does not refer to any actual words of Hippocrates, is, of course, quite beside the mark. The sentence means “what H. and right reason mean by περὶ φύσεως.”
³ pp. 314, 315.
⁴ Chapter X.
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Littre may have shown that there is a resemblance to our author in the *Phaedrus* passage. Resemblances, however, show merely that the writer was Hippocratic, not that he was Hippocrates.

The reference, in Chapter XV, to participation (κοινωνεῖ) in εἶδή and to "absolute existences" (αὐτὸ τί ἐφ' ἐωντοῦ) might lead a critic to infer that the writer lived in the age of Plato. But there are two insuperable difficulties to this hypothesis. One is that in Chapter XX the word σοφουτής is used in its early sense of "philosopher," which implies that the writer lived before Plato attached to the word the dishonourable meaning it has in later Greek. The other is that the writer attacks the intrusion of philosophic speculation into the science of medicine, and the speculation he has constantly in mind, as being, apparently, the most influential in his day, is that of Empedocles,¹ who is actually mentioned in Chapter XX as a typical writer πελλῆ ϕυσέως. There is a sentence in Chapter XIV which closely resembles, in both thought and diction, the fragments of Anaxagoras.² It certainly looks as though the writer of *Ancient Medicine* was not unfamiliar with the works of this philosopher. All this evidence tends to fix the date as approximately 430–420 B.C., and to suggest as the writer either Hippocrates or a very capable supporter of the medical school of which Hippocrates was a contemporary member.

The author of *Ancient Medicine* in Chapter II asserts

¹ Or possibly that of the Milesian school with its doctrine of opposites, of which opposites the Empedoclean "roots" are four, definitely corporealised.
² ὅταν δὲ τῷ ποὺτῶν ἀποκριθῇ καὶ αὐτὸ ἐφὶ ἐωντοῦ γένηται, τότε καὶ φανερὸν ἔστι καὶ λυπεῖ τὸν ἄνθρωπον.
that empiric medicine was in his day an old art, and that the attempt to foist the method of philosophy upon it was comparatively modern. He is obviously correct. Hippocratic science must have been the ripe fruit of a long period of active inquiry; philosophy began early in the sixth century B.C., and it was late in that century that medicine and philosophy were combined in the persons of prominent Pythagoreans.¹ It was only natural that, as the main interest of philosophy shifted from cosmology to biology, philosophy should occupy itself with medical problems. The union was closest in Empedocles, thinker, seer, and "medicine-man," but by the end of the fifth century philosophy had discarded medicine, although to its great loss medicine did not discard philosophy.²

Several recent critics, notably Professor A. E. Taylor,³ have pointed out the importance of this little work in the history of thought. It has even been urged that it proves that the technical phrases, and perhaps the doctrine also, of the theory of Ideas, usually ascribed to Plato, were well-known to educated men a generation at least before Plato. The language used in Chapter XV is, indeed, strikingly like the terminology of Plato, far too much so to be a mere coincidence.

However this may be, it is plain that in the fifth century B.C. there were thinkers, holding principles nearly akin to those of modern science, who were violently opposed to the application of philosophic

¹ See Burnet, Early Greek Philosophy, pp. 223-226 for Alcmaeon, and pp. 339-341 for the later Pythagoreans.
² See especially Burnet, op. cit. pp. 234-235.
³ Varia Socratica, pp. 74-78 and 214-218.
procedure to science. This procedure the writer calls the method of \( \nuποθέσεις \). The student of Plato is at once reminded of the *Phaedo*, *Republic*, and *Sophist*, in which dialogues a theory of knowledge is expounded which is stated to be the best possible method of inquiry until the Ideas have been apprehended. It should be noticed that a \( \nuποθέσεις \) is something very different from a modern scientific hypothesis. The latter is a summary of observed phenomena, intended to explain them by pointing out their causal relationship. The former is not a summary of phenomena; it is a postulate, intended to be accepted, not as an explanation, but as a foundation (\( \nuπο-τίθημι \)) upon which to build a superstructure. An hypothesis must by tested by further appeals to sense-experience; a \( \nuποθέσεις \) must not be so tested, it must be taken for granted as an obvious truth. Plato would have nothing to do with appeals to sense-experience. According to him, if a \( \nuποθέσεις \) is not accepted, it must be abandoned, and a more general \( \nuποθέσεις \) postulated, until one is reached to which the opponent agrees.\(^1\) The writer of *Ancient Medicine* suggests,\(^2\) as the proper sphere of \( \nuποθέσεις \), the celestial regions and those beneath the earth. Here, among \( τά ἀφανέα τε καὶ ἀπορεώμενα \), where we have no means of applying a satisfactory test, where in fact sense-perception fails us, is the proper place for \( \nuποθέσεις \). He would exclude them all from medicine, but he is constantly suggesting what we moderns call "hypotheses." The best examples of \( \nuποθέσεις \) are the axioms and postulates of geometry.

\(^1\) *Phaedo*, 101 D, E.
\(^2\) Chapter I. The language of the author is more than a little sarcastic.
These are not tested or proved; they are assumed, and upon the assumptions a whole science is built.

In place of ἐποθέσεις the author of Ancient Medicine relies, as a modern scientific thinker relies, on careful observation and critical examination of phenomena, hoping thereby to reach, not the complete and perfect knowledge Plato hoped to attain through his Ideas, but an approximation to truth.

So the two methods, that of Greek philosophy and that of modern science, stand face to face. The struggle between them was, for the time being, short. Medicine, almost the only branch of Greek science scientifically studied, was worsted in the fight, and medical science gradually degenerated from rational treatment to wild speculation and even quackery and superstition. The transcendent genius of Plato, strong in that very power of persuasion the use of which he so much deprecated, won the day. The philosophic fervour which longed with passionate desire for unchangeable reality, that felt a lofty contempt for the material world with its ever-shifting phenomena, that aspired to rise to a heavenly region where changeless Ideas might be apprehended by pure intelligence purged from every bodily taint, was more than a match for the humble researches of men who wished to relieve human suffering by a patient study of those very phenomena that Plato held of no account.

1 λογισμῷ, Chapter XII.
2 εἰ μὴ ἔχει περὶ πάντα ἀκρίβειαν, ἀλλὰ πολὺ μᾶλλον διὰ τὸ ἀγγὺς οἵμαι τοῖς ἄτρεκεστάτου δύνασθαι ἥκειν. Ibid. The forty-two clinical histories, given in the Epidemics of Hippocrates, are excellent examples of the observation which the Hippocratic school considered the only foundation of science.
3 See E. T. Withington, in Malaria and Greek History, by W. H. S. Jones and E. T. Withington.
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So for centuries philosophy flourished and science languished, in spite of Aristotle, Euclid and Archimedes.

Analysis.

(1) The rejection of ἐποθέσεις and the defence of the old method in medicine (Ch. I–III).
(2) The origin of medicine, and its connection with the art of dieting (III–XII).
(3) The comparative unimportance of the four "opposites" in health and disease (XIII–XV).
(4) The importance of certain secretions as compared with heat and cold (XVI–XIX).

Text, etc.

There has never been published any separate edition of this treatise, but of course it is included in all the great editions of Hippocrates. Not much was done to improve the text before Littré, who seems to have bestowed care and thought upon the little book. The edition of Kühlewein introduced a radical reformation of the pseudo-ionic forms that disfigured earlier texts, and also several improvements in detail, but his changes are not always happy.

The chief manuscript authority is A,¹ which seems infinitely superior to all the others. The next most important manuscript is M, the others being of very little help.

In this edition I have kept closely to the spelling of Kühlewein, but the text itself is my own. It

¹ Called by Littré 2253.
follows the MS. A very closely, but on several occasions I have accepted (with acknowledgements) the emendations of Coray, Reinhold, Ermerins, Littré, Diels and Kühlewein. One passage I have rejected on my own authority, and in another I have presented a new combination of readings which I think restores sense out of nonsense. I have generally noted readings only when the choice makes a decided difference to the translation.

The translator is often perplexed how to render semi-technical words which belong to a time when the ideas underlying them were in a transition stage, or when ideas were current which the progress of time has destroyed. “Hot” and “cold” were no longer bodies, but they were not yet qualities. As Professor Taylor\(^1\) shows, the word ἄδος is most elusive, referring to the form, appearance, structure of a thing, the physique of persons, etc., and yet it is becoming capable of being applied to immaterial reality. There are about half a dozen words to describe the process which we describe by the single word “digestion.”\(^2\) These nice distinctions must be lost in an English version. The most difficult word of all is perhaps δύναμις. Scientific thought in the fifth century B.C. held that certain constituents of the body, and indeed of the material world generally, manifested themselves to our senses and feelings in certain ways. These are their δύναμεις, “powers,” or, as we may sometimes translate, “properties,”

\(^1\) Loc. cit.

\(^2\) In deference to authority I translate ἀπαλλάσσειν in Chapters X and XX “come off” well or ill. But I am almost convinced that in both cases the word means “to get rid of food,” “to digest.” Compare Chapter III, p. 18, l. 32.
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“characteristics,” “effects.” Almost equally difficult is the word \( \varphi \sigma \tau \). This appears sometimes to have the meaning which Professor Burnet shows it has in early philosophy, “primordial matter,” “primitive element or elements,” the “stuff” of which the world is made. Often, again, it has its later meaning, “nature,” while sometimes the two senses are combined or confused. In all these cases perfect consistency of rendering can only be achieved by sacrificing the thought. In my work I have been constantly impressed, and depressed, by the truth of the proverb, “Translators are traitors.”
ΠΕΡΙ ΑΡΧΑΙΗΣ ΙΗΤΡΙΚΗΣ

I. Ὅποσοι μὲν ἐπεχείρησαν περὶ ἱητρικῆς λέγειν ἢ γράφειν, ὑπόθεσιν αὐτοῖς ὑποθέμενοι τῷ λόγῳ, θερμὸν ἢ ψυχρὸν ἢ ύγρὸν ἢ ξηρὸν ἢ ἄλλο τι ὧν θέλωσιν, ἐς ραχῦ ἀγοντες τὴν ἀρχήν τῆς αἰτίης τοῖς ἀνθρώποισι νοῦσων τε καὶ θανάτου, καὶ πᾶσι τὴν αὐτήν, ἐν ἢ δύο ὑποθέμενοι, ἐν πολλοῖς μὲν καὶ 1 οἰσί λέγουσι καταφανεῖς εἰσὶ ἀμαρτάνοντες, μάλιστα δὲ ἄξιον μέμψασθαι, ὅτι ἀμφὶ τέχνης εὑσίς, ἢ χρέωςται τε πάντες ἐπὶ τοῖς μεγίστοις καὶ τιμῶσι μάλιστα τοὺς ἀγαθοὺς χειροτέχνας καὶ δημιουργοὺς. εἰσὶν δὲ δημιουργοὶ οἱ μὲν φαύλοι, οἱ δὲ πολλῶν διαφέροντες· ὀπερ, εἰ μὴ ἣν ἱητρικὴ ὀλως, μηδὲ ἐν αὐτῇ ἐσκέπτο μηδὲ εὐρητο μηδέν, οὐκ ἄν ἦν, ἀλλὰ πάντες ὁμοίως αὐτῆς ἀπειροὶ τε καὶ ἀνεπιστήμονες ἦσαν, τύχῃ δὲ ἀν πάντα τὰ τῶν καμμόντων διοικεῖτο. νῦν δ' οὐχ οὖτως ἔχει, ἀλλ' ὡσπέρ καὶ τῶν ἄλλων τεχνέων πασέων οἱ δημιουργοὶ πολλῶν ἀλλήλων διαφέρουσιν κατὰ χεῖρα καὶ κατὰ γνώμην, οὖτω δὲ καὶ ἐπὶ ἱητρικῆς. διὸ οὐκ ἢξιον αὐτὴν ἐγωγε κενὴς 2

1 καὶ MSS.: καὶνοῦσι: Kühlewein after Schöne.
2 κενῆς M: καὶνῆς Α.
ANCIENT MEDICINE

I. All who, on attempting to speak or to write on medicine, have assumed for themselves a postulate as a basis for their discussion—heat, cold, moisture, dryness, or anything else that they may fancy—who narrow down the causal principle of diseases and of death among men, and make it the same in all cases, postulating one thing or two, all these obviously blunder in many points even of their statements, but they are most open to censure because they blunder in what is an art, and one which all men use on the most important occasions, and give the greatest honours to the good craftsmen and practitioners in it. Some practitioners are poor, others very excellent; this would not be the case if an art of medicine did not exist at all, and had not been the subject of any research and discovery, but all would be equally inexperienced and unlearned therein, and the treatment of the sick would be in all respects haphazard. But it is not so; just as in all other arts the workers vary much in skill and in knowledge, so also is it in the case of medicine. Wherefore I have deemed that it has

1 Or, reading καυσοί κ.τ.λ., "of their novelties."
2 Or "manual skill" and "intelligence."
ΠΕΡΙ ΑΡΧΑΙΩΣ ΙΗΤΡΙΚΗΣ

ὑποθέσιος δεῖσθαι ὡς περὶ τὰ ἀφανέα τε καὶ ἀπο-ρεόμενα, περὶ δὲν ἀνάγκη, ἢ τις ἑπιχειρήσει λέγειν, ὑποθέσει χρήσθαι, οἷον περὶ τῶν μετεώρων ἡ τῶν ὑπὸ γῆν. ἃ εἰ 1 τις λέγοι καὶ γινώσκοι ὡς ἡχεῖ, οὐτ' ἂν αὐτῷ τῷ λέγοντι οὔτε τοῖς ἀκούονσι δῆλα ἂν εὖ, εἴτε ἄλθεμα ἐστὶν εἴτε μη. οὐ γὰρ ἐστὶ πρὸς ὁ τι χρή ἀνανεύγαντα εἰδέναι τὸ σαφὲς.

Π. Ἰητρικὴ δὲ πάλαι πάντα ὑπάρχει, καὶ ἀρχῇ καὶ ὁδὸς εὑρημένη, καθ' ἢν τὰ εὑρημένα πολλά τε καὶ καλῶς ἐχοῦτα εὑρηταὶ ἐν πολλῷ χρόνῳ, καὶ τὰ λοιπὰ εὑρήθησεται, ἢν τίς ἰκανός τε ἔων καὶ τὰ εὑρημένα εἰδὼς ἐκ τούτων ὀρμώμενος ζητήῃ. ὡστὶς δὲ ταύτα ἀποβαλὼν καὶ ἀποδοκιμάσας πάντα, ἐτέρη ὁδὸ καὶ ἐτέρῳ σχήματi ἐπιχειρεῖ ζητεῖν, καὶ φησί τι ἐξευρηκέναι, ἔξερπατηται 2 καὶ ἐξαπατᾶται: ἀδύνατον γὰρ, ἢν ἂν ἂν ἀνάγκας ἀδύνατον, ἐγὼ πειρήσομαι ἐπιδείξαι, λέγων καὶ ἐπιδεικνύων τὴν τέχνην ὦ τι ἐστίν. 3 ἐκ δὲ τούτων καταφανὲς ἐσται ἀδύνατα ἐόντα ἄλλως πως τούτων εὐρίσκεσθαι. μάλιστα δὲ μοι δοκεῖ περὶ ταύτης δεῖν λέγοντα τῆς τέχνης γνωστα λέγειν τοῦσι δημότησι. οὐ γὰρ περὶ ἄλλων τινῶν οὔτε ζητεῖν οὔτε λέγειν προσήκει ὢν περὶ τῶν παθημάτων ὃν αὐτοὶ οὔτοι

1 ἃ εἰ suggested by Littré: ἄει A.
2 So the MSS. ἐξαπατᾷ τε has been suggested. See Diels in Hermes XLV. 125.
3 ὥ τι ἐστίν M: ὅτι A and ἐστιν Kühlewein.

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1 Or, reading καυῆς, "a novel postulate." But the writer's objection is not that the postulate is novel, but that it is a postulate. A postulate, he says, is "empty" in a sphere where accurate and verifiable knowledge is possible. Only
ANCIENT MEDICINE, i.—ii.

no need of an empty postulate,¹ as do insoluble mysteries, about which any exponent must use a postulate, for example, things in the sky or below the earth. If a man were to learn and declare the state of these, neither to the speaker himself nor to his audience would it be clear whether his statements were true or not. For there is no test the application of which would give certainty.

II. But medicine has long had all its means to hand, and has discovered both a principle and a method, through which the discoveries made during a long period are many and excellent, while full discovery will be made, if the inquirer be competent, conduct his researches with knowledge of the discoveries already made, and make them his starting-point. But anyone who, casting aside and rejecting all these means, attempts to conduct research in any other way or after another fashion, and asserts that he has found out anything, is and has been the victim of deception.² His assertion is impossible; the causes of its impossibility I will endeavour to expound by a statement and exposition of what the art is.³ In this way it will be manifest that by any other means discoveries are impossible. But it is particularly necessary, in my opinion, for one who discusses this art to discuss things familiar to ordinary folk. For the subject of inquiry and discussion is simply and solely the sufferings of these same

in regions where science cannot penetrate are ὑποθέσεις legitimate. For this reason I read κενῆς.

² Or, with the reading suggested, "both deceives and is deceived."

³ Or, reading ὅτι ἐστιν, "that the art really is an art, really exists."
νοσεούσι τε καὶ πονέουσι. αὐτοὺς μὲν οὖν τὰ σφέων αὐτῶν παθήματα καταμαθεῖν, ὡς γίνεται καὶ παύεται καὶ δι’ οἶας προφάσιας αὑξεται τε καὶ φθίνει, δημότας ἐόντας οὐ βηδίον· ὑπ’ ἄλλου δὲ εὐρημένα καὶ λεγόμενα, εὐπτεῖς. οὖδὲν γὰρ ἔτερον ἢ ἀναμμυνήσκεται ἠκαστὸς ἄκοινων τῶν αὐτῶν ἑνωμακοίνων. εἰ δὲ τις τῆς τῶν ιδιωτῶν γνώμης ἁποτεῦξεται καὶ μὴ διαθήσει τοὺς ἄκοινως ὄντως, τοῦ ἐόντος ἁποτεῦξεται. καὶ διὰ ταῦτα οὖν ταῦτα οὖδὲν δει ὑποθέσιον.

III. Τὴν γὰρ ἀρχὴν οὐτ’ ἀν εὐρέθη ἢ τέχνη ἢ ἡτρική οὐτ’ ἀν ἐξητήθη—οὐδὲν γὰρ αὐτῆς ἔδει—εἰ τοῖς κάμνοις τῶν ἀνθρώπων τὰ αὐτὰ διαίτησι καὶ προσφερομένους, ἀπερ οἱ υγιαίνουσι γνώμης ἁποτεῦξεται καὶ τἄλλα διαίτεονται, συνέφερεν, καὶ μὴ ἢν ἔτερα τούτων βελτίω. νῦν δὲ αὐτῇ ἢ ἀνάγκη ἡτρικῆ ἐποίησεν ξητήθηναί τε καὶ εὐρεθήναι ἀνθρώποις, ὅτι τοῖς κάμνοις ταῦτα προσφερομένους, ἀπερ οἱ υγιαίνους, οὐ συνέφερεν, ὡς οὖδὲ νῦν συμφέρει. ἐτι δὲ ἀνωθεν ἔγωγε ἀξίων οὗ τὴν τῶν υγιαίνοντων διαιτῶν τε καὶ τροφῆν, ἢ νῦν χρέονται, εὐρεθήναι, εἰ ἐξήρκει τοῦ ἀνθρώπου ταῦτα ἐσθίοντι καὶ πίνοντι βοὶ τε καὶ ἅππῳ καὶ πᾶσιν ἐκτὸς ἀνθρώπου, οἰον τὰ ἐκ τῆς γῆς φυόμενα, καρπούς τε καὶ ἔλην καὶ χόρτον. ἀπὸ τούτων γὰρ καὶ τρέφονται καὶ αὐξονται καὶ ἄποναι διάγονους οὖν ἑπος προσδεόμενοι ἄλλης διαιτῆς. καὶ τοι τῇ γε ἀρχῇ ἔγγας ὁδοίω καὶ τὸν ἀνθρωπὸν τουαύτη τροφῆ κεχρήσθαι. τὰ δὲ νῦν διαιτήματα εὑρημένα καὶ τετεχνημένα ἐν

1 ἑωυτῷ most MSS,
ordinary folk when they are sick or in pain. Now to learn by themselves how their own sufferings come about and cease, and the reasons why they get worse or better, is not an easy task for ordinary folk; but when these things have been discovered and are set forth by another, it is simple. For merely an effort of memory is required of each man when he listens to a statement of his experiences. But if you miss being understood by laymen, and fail to put your hearers in this condition, you will miss reality. Therefore for this reason also medicine has no need of any postulate.

III. For the art of medicine would never have been discovered to begin with, nor would any medical research have been conducted—for there would have been no need for medicine—if sick men had profited by the same mode of living and regimen as the food, drink and mode of living of men in health, and if there had been no other things for the sick better than these. But the fact is that sheer necessity has caused men to seek and to find medicine, because sick men did not, and do not, profit by the same regimen as do men in health. To trace the matter yet further back, I hold that not even the mode of living and nourishment enjoyed at the present time by men in health would have been discovered, had a man been satisfied with the same food and drink as satisfy an ox, a horse, and every animal save man, for example the products of the earth—fruits, wood and grass. For on these they are nourished, grow, and live without pain, having no need at all of any other kind of living. Yet I am of opinion that to begin with man also used this sort of nourishment. Our present ways of living have, I think, been
πολλῶν χρόνων γεγενήσθαί μοι δοκεῖ. ὡς γὰρ ἐπασχον πολλά τε καὶ δεινὰ ὑπὸ ἵσχυρῆς τε καὶ θηριόδεος διαίτης ὁμᾶ τε καὶ ἄκρητα καὶ μεγάλας δύναμιν ἔχοντα ἐσφερόμενοι. οίᾳ περ ἄν καὶ νῦν ὑπ' αὐτῶν πᾶσχοιεν πόνοισι τε ἱσχυροὶς καὶ νοῦσοις περιπτυποῦτεσ καὶ διὰ τάχεος θανάτους. ἢσσον μὲν οὖν ταῦτα τότε εἰκὸς ἢν πᾶσχειν διὰ τὴν συνήθειαν, ἱσχυρῶς δὲ καὶ τότε. καὶ τοὺς μὲν πλείστους τε καὶ ἀσθενεστέρην φύσιν ἔχοντας ἀπόλλυσθαί εἰκὸς, τοὺς δὲ τούτων ὑπερέχοντας πλεῖων χρόνων ἀντέχειν. ὅσπερ καὶ νῦν ἀπὸ τῶν ἱσχυρῶν βρωμάτων οἴ μὲν ῥηῖδίως ἀπαλλάσσονται, οἴ δὲ μετὰ πολλῶν πόνων τε καὶ κακῶν. διὰ δὴ ταῦτην τὴν αἰτίην καὶ οὐτοῦ μοι δοκέονσι ζητῆσαι τροφήν ἀρμόζουσαν τῇ φύσει καὶ εὐρεῖν ταῦτην, ἢ νῦν χρεώμεθα. ἐκ μὲν οὖν τῶν πυρῶν βρέξαντες σφας καὶ πτίσαντες καὶ καταλέσαντες τε καὶ διασήσαντες καὶ φορύξαντες καὶ ὀπτῆσαντες ἀπετέλεσαν ἅρτον, ἐκ δὲ τῶν κριθέων μᾶζαν. ἄλλα τε πολλὰ περὶ ταῦτα προηγματευσάμενοι ἦσσον τε καὶ ὀπτῆσαν καὶ ἔμιξαν, καὶ ἔκέρασαν τὰ ἵσχυρὰ τε καὶ ἄκρητα τοῖς ἀσθενεστέροις, πλάσσοντες πάντα πρὸς τὴν τοῦ ἀνθρώπου φύσιν τε καὶ δύναμιν, ἤγευμενοι, ὡσα μὲν ἄν ἵσχυρότερα ἢ ἢ ¹ δυνητέστως κρατεῖν τῇ φύσιν, ἢν ἐμφέρηται, ἀπὸ τούτων δ' αὐτῶν πόνους τε καὶ νοῦσος καὶ θανάτους ἐσσεθαί, ὀπόσων δ' ἄν δύνηται ἐπικρατεῖν, ἀπὸ τούτων τροφὴν τε καὶ αὐξῆσιν καὶ ὑγείαν. τῷ δὲ εὐρήματι τούτῳ καὶ ζητῆματι τί ἄν τις

¹ So Littré, but he does not admit the conjecture into his text. The MSS. show a great variety of readings, giving the same sense but irregular constructions.
discovered and elaborated during a long period of time. For many and terrible were the sufferings of men from strong and brutish living when they partook of crude foods, uncompounded and possessing great powers—*the same in fact as men would suffer at the present day, falling into violent pains and diseases quickly followed by death. Formerly indeed they probably suffered less, because they were used to it, but they suffered severely even then. The majority naturally perished, having too weak a constitution, while the stronger resisted longer, just as at the present time some men easily deal with strong foods, while others do so only with many severe pains. For this reason the ancients too seem to me to have sought for nourishment that harmonised with their constitution, and to have discovered that which we use now. So from wheat, after steeping it, winnowing, grinding and sifting, kneading, baking, they produced bread, and from barley they produced cake. Experimenting with food they boiled or baked, after mixing, many other things, combining the strong and uncompounded with the weaker components so as to adapt all to the constitution and power of man, thinking that from foods which, being too strong, the human constitution cannot assimilate when eaten, will come pain, disease, and death, while from such as can be assimilated will come nourishment, growth and health. To this discovery and research what juster or more appropriate name

1 Or "strong qualities."
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50 ὅνομα δικαίωτερον ἢ προσήκον μᾶλλον θεία ἢ ἱητρικήν; ὅτι γε εὑρηται ἐπὶ τῇ τοῦ ἀνθρώπου ὑγιείᾳ τε καὶ σωτηρίᾳ καὶ τροφῇ, ἄλλαμα ἐκείνης τῆς διαίτης, ἐξ ἢς οἱ πόνοι καὶ νοῦσοι καὶ θάνατοι

54 ἐγένοντο.

IV. Εἰ δὲ μὴ τέχνη αὐτὴ νομίζεται εἶναι, οὐκ ἀποεικός· ἵνα γὰρ μηδεὶς ἐστίν ἱδιωτής, ἀλλὰ πάντες ἐπιστήμονες διὰ τὴν χρήσιν τε καὶ ἀνάγκην, οὗ προσήκει ταύτης οὐδένα τεχνίτην καλείσθαι· ἐπεὶ τὸ γε εὐρήμα μέγα τε καὶ πολλὴς σκέψεις τε καὶ τέχνης. ἔτι γοῦν καὶ νῦν οἱ τῶν γυμνασίων τε καὶ ἀσκησίων ἐπιμελόμενοι αἰεὶ τι προσεξευρισκούσιν κατὰ τὴν αὐτὴν ὁδὸν ζητέοντες ὁ τι ἐσθίων τε καὶ πίνων ἐπικρατήσει τε αὐτοῦ μάλιστα καὶ ἵσχυρότερος αὐτὸς ἐωτοῦ ἐσται.

10 V. Σκεφτόμεθα δὲ καὶ τὴν ὁμολογομένως ἱητρικὴν, τὴν ἁμφὶ τοὺς κάμνοντας εὐρημένην, ἢ καὶ ὅνομα καὶ τεχνίτας ἔχει, ἥρα τι καὶ αὐτὴ τῶν αὐτῶν θέλει, καὶ πόθεν ποτὲ ἦρκται. ἔμοι μὲν γὰρ, ὅπερ ἐν ἀρχῇ εἴπον, οὐδέν ἂν ζητήσατι ἱητρικὴν δοκεῖ σοφείς, εἰ ταύτα διαιτήματα τούσι τε κάμνονσι καὶ τοῖς ὑγιαίνονσιν ἥμοζεν. ἔτι γοῦν καὶ νῦν ὅσι ἱητρικὴ μὴ χρέονται, οἳ τε βάρβαροι καὶ τῶν Ἐλλήνων ἐνίοι, τῶν αὐτῶν τρόπων, ὅπερ οἱ ὑγιαίνοντες, διαιτεύονται πρὸς ἡδονήν, καὶ οὔτ' ἂν ἀπόσχιστο ὁδόν ἂν ἐπιθυμεύονσιν οὐθέν ὑποστειλαίητο ἄν. οἱ δὲ ζητήσαντες καὶ εὐρότες ἱητρικὴν τὴν αὐτὴν ἐκείνους διάνοιαν ἔχοντες, περὶ δὴ ὁμοιότης λόγος εὑρηται, πρῶτον μὲν, οἴμαι, ὑφεῖλον τοῦ πλῆθος τῶν σιτίων αὐτῶν τούτων, καὶ ἀντὶ πλείονον ὀλύγιστα ἐποίησαν. ἐπεὶ δὲ αὐτοῖς τοῦτό ἐστι μὲν ὅτε πρὸς τινας.

20
could be given than medicine, seeing that it has been discovered with a view to the health, saving and nourishment of man, in the place of that mode of living from which came the pain, disease and death?

IV. That it is not commonly considered an art is not unnatural, for it is inappropriate to call anyone an artist in a craft in which none are laymen, but all possess knowledge through being compelled to use it. Nevertheless the discovery was a great one, implying much investigation and art. At any rate even at the present day those who study gymnastics and athletic exercises are constantly making some fresh discovery by investigating on the same method what food and what drink are best assimilated and make a man grow stronger.

V. Let us consider also whether the acknowledged art of medicine, that was discovered for the treatment of the sick and has both a name and artists, has the same object as the other art,¹ and what its origin was. In my opinion, as I said at the beginning, nobody would have even sought for medicine, if the same ways of life had suited both the sick and those in health. At any rate even at the present day such as do not use medical science, foreigners and some Greeks, live as do those in health, just as they please, and would neither forgo nor restrict the satisfaction of any of their desires. But those who sought for and discovered medicine, having the same intention as the men I discussed above, in the first place, I think, lessened the bulk of the foods, and, without altering their character, greatly diminished their quantity. But they found that this treatment was

¹ *I.e.* that of dieting in health. See Chapter VII.
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tών καμνόντων ἥρκεσε καὶ φανερῶν ἐγένετο ωφελήσαν, οὖ μέντοι πᾶσι γε, ἀλλ' ἦσαν τινὲς οὕτως
20 ἔχοντες, ὡς μὴ ὅλῳς σιτίων δύνασθαι ἐπικρατεῖν, ἀσθενεστέροι δὲ δὴ τινὸς οἱ τοιοίδε τοῦ
ἐν δύσκολον ὑπάρξῃ καὶ ἀφαιρεσθεὶς τὸ ἱσχυρόν τῇ κρίσει τε καὶ ἐγκρίνῃ. ὃσι δὲ μηδὲ
tῶν ῥυφήματός ἐνυμαντο ἐπικρατεῖν, ἀφείλον καὶ
tαύτα, καὶ ἀφίκοντο ἐς πόματα, καὶ ταῦτα τῇ
tε κρίσεισι καὶ τῷ πλήθει διαφυλάσσοντες ὡς
μετρίως ἔχοι, μήτε πλείω τῶν δεόντων μήτε ἀκρη-
tέστερα προσφερόμενοι μηδὲ ἐνδεέστερα.
VI. Εὖ δὲ χρὴ τούτῳ εἰδέναι, ὅτι τισὶ τὰ
ῥυφήματα ἐν τῇ σιν νοῦσσιν οὐ συμφέρει, ἀλλ' ἀντικρυς,1 ὅταν ταύτα προσαίρωνται, παροξύ-
νονταί σφισι οὐ τέ πυρετοί καὶ τὰ ἀλγήματα· καὶ
dήλον τὸ προσενεχθὲν τῇ μὲν νοῦσῳ τροφῇ τε
cαὶ αὐξήσις γενόμενον, τῷ δὲ σώματι φθίσις τε
cαὶ ἀρρωστὴ. ὃσι δὲ ἀν τῶν ἀνθρώπων ἐν
tαύτῃ τῇ διαθέσει ἔόντες προσενέγκονται ἔρημον
σιτίων ἢ μᾶζαν ἢ ἄρτον, καὶ ἦν πάνω σμικρόν,
10 δεκαπλασίως ἀν μᾶλλον καὶ ἐπιφανέστερον κακω-
θείν τῇ ρυφέοντες, δὲ οὐδὲν ἄλλο ἡ διὰ τὴν ἱσχὺν
tῶν βρώματος πρὸς τὴν διάθεσιν· καὶ ὅτῳ ρυφεῖν
μὲν συμφέρει, ἐσθίειν δ' οὐ, εἰ πλείω φάγοι, πολὺ
ἀν μᾶλλον κακωθείς, ἢ εἰ ὅλίγα,2 καὶ εἰ ὅλίγα
dὲ, πονηρειεῖν ἄν. πάντα δὴ τὰ αἰτία του πόνου
es τὸ αὐτὸ ἀνάγεται, τὰ ἱσχυρότατα μᾶλιστα τε
cαὶ ἐπιφανέστατα λυμαίνεσθαι τὸν ἀνθρωπὸν καὶ
18 τὸν ὕγιά ἐόντα καὶ τὸν κάμνοντα.

1 ἀντικρυς Μ: φανερῶς Α: Hesychius gives φανερῶς as an
explanation of ἀντικρυς.
sufficient only occasionally, and although clearly beneficial with some patients, it was not so in all cases, as some were in such a condition that they could not assimilate even small quantities of food. As such patients were thought to need weaker nutriment, slops were invented by mixing with much water small quantities of strong foods, and by taking away from their strength by compounding and boiling. Those that were not able to assimilate them were refused even these slops, and were reduced to taking liquids, these moreover being so regulated in composition and quantity as to be moderate, and nothing was administered that was either more or less, or less compounded, than it ought to be.

VI. It must be clearly understood that some are not benefited in disease by slops, but when they take them, their fever and pain grow manifestly worse, and it is plain that what is taken proves nourishment and increase to the disease, but wears away and enfeebles the body. Any men who in this condition take dry food, barley-cake or bread, even though it be very little, will be hurt ten times more, and more obviously, than if they take slops, simply and solely because the food is too strong for their condition; and a man to whom slops are beneficial, but not solid food, will suffer much more harm if he eat more than if he eat little, though he will feel pain even if he eat little. Now all the causes of the pain can be reduced to one, namely, it is the strongest foods that hurt a man most and most obviously, whether he be well or ill.

2 ἐὰν ὁλίγα Ἐρμέηνις: ἔδειλος Α: the words are generally omitted in MSS.
VII. Τί οὖν φαίνεται ἔτεροῖον διανοηθεῖς ὁ καλεύμενος ἵτρος καὶ ὦμολογεσμένως χειροτέχνης, ὡς ἐξευρέ τὴν ἀμφὶ τοὺς κάμνοντας διαίταν τε καὶ τροφῆν, ἡ ἐκεῖνος ὁ ἀπ' ἀρχῆς τοὺς πᾶσιν ἀνθρώ-ποισιν τροφῆν, ἢ νῦν χρώμεθα, ἐξ ἐκεῖνης τῆς ἀγρίης τε καὶ θηριώδεος διαίτης εὐρών τε καὶ παρασκευασάμενος; ἐμοὶ μὲν γὰρ φαίνεται ὁ αὐτὸς λόγος καὶ ἐν καὶ ὦμοιον τὸ ἐὕρημα. ὁ μὲν, ὦσων μὴ ἐδύνατο ἡ φύσις ἡ ἀνθρωπίνη ψυχαίνουσα ἐπικράτειν ἐμπιπτόντων διὰ τὴν θηριώτητά τε καὶ τὴν ἀκρισίαν, ὁ δὲ, ὦσων ἡ διάθεσις, ἐν οἷς ἂν ἐκαστοτε ἐκαστος τύχῃ διακείμενος, μὴ δύνηται ἐπικρατεῖν, ταύτα ἐξήτησεν ἀφελείν. τί δὴ τούτο ἐκείνου διαφέρει ἄλλ' ἢ † πλέον † τὸ γε έἴδος, καὶ ὅτι ποικιλώτερον καὶ πλείονος πρηγματίς, ἀρχὴ
dὲ ἐκείνη ἡ πρότερον γενομένη;

VIII. Ἔλ δὲ τις σκέπτωτο τὴν τῶν καμνόντων διαίταν πρὸς τὴν τῶν ψυχαίνοντων, εὗροι ἂν τὴν τῶν θηρίων τε καὶ τῶν ἄλλων ζώων οὐ βλαβερωτέρην πρὸς τὴν τῶν ψυχαίνοντων. ἀνὴρ γὰρ κάμνων νοσήματι μήτε τῶν χαλεπῶν τε καὶ ἀπόρων μήτε αὐτῶν παντάπασιν εὐθείων, ἄλλ' ὁ τι αὐτῷ ἐξαμαρτάνοντι μέλλει ἐπὶ ἄλλην ἐσέσθαι, εἰ ἐθελοὶ καταφαγεῖν ἄρτον καὶ κρέας ἢ ἄλλο τὶ νῦν οἱ ψυχαίνοντες ἐσθίοντες ὀφελέονται, μὴ πολλῶν, ἄλλα πολλῷ ἐλασσόν ἢ ψυχαίνων ἀν ἐδύνατο, ἄλλος τε τῶν ψυχαίνοντων φύσιν ἔχων μήτε

1 πλέον MSS. : omitted by Reinhold. Was πλέον a misread gloss (πλήν) on ἄλλ' ἢ?

1 Or "appearance." The two pursuits are really one, but they appear to a superficial observer to differ.
VII. What difference then can be seen between the purpose of him we call physician, who is an acknowledged handicraftsman, the discoverer of the mode of life and of the nourishment suitable for the sick, and his who discovered and prepared originally nourishment for all men, which we now use, instead of the old savage and brutish mode of living? My own view is that their reasoning was identical and the discovery one and the same. The one sought to do away with those things which, when taken, the constitution of man in health could not assimilate because of their brutish and uncompounded character, the other those things which the temporary condition of an individual prevented him from assimilating. How do the two pursuits differ, except in their scope and in that the latter is more complex and requires the greater application, while the former is the starting point and came first in time?

VIII. A consideration of the diet of the sick, as compared with that of men in health, would show that the diet of wild beasts and of animals generally is not more harmful, as compared with that of men in health. Take a man sick of a disease which is neither severe and desperate nor yet altogether mild, but likely to be pronounced under wrong treatment, and suppose that he resolved to eat bread, and meat, or any other food that is beneficial to men in health, not much of it, but far less than he could have taken had he been well; take again a man in health, with a constitution neither altogether weak nor altogether

2 The text here is very uncertain; I have combined that of Littré with that of Kühlewein so as to give a good sense: "The diet of men in health is as injurious to the sick as the diet of wild beasts is to men in health."
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παντάπασιν ἀσθενέα μήτε αὐ ισχυρὴν φάγοι τι ἃν βοὺς ἢ ἱππος φαγὼν ἀν ὠψελοῖτό τε καὶ ἰσχύοι, ὀρόβους ἢ κριθὰς ἢ ἄλλο τι τῶν τουιύτων, μῆ πολύ, ἀλλὰ πολλῷ μεῖον ἡ δύνατο, οὐκ ἀν ἦσσον ἐν ὑγιαινων τούτῳ ποιήσας πονήσειε τε καὶ κινδυνεύσειε κείνου τοῦ νοσέοντος, ὅσ τὸν ἁρτὸν ἢ τὴν μάζαν ἀκάρως προσηνέγκατο. ταύτα δὴ πάντα τεκμήρια, ὅτι αὐτὴ ἡ τέχνη πᾶσα ἡ ἰητρικὴ τῇ αὐτῇ ὅδι ἐντεομένη εὐρύσκοιτο ἂν.

IX. Καὶ εἰ μὲν ἡν ἄπλοιν, ὡσπερ υφήγητο, ὅσα μὲν ἐν ισχυρότερα, ἔσπαπτεν, ὅσα δὲ ἦν ἀσθενέστερα, ὠφέλει τε καὶ ἔτρεφεν καὶ τοῦ κάμνοντα καὶ τοῦ ὑγιαίνοντα, εὔπετες ἂν ἦν τὸ πρῆγμα: πολλὸν γὰρ τοῦ ἁσφαλέος ἂν ἔδει περιλαμβάνοντας ἅγειν ἐπὶ τὸ ἀσθενέστερον. νῦν δὲ οὐκ ἐλασσον ἀμάρτημα, οὔτε ἦσσον λυμαίνεται τὸν ἀνθρώπου, ἢν ἐλάσσονα καὶ ἐνδεδεσσερα τῶν ἱκανῶν προσφέρηται. τὸ γὰρ τοῦ λιμοῦ μένου δύναται ἰσχυρῶς ἐν τῇ φύσει τοῦ ἀνθρώπου καὶ γυνώσαι καὶ ἀσθενεά ποιήσαι καὶ ἀποκτεῖναι. πολλὰ δὲ καὶ ἀλλα κακὰ ἔτεροι τῶν ἀπὸ πληρώσιον, ὡς ἦσσον δὲ δεινά, καὶ ἀπὸ κενώσιον. διότι πολλὸν ποικιλώτερὰ τε καὶ διὰ πλείονος ἀκριβείης ἐστὶ. δὲι γὰρ μέτρου τινὸς στοχάσασθαι. μέτρου δὲ οὔτε ἄριθμον οὔτε σταθμὸν ἄλλον, πρὸς δὲ ἀναφέρων εἰση τὸ ἀκριβεῖς, οὐκ ἃν εὑροῖς ἄλλα ἢ τοῦ σώματος τὴν αἴσθησιν. διὸ ἔργον οὕτω καταμαθεῖν ἀκριβείως, ὡστε σμικρὰ ἀμαρτάνειν ἐνθα ἢ ἐνθὰ. καὶ ἐγὼ τούτον τὸν ἰητρὸν ἰσχυρῶς ἐπανέστηκαν τοῦ σμικρὰ ἀμαρτάνοντα. τὸ δὲ ἄτρεκῆς ὀλιγάκις ἐστὶ κατιδεῖν. ἐπεὶ οἱ πολλοὶ γε τῶν ἰητρῶν τὰ αὐτὰ μοι δοκεούσιν τοῖσι κακοῖσιν.
strong, and suppose he were to eat one of the foods that would be beneficial and strength-giving to an ox or a horse, vetches or barley or something similar, not much of it, but far less than he could take. If the man in health did this he would suffer no less pain and danger than that sick man who took bread or barley-cake at a time when he ought not. All this goes to prove that this art of medicine, if research be continued on the same method, can all be discovered.

IX. If the matter were simple, as in these instances, and both sick and well were hurt by too strong foods, benefited and nourished by weaker foods, there would be no difficulty. For recourse to weaker food must have secured a great degree of safety. But as it is, if a man takes insufficient food, the mistake is as great as that of excess, and harms the man just as much. For abstinence has upon the human constitution a most powerful effect, to enervate, to weaken and to kill. Depletion produces many other evils, different from those of repletion, but just as severe. Wherefore the greater complexity of these ills requires a more exact method of treatment. For it is necessary to aim at some measure. But no measure, neither number nor weight, by reference to which knowledge can be made exact, can be found except bodily feeling. Wherefore it is laborious to make knowledge so exact that only small mistakes are made here and there. And that physician who makes only small mistakes would win my hearty praise. Perfectly exact truth is but rarely to be seen. For most physicians seem to me to be in the same
κυβερνήσις πάσχειν. καὶ γὰρ ἐκεῖνοι ὅταν ἐν γαλήνῃ κυβερνῶντες ἀμαρτάνωσιν, οὐ καταφανεῖς εἰσίν. ὅταν δὲ αὐτοὺς κατάσχῃ χειμών τε μέγας καὶ ἀνεμὸς ἔξωσης, φανερὸς πᾶσιν ἤδη ἀνθρώ-ποις δι’ ἀγνωσίαν καὶ ἀμαρτίην δῆλοι εἰσιν ἀπο- λέσαντες τὴν ναῦν. οὕτω δὴ καὶ οἱ κακοὶ τε καὶ
30 οἱ πλείστοι ἡττοὶ, ὅταν μὲν θεραπεύωσιν ἀνθρώ-πους μιθὲν δεινὸν ἐχοντας, εἰς οὔς ἂν τις τὰ μέγιστα ἐξαμαρτάνων οὐδὲν δεινὸν ἐργάσαιτο—πολλὰ δὲ τοιαύτα νοσήματα καὶ πολλὸν τι πλεῖώ τῶν δεινῶν ἀνθρώποις συμβαίνει—ἐν μὲν τοῖς τοιοῦτοις ἀμαρτάνοντες οὐ καταφανεῖς εἰσίν τοῖς ἰδιώτησιν ὅταν δ’ ἐντύχωσιν μεγάλῳ τε καὶ ἵσχυρῷ καὶ ἐπισφαλεῖ νοσήματι, τότε σφέων τὰ τε ἀμαρτήματα καὶ ἡ ἀτεχνιὴ πᾶσι καταφανῆς οὐ γὰρ ἐς μακρὸν αὐτῶν ἐκατέρου αἱ τιμωρίαι, ἀλλὰ διὰ τάχεος πάρεισιν.

Χ. Ὡτὶ δ’ οὐδὲν ἐλάσσοσιν ἀπὸ κενώσιος ἀκαίροι κακοπάθειαι γίνονται τὸ ἀνθρώπῳ ἢ ἀπὸ πληρώσιος, καταμανθάνειν καλῶς ἔχει ἐπαναφέροντας ἐπὶ τοὺς ὑμαίοντας. ἐστὶ γὰρ οὐσίν αὐτῶν συμφέρει μονοσιτεῖν, καὶ τοῦτο διὰ τὸ συμφέρον οὔτως αὐτοὶ ἐτάξαντο, ἀλλοισι δὲ ἀριστῆν διὰ τὴν αὐτὴν ἀνάγκην’ οὐτω γὰρ αὐτοῖς συμφέρει. καὶ μὴν τοῦτ’ εἰσὶ οἷ’ 1 δ’ ἡδονὴν ἢ δ’ ἄλλην τινὰ συγκυρίην ἐπετίθενσαν ὁπότεροι αὐτῶν. τοῖς μὲν γὰρ πλείστουι τῶν ἀνθρώπων οὐδὲν διαφέρει, ὁπότερον ἂν ἐπιτηδεύσωσιν, εἰτε μονοσιτεῖν εἰτε ἀριστῆν, τοῦτο τῷ ἔθει χρῆσθαι. εἰσ’ δὲ τινὲς οὐκ ἂν δύναντο ἑξῶ τοῦ συμφέροντος ποιεόντες ῥηιδίως ἀπαλλάσσειν, ἀλλὰ συμβαίνει αὐτῶν

1 καὶ μὴν τοῦτ’ εἰσὶ ο’ Reinhold: μ’ τούτοισιν ο’ MSS.
case as bad pilots; the mistakes of the latter are unnoticed so long as they are steering in a calm, but, when a great storm overtakes them with a violent gale, all men realise clearly then that it is their ignorance and blundering which have lost the ship. So also when bad physicians, who comprise the great majority, treat men who are suffering from no serious complaint, so that the greatest blunders would not affect them seriously—such illnesses occur very often, being far more common than serious disease—they are not shown up in their true colours to laymen if their errors are confined to such cases; but when they meet with a severe, violent and dangerous illness, then it is that their errors and want of skill are manifest to all. The punishment of the impostor, whether sailor or doctor, is not postponed, but follows speedily.

X. That the discomforts a man feels after unseasonable abstinence are no less than those of unseasonable repletion, it were well to learn by a reference to men in health. For some of them benefit by taking one meal only each day, and because of this benefit they make a rule of having only one meal; others again, because of the same reason, that they are benefited thereby, take lunch also. Moreover some have adopted one or other of these two practices for the sake of pleasure or for some other chance reason. For the great majority of men can follow indifferently either the one habit or the other, and can take lunch or only one daily meal. Others again, if they were to do anything outside what is beneficial, would not get off easily, but if they
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ἐκατέροισι παρ’ ἡμέρῃ μιαν καὶ ταύτῃν οὖχ ὅλην
μεταβάλλουσιν ὑπερφυῆς κακοπάθειαν. οἱ μὲν γὰρ
ἂν ἀριστήσωσιν μὴ συμφέροντος αὐτοῖς, εὐθέως
βαρέες καὶ νωθροὶ καὶ τὸ σῶμα καὶ τὴν γυώμην
χάσμης τε καὶ νυσταγμοῦ καὶ δύσης πλήρεσι. ἂν
20 δὲ καὶ ἐπιδειπνήσωσι, καὶ φῦσα καὶ στρόφος καὶ
ἡ κοιλίη καταρρήγνυται. καὶ πολλοίσιν ἀρχὴ
νοῦσον αὐτὴν μεγάλης ἐγένετο, καὶ ἂν τὰ σιτία, ἃ
μεμαθήκεσαν ἀπαξ ἀναλίσκειν, ταῦτα διὸ προσ-
ενέγκονται καὶ μηδὲν πλεῖω. τούτο δὲ, ἂν ἀρι-
στὴν μεμαθηκὸς τις—καὶ οὕτως αὐτῷ συμφέρον
ἂν—μὴ ἀριστήση, ὅταν τάχιστα παρέλθῃ ἡ ὠρη,
εὐθὺς ἀδυναμίη δεινή, τρόμος, ἀψυχὴ. ἐπὶ τού-
τος ὀφθαλμοὶ κοίλοι, οὐρον χλωρότερον καὶ
θερμότερον, στόμα πικρόν, καὶ τὰ σπλάγχνα
30 δοκεῖ οἱ κρέμασθαι, σκοτοδίνη, δυσθυμίη, δυσερ-
γείῃ. ταῦτα δὲ πάντα, καὶ ὅταν δειπνεῖν ἐπιχει-
ρήσῃ, ἄγδεστερος μὲν ὁ σῖτος, ἀναλίσκειν δὲ οὐ
dύναται ὅσα ἀριστιζόμενος πρῶτερον ἔδειπνει.
tαῦτα δὲ αὐτὰ μετὰ στρόφου καὶ ψόφου κατα-
βαίνοντα συγκαὶτε τὴν κοιλίην, δυσκοιτεύονι τε
cαὶ ἐνυπνιάζουσι τεταραγμένα τε καὶ θορυβώδεα.
37 πολλοίσι δὲ καὶ τούτων αὐτὴ ἀρχὴ νοῦσον ἐγένετο.
XI. Σκέψασθαι δὲ χρή, διὰ τίνα αἰτίαν αὐτοῖσιν
tαῦτα συνέβη; τὸ μὲν, οἷμαι, μεμαθηκότι μονο-
sιτεῖν, ὅτι οὐκ ἀνέμεινεν τὸν χρόνον τὸν ἰκανόν,
μέχρι αὐτοῦ ἡ κοιλίη τῶν τῆς προτεραίης προσενη-
νεμένων σιτίων ἀπολαύση τελέως καὶ ἐπικρα-
tήσῃ καὶ λαπαχθῇ τε καὶ ἱσυχάσῃ, ἀλλ’ ἐπὶ
change their respective ways for a single day, nay, for a part of a single day, they suffer excessive discomfort. Some, who lunch although lunch does not suit them, forthwith become heavy and sluggish in body and in mind, a prey to yawning, drowsiness and thirst; while, if they go on to eat dinner as well, flatulence follows with colic and violent diarrhoea. Many have found such action to result in a serious illness, even if the quantity of food they take twice a day be no greater than that which they have grown accustomed to digest once a day. On the other hand, if a man who has grown accustomed, and has found it beneficial, to take lunch, should miss taking it, he suffers, as soon as the lunch-hour is passed, from prostrating weakness, trembling and faintness. Hollowness of the eyes follows; urine becomes paler and hotter, and the mouth bitter; his bowels seem to hang; there come dizziness, depression and listlessness. Besides all this, when he attempts to dine, he has the following troubles: his food is less pleasant, and he cannot digest what formerly he used to dine on when he had lunch. The mere food, descending into the bowels with colic and noise, burns them, and disturbed sleep follows, accompanied by wild and troubled dreams. Many such sufferers also have found these symptoms the beginning of an illness.

XI. It is necessary to inquire into the cause why such symptoms come to these men. The one who had grown accustomed to one meal suffered, I think, because he did not wait sufficient time, until his digestive organs had completely digested and assimilated the food taken the day before, and until they had become empty and quiet, but had taken fresh
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ζεόουσαν 1 τε καὶ ἐξυμωμένην καινὰ ἐπεσηνέγκατο. αἱ δὲ τοιαύται κοιλία πολλῶν τε βραδύτερουν πέσσουσι καὶ πλείονοις δέχον τά αναπαύσιος τε καὶ ἡσυχίας. ὁ δὲ μεμαθηκὸς ἀριστίζεσθαι, διότι, ἐπειδὴ τάχιστα ἔδειξθή τὸ σώμα τροφῆς καὶ τὰ πρότερα κατανάλωτο καὶ οὐκ ἔχειν οὐδεμίαν ἀπόλαυσιν, οὐκ εὐθέως αὐτῷ προσεγέρω ταυτὴ τροφῆ, φθινεὶ δὴ καὶ συντήκεται ὑπὸ λιμοῦ. πάντα γάρ, ἀ λέγω πάσχειν τοὺς τοιούτους ἀνθρώπους, λιμῶν ἀνατίθημι. φημὶ δὲ καὶ τοὺς ἄλλους ἀνθρώπους ἀπαντᾶσι, οὔτινες ἃν ὑγιαίνουτε ἀσιτοί δύο ἡμέρας ἢ τρεῖς γενοῦνται, ταύτα πείσεσθαι, οἰάπερ ἐπὶ τῶν ἀναρίστων γενομένων εἰρήκα.

XII. Τὰς δὲ τοιαύτας φύσιας ἔγωγε φημὶ τὰς ταχέως τε καὶ ἱσχυρῶς τῶν ἀμαρτημάτων ἀπολαυούσας ἀσθενεστέρας εἰναι τῶν ἑτέρων. ἐγγυτάτα δὲ τοῦ ἀσθενέοιτος ἐστιν ὁ ἀσθενεῖς, ἔτι δὲ ἀσθενεστέρος ὁ ἀσθενεῶν, καὶ μᾶλλον αὐτῷ προσήκει ὁ τι ἃν τοῦ καιροῦ ἀποτυγχάνῃ πονεῖν. χαλεπῶν δὲ 2 τοιαύτης ἀκριβείης ἐούσης περὶ τὴν τέχνην τυγχάνειν αἰεὶ τοῦ ἀτρεκεστάτου. πολλὰ δὲ εἶδεα κατ' ιητρικὴν ἐς τοσαύτην ἀκριβείαν ἦκει, περὶ δὲν εἰρήσεται. οὐ φημὶ δὲ δειν διὰ τούτο τὴν τέχνην ὡς οὐκ ἐούσαν οὐδὲ καλῶς ξητειμένην τὴν ἀρχαίν ἀποβάλλεσθαι, εἰ μὴ ἔχει περὶ πάντα ἀκριβειαν, ἀλλὰ πολυ μᾶλλον διὰ τὸ ἐγγὺς οἱμαι τοῦ ἀτρεκεστάτου δύνασθαι ἦκειν λογισμὸν 3 ἐκ πολλῆς ἀγνωσίας θαυμάζειν τὰ ἑξευρημένα, ὡς καλῶς καὶ ὦρθῶς ἐξεύρηται καὶ οὐκ ἀπὸ τύχης.

1 ἐπὶ ζεόουσαν Zwinger: ἐπίζεόουσαν MSS.
2 Littre with some MSS. reads μὴ here.
3 After λογισμὸ in a MS. now lost occurred the words προσέσθαι καὶ.
food while the organs were still in a state of hot turmoil and ferment. Such organs digest much more slowly than others, and need longer rest and quiet. The man accustomed to take lunch, since no fresh nourishment was given him as soon as his body needed nourishment, when the previous meal was digested and there was nothing to sustain him, naturally wastes and pines away through want. For I put down to want all the symptoms which I have said such a man shows. And I assert furthermore that all other men besides, who when in good health fast for two or three days, will show the same symptoms as I have said those exhibit who do not take their lunch.

XII. Such constitutions, I contend, that rapidly and severely feel the effects of errors, are weaker than the others. A weak man is but one step removed from a sickly man, but a sickly man is weaker still, and is more apt to suffer distress whenever he misses the due season. And, while the art can admit of such nice exactness, it is difficult always to attain perfect accuracy. But many departments of medicine have reached such a pitch of exactness, and I will speak about them later. I declare, however, that we ought not to reject the ancient art as non-existent, or on the ground that its method of inquiry is faulty, just because it has not attained exactness in every detail, but much rather, because it has been able by reasoning to rise from deep ignorance to approximately perfect accuracy, I think we ought to admire the discoveries as the work, not of chance, but of inquiry rightly and correctly conducted.
ΧΙΙΙ. Ἡ βάση τῶν καίνων τρόπων τῆς τέχνης ἑπαναλείπειν βούλομαι. εἰ γὰρ τί ἐστὶν θερμὸν ἢ ψυχρόν ἢ ἕλπον ἢ ὑγρόν τὸ ῥυμαινόμενον τῶν αὐθρωπῶν, καὶ δεὶ τὸν ὀρθῶς ἤτρευοντα βοηθεῖν τῷ μὲν θερμῶν ἐπὶ τὸ ψυχρόν, τῷ δὲ ψυχρῶ τῷ δὲ θερμῶν τῷ δὲ ἕλπῳ ἐπὶ τὸ ἕλπον, τῷ δὲ ὑγρῶ ἐπὶ τὸ ὑγρόν. ἐστῶ μοι ἀνθρωποῖς μὴ τῶν ἰχθυρών φύσει, ἀλλὰ τῶν ἀσθενεστέρων, οὕτως δὲ πυρὸς ἔστιν ὥστε, ὅπως ἀν ἀπὸ τῆς ἀλκυνίας ὀρούς καὶ ἀργοὺς, καὶ κρέα ωμὴ καὶ πινέτω ύδωρ. ταύτῃ χρεώμενος τῇ διαίτῃ εὑ οἷδ' ὅτι πείσεται πολλὰ καὶ δεινῶ. καὶ γάρ πόνους πονῆσει καὶ τὸ σῶμα ἀσθενεῖς ἐσται καὶ ἡ κοιλήθησεται καὶ διὰ πολὺν χρόνου οὗ δυνήσεται. τί δὴ χρῆ ὑψηλᾶ παρασκευάζει ὥς ἔχωντι; θερμὸν ἢ ψυχρόν ἢ ἕλπον ἢ ὑγρόν; δῆλον γὰρ ὅτι τούτων τι. εἰ γὰρ τὸ ῥυμαινόμενον ἐστὶν τούτων τὸ ἔτερον, τῷ ὑπεναντίῳ προσήκει λύσαι, ὡς ὁ ἐκεῖνος λόγος ἔχει. τὸ μὲν γὰρ 

βεβαιότατον τε καὶ προφανέστατον φάρμακον ἀφελόντα τὰ διαίτημα, οἷς ἔχρητο, ἀντὶ μὲν τῶν πυρῶν ἄρτοι διδόναι, ἀντὶ δὲ τῶν ωμῶν κρεών ἐφθανει, πιεῖν τε ἐπὶ τούτοις οἶνον. ταύτα μεταβαλόντα οὔχ οἶον τε μὴ οὐχ ὑγιαῖ γενέσθαι, ἢν γε μὴ παντάπασιν ἡ διεφθαρμένος ὑπὸ χρόνου τε καὶ τῆς διαίτης. τί δὴ φήσομεν; πότερον αὐτῶ ἀπὸ ψυχρῶν κακοπαθέοντι θερμὰ ταύτα προσεγκαίνεισιν ἐφέλησαν ἡ τάναντια; οὕμαι γὰρ ἐγὼγε πολλὴν ἀπορίαν τῷ ἐρωτηθέντι παρασχεῖν. ὁ γὰρ 

τῶν ἄρτων παρασκευάζων τῶν πυρῶν τὸ θερμὸν ἢ τὸ ψυχρὸν ἢ τὸ ἕλπον ἢ τὸ ὑγρὸν ἀφείλατο;
XIII. But I want to return to the theory of those who prosecute their researches in the art after the novel fashion, building on a postulate. For if there be such a thing as heat, or cold, or dryness, or moistness, which injures a man, it necessarily follows that the scientific healer will counteract cold with hot, hot with cold, moist with dry and dry with moist. Now suppose we have a man whose constitution is not strong, but weaker than the average. Let this man's food be wheat straight from the threshing-floor, unworked and uncooked, and raw meat, and let his drink be water. The use of this diet will assuredly cause him much severe suffering; he will experience pains and physical weakness, his digestion will be ruined and he will not be able to live long. Well, what remedy should be prepared for a man in this condition? Heat or cold or dryness or moistness? One of these, plainly; for, according to the theory of the new school, if the injury was caused by one of the opposites, the other opposite ought to be a specific. Of course the most obvious as well as the most reliable medicine would be to abandon his old diet, and to give him bread instead of wheat, boiled meat instead of raw meat, and besides these things, a little wine to drink. This change must restore him to his health, unless indeed it has been entirely ruined by long continuance of the diet. What then shall we say? That he was suffering from cold, and that the taking of these hot things benefited him? Or shall we say the opposite? I think that I have nonplussed my opponent. For is it the heat of the wheat, or the cold, or the dryness, or the moistness, that the baker took away from it? For a thing which has been
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ο γὰρ καὶ πυρὶ καὶ ύδατι δέδοται καὶ ἄλλοις πολλοὶς ἥργασται, ὅν ἐκαστὸν ἴδιην δύναμιν καὶ φύσιν ἔχει, τὰ μὲν τῶν ὑπαρχόντων ἀποβέβληκε,

35 ἄλλωσι δὲ κέκρηται τε καὶ μέμικται.

XIV. Οἶδα μὲν γὰρ καὶ τάδε δήποτε, ὅτι δια-

φέρει ἐς τὸ σῶμα τοῦ ἄνθρωπου καθαρὸς ἄρτος ἢ

συγκομιστός, ἢ ἀπτίστων πυρῶν ἢ ἐπτισμένων,

ἡ πολλῷ ύδατι πεφυρημένος ἢ ὀλύγω, ἢ ἰσχυρῶς

πεφυρημένος ἢ ἀφύρητος, ἢ ἐξοπτὸς ἢ ἕνωμος,

アルバム τε πρὸς τούτοισι μυρία. ὥσ δὲ αὐτῶς καὶ

περὶ μάζης. καὶ αἱ δυνάμεις μεγάλαι τε ἐκάστου

καὶ οὐδὲν ἢ ἑτέρη τῇ ἑτέρῃ ἐοικυῖα. ὅστις δὲ

ταῦτα οὐκ ἐπέσκεπται ἢ σκεπτόμενος οὐκ οἴδεν,

πῶς ἂν τι οὕτως δύνατο τῶν κατ’ ἄνθρωπον

παθημάτων εἰδέναι; ὑπὸ γὰρ ἕνως ἐκάστου τούτων

πάσχει τε καὶ ἑτεροπούται ἄνθρωπος ἢ τοῖον ἢ

τοῖον. καὶ διὰ τούτων πᾶς ὁ βίος καὶ ὑγιαίνετι

καὶ ἐκ νοῦς ἀνατρεφομένῳ καὶ κάμνοντι. οὐκ

ἄν οὖν ἑτέρα τούτων χρησιμότερα οὐδὲ ἀναγκαῖ-

ὀτερα εἰη εἰδέναι δήποτε, ὥσ δὲ καλῶς καὶ λογισμὸ

προσήκοντι ξητήσαντες πρὸς τὴν τοῦ ἄνθρωπον

φύσιν εὐρον αὐτά ὁ πρωτός εὐρόντες καὶ ὁ ἱθησαν

ἀξίην τὴν τέχνην θεῶ προσθέναι, ὥσπερ καὶ

20 νομίζεται. οὐ γὰρ τὸ ἐτερὸν οὖν ὅτε τὸ ἅγρον οὖν ὅτε

τὸ θερμὸν οὖν ὅτε τὸ ψυχρὸν οὖν ἄλλο τούτων

ἡγησάμενοι οὖν ὅτε λυμαίνεσθαι οὔτε προσδεῖ-

σθαι οὔτεν οὖν τούτων τῶν ἄνθρωπον, ἄλλα τὸ

ἰσχυρὸν ἐκάστου καὶ τὸ κρέσσον τῆς φύσιος τῆς

ἀνθρωπείας, οὐ μὴ ἢδύνατο κρατεῖν, τοῦτο βλά-

1 Or “power.” 2 Or “powers.”

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exposed to fire and to water, and has been made by many other things, each of which has its own individual property and nature, has lost some of its qualities and has been mixed and combined with others.

XIV. Of course I know also that it makes a difference to a man’s body whether bread be of bolted or of unbolted flour, whether it be of winnowed or of unwinnowed wheat, whether it be kneaded with much water or with little, whether it be thoroughly kneaded or unkneaded, whether it be thoroughly baked or underbaked, and there are countless other differences. Barley-cake varies in just the same way. The properties too of each variety are powerful, and no one is like to any other. But how could he who has not considered these truths, or who considers them without learning, know anything about human ailments? For each of these differences produces in a human being an effect and a change of one sort or another, and upon these differences is based all the dieting of a man, whether he be in health, recovering from an illness, or suffering from one. Accordingly there could surely be nothing more useful or more necessary to know than these things, and how the first discoverers, pursuing their inquiries excellently and with suitable application of reason to the nature of man, made their discoveries, and thought the art worthy to be ascribed to a god, as in fact is the usual belief. For they did not consider that the dry or the moist or the hot or the cold or anything else of the kind injures a man, or that he has need of any such thing, but they considered that it is the strength of each thing, that which, being too powerful for the human constitution, it cannot assimilate, which causes harm, and
πτειν ἡγήσαντο καὶ τοῦτο ἐξήτησαν ἀφαιρεῖν. ἵσχυρότατον δ' ἐστὶ τοῦ μὲν γλυκέος τὸ γλυκύτατον, τοῦ δὲ πικροῦ τὸ πικρότατον, τοῦ δὲ ὀξέος τὸ ὀξύτατον, ἐκάστου δὲ πάντων τῶν ἐνεώτων ἡ ἀκμή. ταῦτα γὰρ ἐώρων καὶ ἐν τῷ ἀνθρώπῳ ἐνεόντα καὶ λυμαίνομενα τόν ἀνθρωπόν. ἐνι γὰρ ἐν ἀνθρώπῳ καὶ ἀλμυρῷ καὶ πικρῷ καὶ γλυκῷ καὶ ὀξὺ καὶ στρυφνὸν καὶ πλαδαρόν καὶ ἄλλα μυρία παντοίας δυνάμιας ἔχοντα πλῆθος τε καὶ ἵσχυν. ταῦτα μὲν μεμιγμένα καὶ κεκρημένα ἀλλήλουσιν οὔτε φανερά ἐστιν οὔτε λυπεῖ τὸν ἀνθρωπόν. ὅταν δὲ τι τούτων ἀποκριθῇ καὶ αὐτὸ ἐφ' ἐωτοῦ γένηται, τότε καὶ φανερόν ἐστι καὶ λυπεῖ τοὺς ἀνθρωπούς τοῦτο δὲ, τῶν βρωμάτων ὡσα ἢμῖν ἀνεπιτήδεια ἐστιν καὶ λυμαίνεται τὸν ἀνθρωπόν ἐμπεσόντα, τούτων ἐν ἐκαστὸν ἢ πικρόν ἐστιν ἢ ἀλμυρόν ἢ ὀξὺ ἢ ἄλλο τι ἀκριτὸν τε καὶ ἵσχυρον, καὶ διὰ τούτο ταρασσόμεθα υπ' αὐτῶν, ὡσπερ καὶ ὑπὸ τῶν ἐν τῷ σώματι ἀποκριμομένων. πάντα δὲ ὡσα ἀνθρώπος ἐσθίει ἢ πίνει, τὰ τοιαῦτα βρώματα ἥκιστα τοιοῦτον χυμοῦ ἀκριτὸν τε καὶ διαφέροντος δῆλα ἐστιν μετέχοντα, οἷον ἄρτος τε καὶ μᾶζα καὶ τὰ ἐπόμενα τούτοις, οἷς εἰθίσται ὁ ἀνθρώπος πλείστοις τε καὶ αἰεὶ χρήσατι, ἐξω τῶν πρὸς ἴδιν οἷς καὶ κόρον ἑρτυμένων τε καὶ ἐσκευασμένων., καὶ ἀπὸ τούτων πλείστων ἐσιῶντων ἐς τὸν ἀνθρωπόν τάραχος καὶ ἀπόκρισις τῶν ἀμφὶ τὸ σῶμα δυναμίῶν ἥκιστα γίνεται, ἵσχυς δὲ καὶ ἀξίας καὶ τροφῆ μάλιστα δι' οὐδὲν ἐτέρων γίνεται ἢ ὡς εὖ τε κέκριται καὶ οὐδὲν ἔχει οὔτε ἀκριτῶν οὔτε ἵσχυρόν, ἀλλ' ὅλον ἐν τε γέγονε καὶ ἀπλοῦν.
ANCIENT MEDICINE, xiv.

this they sought to take away. The strongest part of the sweet is the sweetest, of the bitter the most bitter, of the acid the most acid, and each of all the component parts of man has its extreme. For these they saw are component parts of man, and that they are injurious to him; for there is in man salt and bitter, sweet and acid, astringent and insipid,\(^1\) and a vast number of other things, possessing properties of all sorts, both in number and in strength. These, when mixed and compounded with one another are neither apparent nor do they hurt a man; but when one of them is separated off, and stands alone, then it is apparent and hurts a man. Moreover, of the foods that are unsuitable for us and hurt a man when taken, each one of them is either bitter, or salt, or acid, or something else uncompounded and strong, and for this reason we are disordered by them, just as we are by the secretions separated off in the body. But all things that a man eats or drinks are plainly altogether free from such an uncompounded and potent humour, e.g. bread, cake, and suchlike, which men are accustomed constantly to use in great quantity, except the highly seasoned delicacies which gratify his appetite and greed. And from such foods, when plenteously partaken of by a man, there arises no disorder at all or isolation of the powers\(^2\) resident in the body, but strength, growth and nourishment in great measure arise from them, for no other reason except that they are well compounded, and have nothing undiluted and strong, but form a single, simple whole.

\(^1\) Or "flat," the opposite of "sharp."  \(^2\) Or "properties."
ΧV. Ἀπορέω δ' ἔγωγε, οἱ τῶν λόγων ἐκείνων λέγοντες καὶ ἄγοντες ἐκ ταύτης τῆς ὀδοῦ ἔπι ὑπόθεσιν τὴν τέχνην τίνα ποτὲ τρόπον θεραπεύοντος, ὡσπερ ὑποτίθενται. οὐ γάρ ἐστιν αὐτοὶς, σὺμαι, ἐξευρημένον αὐτῷ τι ἐφ' ἐσωτερικὸν θερμὸν ἢ ψυχρὸν ἢ ξηρὸν ἢ υγρὸν μηδὲν ἄλλο εἰδεὶ κοινωνέν. ἀλλ' σὺμαι ἔγωγε ταύτα βρωματα καὶ πάντα αὐτοῖς ὑπάρχειν, οἷς πάντες χρεώμεθα. προστίθεσι δὲ τῷ μὲν εἶναι θερμῷ, τῷ δὲ ψυχρῷ, τῷ δὲ ξηρῷ, τῷ δὲ υγρῷ, ἐπεὶ ἐκείνῳ γε ἀπορον προστάζαι τῷ κάμνοντι θερμῶν τι προσενέγκασθαι. εὑθὺ γὰρ ἐρωτησέως τί; ὡστε ληστεῖν ἀνάγκη ἢ ἐς τούτων τι τῶν γυμνοσκομένων καταφεύγεσθαι. εἰ δὲ δὴ τυγχάνει τιθερμὸν ἑον στρυφφόν, ἀλλο δὲ θερμὸν ἑον πλαδαρόν, ἀλλο δὲ θερμὸν ἄραδον ἐχὼν—ἔστι γὰρ καὶ ἄλλα πολλὰ θερμαὶ καὶ ἄλλας δυνάμιας ἔχοντα ἐσωτερικὰ ὑπεναντίαις—ἡ διοίσει τι abl αὐτῶν προσενεγκείν τὸ θερμὸν καὶ στρυφφόν ἢ τὸ θερμὸν καὶ πλαδαρὸν ἢ ἄμα τὸ ψυχρὸν καὶ στρυφφόν—ἔστι γὰρ καὶ τοιοῦτο—ἡ τὸ ψυχρὸν τε καὶ πλαδαρὸν ὡσπερ γὰρ ἐγὼ ὁδικα, πᾶν τοιοῦτον ἢφ' ἐκατέρου αὐτῶν ἀποβαίνει, οὐ μοῦνον ἐν ἀνθρώπῳ, ἄλλα καὶ ἐν σκῦτε καὶ ἐν ξύλῳ καὶ ἐν ἄλλαις πολλοῖς, ἢ ἔστιν ἀνθρώπου ἀναίσθητότερα. οὐ γὰρ τὸ θερμὸν ἐστὶν τὸ τὴν μεγάλην δύναμιν ἔχων, ἄλλα τὸ στρυφφόν καὶ τὸ πλαδαρὸν καὶ τάλλα ὡσα μοι ἐρήμος καὶ ἐν τῷ ἀνθρώπῳ καὶ ἐξω τοῦ ἀνθρώπου, καὶ ἐσθιόμενα καὶ πινόμενα καὶ ἐξωθεὶν ἐπιχρίστι

30 μενά τε καὶ προσπλασσόμεναι.

1 ἡ διοίσει τι Μ: εἰ δεῖσαι τι Α: εἰ δησει τι most MSS.: δεῖσει δὲ τι Littré: ἡ μὴ διοίσει τι; Gomperz.
XV. I am at a loss to understand how those who maintain the other view, and abandon the old method to rest the art on a postulate, treat their patients on the lines of their postulate. For they have not discovered, I think, an absolute hot or cold, dry or moist, that participates in no other form. But I think that they have at their disposal the same foods and the same drinks as we all use, and to one they add the attribute of being hot, to another, cold, to another, dry, to another, moist, since it would be futile to order a patient to take something hot, as he would at once ask, "What hot thing?" So that they must either talk nonsense or have recourse to one of these known substances. And if one hot thing happens to be astringent, and another hot thing insipid, and a third hot thing causes flatulence (for there are many various kinds of hot things, possessing many opposite powers), surely it will make a difference whether he administers the hot astringent thing, or the hot insipid thing, or that which is cold and astringent at the same time (for there is such a thing), or the cold insipid thing. For I am sure that each of these pairs produces exactly the opposite of that produced by the other, not only in a man, but in a leathern or wooden vessel, and in many other things less sensitive than man. For it is not the heat which possesses the great power, but the astringent and the insipid, and the other qualities I have mentioned, both in man and out of man, whether eaten or drunk, whether applied externally as ointment or as plaster.
ΧΩ. Ψυχρότητα ὅ ἐγὼ καὶ θερμότητα πασέωι ἥκιστα τῶν δυναμῶν νομίζω δυναστεύειν ἐν τῷ σώματι διὰ τάσδε τὰς αἰτίας· ὅν μὲν ἄν δήπου χρόνον μεμυγμένα αὐτὰ ἐωτοῖς ἡμα τὸ θερμὸν τε καὶ ψυχρόν ἐνή, οὐ λυπεῖ. κρῆσις γὰρ καὶ μετρίωσις τῷ μὲν θερμῷ γίνεται ἀπὸ τοῦ ψυχροῦ, τῷ δὲ ψυχρῷ ἀπὸ τοῦ θερμοῦ. ὅταν δ’ ἀποκριθῇ χωρίς ἕκατερον, τόπει λυπεῖ. ἐν δὲ δὴ τούτῳ τῷ καιρῷ, ὅταν τὸ ψυχρὸν ἐπιγενηταί 10 καὶ τῇ λυπήσῃ τὸν ἀνθρώπον, διὰ τάχειος πρὸτον δ’ αὐτῷ τοῦτο πάρεστιν τὸ θερμὸν αὐτόθεν ἐκ τοῦ ἀνθρώπου, οὐδὲμή βοηθείς οὐδὲ παρασκευὴς δεόμενον. καὶ ταύτα καὶ ἐν υγιαίνουσι τοῖς ἀνθρώποις ἀπεργάζεται καὶ ἐν κάμνουσι. τούτῳ μὲν, εἰ τις θέλει υγιαίνου χείμώνος διαψύξει τὸ σῶμα ἢ λουσάμενος ψυχρῷ ἢ ἄλλῳ τῷ τρόπῳ, ὡσφὸν ἄν ἐπὶ πλείον αὐτῷ ποιήσῃ, καὶ ἢν γε μὴ παντάπασιν παγῇ τὸ σῶμα, ὅταν εἴματα λάβῃ καὶ ἐλθῇ ἐς τὴν σκέπην, ἔτι μάλλον καὶ ἐπὶ πλείον θερμαίνεται τὸ σῶμα· τούτῳ δὲ, εἰ ἐθέλοι ἐκθερμαυθῆναι ἵσχυρῶς ἢ λουτρῷ θερμῷ ἢ πυρί πολλῷ, ἐκ δὲ τούτου τὸ αὐτῷ εἴμα ἔχων ἐν τῷ αὐτῷ χωρίῳ τὴν διατριβήν ποιεῖσθαι ὡσπερ διε-ψυχμένους, πολὺ φαίνεται καὶ ψυχρότερος καὶ ἄλλως φρικαλεώτερος· ἢ εἰ ῥυπίζομενος τις ὑπὸ πνύγους καὶ παρασκευαζόμενος αὐτὸς ἐωτοῦ ψύχους ἐκ τοιοῦτον ἄν τρόπου διαπαύσαιτο τοῦτο ποιεῖν, δεκαπλάσιον ἔσται τὸ καύμα καὶ πνύγος ἢ τῷ μηδὲν τοιοῦτο ποιέοντι. 20

30 Τόδε δὴ καὶ πολὺ μέξον· ὅσοι ἄν διὰ χιόνος ἢ ἄλλου ψύχους βαδίσαντες ρυγώσωσι δια-φερόντως πόδας ἢ χειρὰς ἢ κεφαλῆς, οἷα

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XVI. And I believe that of all the powers none hold less sway in the body than cold and heat. My reasons are these. So long as the hot and cold in the body are mixed up together, they cause no pain. For the hot is tempered and moderated by the cold, and the cold by the hot. But when either is entirely separated from the other, then it causes pain. And at that season, when cold comes upon a man and causes him some pain, for that very reason internal heat first is present quickly and spontaneously, without needing any help or preparation. The result is the same, whether men be diseased or in health. For instance, if a man in health will cool his body in winter, either by a cold bath or in any other way, the more he cools it (provided that his body is not entirely frozen) the more he becomes hotter than before when he puts his clothes on and enters his shelter. Again, if he will make himself thoroughly hot by means of either a hot bath of a large fire, and afterwards wear the same clothes and stay in the same place as he did when chilled, he feels far colder and besides more shivery than before. Or if a man fan himself because of the stifling heat and make coolness for himself, on ceasing to do this in this way he will feel ten times the stifling heat felt by one who does nothing of the sort.

Now the following is much stronger evidence still. All who go afoot through snow or great cold, and become over-chilled in feet, hands or head, suffer at

1 Or "properties."
πάσχουσιν ἐς τὴν νύκτα, ὅταν περισταλέωσί
tε καὶ ἐν ἀλέγι γέωνται ὑπὸ καύματος καὶ
κυνησμοῦ. καὶ ἔστιν οὐσι φλύκταιναι ἀνύστανται
ὡσπερ τοῖς ἀπὸ πυρὸς κατακεκαυμένοις. καὶ οὐ
πρότερον τούτο πάσχουσιν, πρὶν θερμανθέωσιν.
οὗτος ἐτοίμως ἐκάτερον αὐτῶν ἐπὶ θάτερον παρα-
γίνεται. μυρία δ' ἄν καὶ ἄλλα ἔχομι εἴπειν. τὰ
dὲ κατὰ τοὺς νοσέοντας, οὐχὶ οὗσις ἂν ἑίγος
gένηται, τούτοις ὃξυτατος ὁ πυρετὸς ἐκλάμπει;
καὶ οὐχὶ ὅπως ἰσχυρὸς, ἀλλὰ καὶ πανόμενος
dὲ ὀλίγου, καὶ ἄλλως τὰ πολλὰ ἀσινής καὶ ὅσον
ἀν χρόνον παρῇ διάθεμος; καὶ διεξιὼν διὰ παντὸς
tελευτᾶ ἐς τοὺς πόδας μάλιστα, οὔπερ τὸ ἑίγος
cαὶ ἡ ψυξ ἑνικωτάτη καὶ ἐπὶ πλείον ἐνεχρό-
nισεν, πάλιν τε ὅταν ἱδρώση τε καὶ ἀπαλλαγῇ ὁ
πυρετὸς, πολὺ μᾶλλον διέψυξε ἡ εἰ μὴ ἐλαβε τὴν
ἀρχὴν. ὃ οὖν διὰ τάξεως οὕτω παραγίνεται τὸ
ἐναντιώτατόν τε καὶ ἀφαιρέομενον τὴν
dύναμιν άπὸ τωτομᾶτον, τί ἄν ἀπὸ τούτου μέγα ἡ
dεινὸν

40 γένοιτο; ἢ τί δεῖ πολλῆς ἐπὶ τούτῳ βοηθεῖς;

XVII. Εἴποι ἄν τις ἔλλοι πυρεταίνοντες
tοῦτο καύσοις τε καὶ περιπνευμονίῃσι καὶ ἀλλοισὶ
ἰσχυροῖς νοσῆμασί οὐ ταχεῖς ἐκ τῆς θέρμης
ἀπαλλάσσονται, οὔδε πάρεστιν ἐνταῦθα ἐτὶ τὸ
θερμὸν ἢ τὸ ψυχρόν. ἐγὼ δὲ μοι τούτο μέγιστον
tεκμήριον ἥγευμαι εἶναι, ὅτι οὐ διὰ τὸ θερμὸν
ἀπλῶς πυρεταίνουσιν οἱ ἀνθρωποί, οὔδε τούτῳ εἴη
τὸ αὕτιον τῆς κακωσίους μοῦνον, ἔλλοι ἔστι καὶ
πικρὸν καὶ θερμὸν τὸ αὐτὸ, καὶ ἑξὶ καὶ θερμὸν,

1 οὐχὶ ὅπως Diels: οὐχὶ οὕτως Α: οὐχ οὕτως Μ.
2 ισχυρὸς Coray: ισχυρῶς MSS.
night very severely from burning and tingling when they come into a warm place and wrap up; in some cases blisters arise like those caused by burning in fire. But it is not until they are warmed that they experience these symptoms. So ready is cold to pass into heat and heat into cold. I could give a multitude of other proofs. But in the case of sick folk, is it not those who have suffered from shivering in whom breaks out the most acute fever? And not only is it not powerful, but after a while does it not subside, generally without doing harm all the time it remains, hot as it is? And passing through all the body it ends in most cases in the feet, where the shivering and chill were most violent and lasted unusually long. Again, when the fever disappears with the breaking out of the perspiration, it cools the patient so that he is far colder than if he had never been attacked at all. What important or serious consequence, therefore, could come from that thing on which quickly supervenes in this way its exact opposite, spontaneously annulling its effect?\(^1\) Or what need has it of elaborate treatment?

XVII. An opponent may retort, "But patients whose fever comes from ardent fevers,\(^2\) pneumonia, or other virulent disease, do not quickly get rid of their feverishness, and in these cases the heat and cold no longer alternate." Now I consider that herein lies my strongest evidence that men are not feverish merely through heat, and that it could not be the sole cause of the harm; the truth being that one and the same thing is both bitter and hot, or acid and

\(^1\) Or "power."

\(^2\) \(καύσος\) was almost certainly a form of remittent malaria. See my Malaria and Greek History (index).
10 καὶ ἀλμυρὸν καὶ θερμόν, καὶ ἄλλα μυρία, καὶ πάλιν γε ψυχρὸν μετὰ δυναμίων ἐτέρων. τὰ μὲν οὖν λυμαίνομενα ταῦτ' ἐστὶ· συμπάρεστι δὲ καὶ τὸ θερμὸν, ρώμης μὲν ἔχον ὀσον τὸ 1 ἡγεύμενον καὶ παροξυνόμενον καὶ αὐξόμενον ἀμα ἐκείνῳ, δύναμιν δὲ οὐδεμίαν πλείω τῆς προσηκούσης.

XVIII. Δῆλα δὲ ταῦτα ὅτι ὅδε ἔχει ἐπὶ τῶν σημείων πρῶτον μὲν ἐπὶ τὰ 2 φανερώτερα, ὃς πάντες ἐμπερισκολλάκις ἐσμέν τε καὶ ἐσόμεθα. τούτο μὲν γάρ, ὅσοι δ' ἄν ἡμέων κόρυζα ἐγγένηται καὶ ἑφύμα κινηθῆ διὰ τῶν ῥινῶν, τούτο ὡς τὸ πολὺ δριμύτερον τοῦ πρότερον γινομένου τε καὶ ἴόντος ἐκ τῶν ῥινῶν καθ' ἐκάστην ἡμέρην καὶ οἴδειν μὲν ποιεῖ τῆς ῥίνα καὶ συγκαείς θερμήν τε καὶ διάπυρον ἐσχάτως, ὥς δ' 3 τὴν χειρά προσφέρης. κήν πλείω χρόνου παρῇ, καὶ ἐξελκοῦται τὸ χωρίον ἁσαρκὸν τε καὶ σκληρὸν ἐσιν. παυᾶται δὲ πως τὸ καῦμα ἐκ τῆς ῥινῶς, οὐχ ὅταν τὸ ῥέμα γίνηται καὶ ἡ φλεγμονὴ γ', ἀλλ' ἐπειδὰν παχύτερον τε καὶ ἴσον δριμύ ρέθ, πέπον καὶ μεμυγμένον μᾶλλον τοῦ πρότερον γινομένου, 4 τότε δὲ ᾧδη καὶ τὸ καῦμα πέπαυται. ἀλλ' οἶσι δὲ 5 ὑπὸ ψύχεος φανερῶς αὐτοῦ μούνου γίνεται μηθένος ἀλλοι συμπαραγενομένοι, πᾶσι δὲ ἡ αὐτή ἀπαλλαγῇ, ἐκ μὲν τῆς ψύξιος διαθερμαθήματι, ἐκ δὲ τοῦ καύματος διαψυχθῆμα, καὶ ταῦτα ταχέως παραγίνεται καὶ πέψιοι οὐδεμίης προσδεῖται. τὰ δ' 1 μὲν ἔχον ὀσον τὸ Reinhold: μετέχον, ὡς ἄν τὸ MSS. 2 ἐπὶ τὰ AM: ἐστὶ many MSS.: ἐπὶ τὰ Kühlewein. 3 ἐσχάτως, ἥν δ' Coray: ἐσχάτως. ἥν δὲ MSS. 4 τοῦ πρότερον γινομένου Coray and Reinhold: τὸ πρότερον γινομένῳ A: τὸ πρότερον γινομένῳ M. 5 ἀλλ' οἶσι δὲ Littré: ἀλλοισι δὲ MSS. 46
hot, or salt and hot, with numerous other combinations, and cold again combines with other powers. It is these things which cause the harm. Heat, too, is present, but merely as a concomitant, having the strength of the directing factor which is aggravated and increases with the other factor, but having no power greater than that which properly belongs to it.

XVIII. That this is so is plain if we consider the following pieces of evidence. First we have the more obvious symptoms, which all of us often experience and will continue so to do. In the first place, those of us who suffer from cold in the head, with discharge from the nostrils, generally find this discharge more acrid than that which previously formed there and daily passed from the nostrils; it makes the nose swell, and inflames it to an extremely fiery heat, as is shown if you put your hand upon it.* And if the disease be present for an unusually long time, the part actually becomes ulcered, although it is without flesh and hard. But in some way the heat of the nostril ceases, not when the discharge takes place and the inflammation is present, but when the running becomes thicker and less acrid, being matured and more mixed than it was before, then it is that the heat finally ceases. But in cases where the evil obviously comes from cold alone, unaccompanied by anything else, there is always the same change, heat following chill and chill heat, and these supervene at once, and need no coction. In all other instances,

1 Or "properties."
2 Or "effect."
3 Or, with the MSS. reading, "And if you keep putting your hand to it, and the catarrh last a long time," etc.
καὶ ἄποκαθίστασθαι πεφθέντα καὶ κρηθέντα.

XIX. "Ωσα τε καὶ ἐπὶ τοὺς ὀφθαλμοὺς τρέπεται τῶν ῥευμάτων, ἱσχυρὰς καὶ παντοίας δριμύτητας ἔχουτα, ἐλκοὶ μὲν βλέφαρα, κατεσθεῖε δ᾽ ἐνίων γνάθους τε καὶ τὰ ὑπὸ τοῖσι ὀφθαλμοῖσι, ἐφ' ὦ τι ἄν ἐπιρρή, ῥήγνυσι δὲ καὶ διεσθεῖε τὸν ἀμφὶ τὴν ὄψιν χιτώνα. ὡδύναι δὲ καὶ καῖμα καὶ φλογὸς ἐσχατος κατέχει μέχρι τινός, μέχρι ἂν τὰ βεῦματα πεφθῇ καὶ γένηται παχύτερα καὶ λήμμα ἀπ' αὐτῶν ἣ. τὸ δὲ πεφθήναι γίνεται ἐκ τοῦ μικρῆναι καὶ κρηθὴναι ἀλλήλοις καὶ συνεψηθῆναι. τούτῳ δὲ, ὅσα ἐσ τὴν φάρυγγα, ἀφ' ὧν βράγχοι γίνονται καὶ συνάγχαι, ἐρυσιπέλατα τε καὶ περιπνευμονίᾳ, πάντα ταῦτα τὸ μὲν πρῶτον ἀλμυρὰ τε καὶ ὠργὰ καὶ δριμέα ἀφίει, καὶ ἐν τοῖσι τοιούτοις ἔρρωται τὰ νοσήματα. ὅταν δὲ παχύτερα καὶ πεπαίτερα γένηται καὶ πάσης δριμύτητος ἁπηλλαγμένα, τότε ἤδη καὶ οἱ πυρετοὶ παῦονται καὶ τάλλα τὰ λυπέοντα τὸν ἀνθρωπον. δεὶ δὲ δήπου ταῦτα αὕτα ἐκάστου ἤγεισθαι εἴναι, ὃν παρεόντων μὲν τοιουτότροπον γίνεσθαι ἀνάγκη, μεταβαλλόντων δὲ ἐς ἄλλην κρήσιν παῦεσθαι. ὑπόσα οὖν ἀπ' αὐτῆς τῆς θέρμης εἰλικρινέος ἢ ψύξιος γίνεται καὶ μὴ μετέχει ἄλλης δυνάμεος μηδεμῆς, οὐτω παῦοτι ἀν, ὅταν μεταβάλλῃ ἐκ τοῦ θερμοῦ ἐς τὸ ψυχρὸν καὶ ἐκ τοῦ ψυχροῦ ἐς τὸ θερμὸν. μεταβάλλει δὲ ὁνπερ προείρηται μοι τρόπον. ἐτι τοίνυν τάλλα ὅσα κακοπαθεῖ ὁ ἀνθρωπὸς πάντα ἀπὸ δυνάμεον γίνεται. τούτῳ μὲν γὰρ, ὅταν πικρότητι τις ἀποχυθῇ, ἢ ὑν ὡς χολὴν ξανθὴν καλέομεν, οἴαι ἀσταὶ 48
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where acrid and unmixed humours come into play, I am confident that the cause is the same, and that restoration results from coction and mixture.

XIX. Again, such discharges as settle in the eyes, possessing powerful, acrid humours of all sorts, ulcerate the eyelids, and in some cases eat into the parts on to which they run, the cheeks and under the eyes: and they rupture and eat through the covering of the eyeball. But pains, burning and intense inflammation prevail until the discharges are concocted and become thicker, so that rheum is formed from them. This coction is the result of mixture, compounding and digestion. Secondly, the discharges that settle in the throat, giving rise to soreness, angina, erysipelas and pneumonia, all these at first emit salt, watery and acrid humours, whereby the diseases are strengthened. But when they become thicker and more matured, and throw off all trace of their acridness, then the fevers too subside with the other symptoms that distress the patient. We must surely consider the cause of each complaint to be those things the presence of which of necessity produces a complaint of a specific kind, which ceases when they change into another combination. All conditions, then, resulting from heat or cold pure and simple, with no other power as a factor, must cease when heat changes into cold or cold into heat. This change takes place in the manner I have described above. Moreover, all other complaints to which man is liable arise from powers. Thus, when there is an outpouring of the bitter principle, which we call yellow

1 Or "quality." 2 Or "qualities."
30 καὶ καύματα καὶ ἀδυναμία κατέχουσιν ἀπαλλασσόμενοι δὲ τοῦτον, ἐνίοτε καὶ καθαρόμενοι, ἢ αὐτόματοι ἢ ὑπὸ φαρμάκων, ἢν ἐν καιρῷ τι αὐτῶν γίνεται, φανερῶς καὶ τῶν πόνων καὶ τῆς θέρμης ἀπαλλάσσονται. ὃςον δὲ ἂν χρόνον ταῦτα μετέωρα ἢ καὶ ἀπεπτα καὶ ἀκριτα, μηχανὴ οὐδεμία ὢντε τῶν πόνων παύεσθαι ὢντε τῶν πυρετῶν. καὶ ὃσοισι δὲ ὡξύτητας προσώπασται δριμεῖα τε καὶ ἱώδεις, οἰκα λύσσαι καὶ ἄξιες σπλάγχνων καὶ θώρηκος καὶ ἀπορίας οὐ παύεται τι 1 τοῦτον πρὸ τερον, πρὶν ἢ ἀποκαθαρθῇ τε καὶ καταστορεσθῇ καὶ μιχθῇ τοῖσιν ἀλλοισιν πέσσεσθαι δὲ καὶ μεταβάλλειν καὶ λεπτύνεσθαι τε καὶ παχύνεσθαι ἐς χυμῶν εἰδος δὲ ἄλλων εἰδέων καὶ παντοίων— δίο καὶ κρίσεις καὶ ἀριθμοὶ τῶν χρόνων ἐν τοῖσι τοιούτοις μέγα δύνανται—πάντων δὲ τούτων ἥκιστα προσήκει θερμῷ ἢ ψυχρῷ πάσχειν ὦντε γὰρ ἂν τοῦτό γε σαπείῃ ὦντε παχυνθείη. ἵτι γὰρ αὐτὸ φήσωμεν εἶναι; κρήσιας αὐτῶν ἄλλην πρὸς ἄλληλα ἐχοῦσας δύναμιν. ἡ ἐπεὶ ἄλλῳ γε 50 οὐδενὶ τὸ θερμόν μιχθὲν παύεσται τῆς θέρμης ἢ

1 τι Ermerins from a lost MS: τῷ Μ: omitted by A.
2 τῷ γὰρ αὐτὸ φήσωμεν εἶναι; κρήσιας αὐτῶν ἄλλην πρὸς ἄλληλα ἐχοῦσας δύναμιν. So A. Ἔν τι δὲ ἄν αὐτὸ φαίνειν... κρήσις τε αὐτῶν ἔστι, πλὴν πρὸς ἄλληλα ἐχοῦσα δύναμιν. Kühlewein reads φησομεν, deletes the question stop at εἶναι and puts it after δύναμιν. Littre has τῷ δὲ ἄν αὐτὸ φαίνειν εἶναι; κρήσιας αὐτῶν, ἄλλην πρὸς ἄλληλα ἐχοῦσας δύναμιν.

1 Or "distress." 2 Or "property.
3 There are many reasons for supposing that this sentence is either (a) in its wrong place, or (b) an interpolation. It seems quite irrelevant, and αὐτῶν should grammatically refer to τῷ θερμῶν and τῷ ψυχρῶν, but there is not a crasis of these,
bile, great nausea, burning and weakness prevail. When the patient gets rid of it, sometimes by purgation, either spontaneous or by medicine, if the purging be seasonable he manifestly gets rid both of the pains and of the heat. But so long as these bitter particles are undissolved, undigested and uncompounded, by no possible means can the pains and fevers be stayed. And those who are attacked by pungent and acrid acids suffer greatly from frenzy, from gnawings of the bowels and chest, and from restlessness. No relief from these symptoms is secured until the acidity is purged away, or calmed down and mixed with the other humours. But coction, alteration, thinning or thickening into the form of humours through other forms of all sorts (wherefrom crises also and fixing their periods derive great importance in cases of illness)—to all these things surely heat and cold are not in the least liable. For neither could either ferment or thicken. For what shall we call it? Combinations of humours that exhibit a power that varies with the various factors. Since the hot will give up its heat only when mixed with the cold, and the cold can be but only of χυμολ. Hot and cold mixed produce only hot or cold, not a crasis. The sentence might be more relevantly placed at the end of Chapter XVIII, as an explanation of the process ἀποκαθιστάσθαι περφέντα καὶ κρηθέντα. But transposition will not remove the other difficulties of the sentence. What is αὐτὸ? Health or disease? If health, then there is but one crasis producing it, not "many, having various properties." If disease, then it cannot be a crasis at all, but ἄκραστα. Finally, ἀλλὰν πρὸς ἄλλαξα is dubious Greek. The whole sentence looks like an interpolation, though it is hard to say why it was introduced. The scribe of Μ seems to have felt the difficulties, for he wrote κρήσις, πλῆ for ἄλλην, and ἐχοῦσα.
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tῶν ψυχρῶν ούδὲ γε τὸ ψυχρὸν ἢ τῶ θερμῶν. τὰ
de ἀλλὰ πάντα τὰ περὶ τῶν ἀνθρώπων, ὡσφαλῶν
πλείοσι μίσγηται, τοσοῦτο ἡπιώτερα καὶ βελτίως.
πάντων δὲ ἀριστὰ διάκειται ὁ ἀνθρώπος, ὅταν
πᾶν πέσσηται καὶ ἐν ἦσυχίᾳ ἢ, μηδεμίαν ὄναμιν
ἰδίῃν ἀποδεικνύμενον, περὶ οὐ ἡγεύμαι ἐπιδεδεῖ-

ΧΧ. Δέγουσι δὲ τινες ἤτροι καὶ σοφισταὶ, ὡς
οὖν εἴη δυνατὸν ἤτρικήν εἰδέναι ὡς τις μὴ εἰδεν
ὁ τῖ ἔστιν ἄνθρωπος. ἀλλὰ τοῦτο δὲι καταμαθέων
τὸν μέλλοντα ὀρθῶς θεραπεύσειν τοὺς ἄνθρωπους.
τείνει δὲ αὐτοῖς ὁ λόγος ἐσ φιλοσοφίη, καθάπερ
Ἐμπεδοκλῆς ὁ ἀλλοι οὐ περὶ φῦσιος γεγράφασιν
ἐξ ἀρχῆς ὁ τί ἔστιν ἄνθρωπος, καὶ ὅπως ἐγένετο
πρῶτον καὶ ὡπὸθεν συνεπάγη. ἔγω δὲ τοῦτο μέν,
ὅσα τινὶ εἴρηται ἡ σοφιστή ἡ ἤτρο φὲ γέγραπται
περὶ φῦσιος, ἢσοιν νομίζο τῇ ἤτρικῇ τεχνῇ προσ-
ήκειν ἢ τῇ γραφική. νομίζω δὲ περὶ φῦσιος
γνώναι τι σαφὲς υδαμαθέν ἄλλοθεν εἶναι ἢ ἡ
ἄτρικής τοῦτο δὲ οἰῶν τε καταμαθέων, ὅταν αὐτὴν
τις τὴν ἤτρικὴν ὀρθῶς περιλάβῃ. μέχρι δὲ τοῦτο
πολλοῦ μοι δοκεῖ δεῖν· λέγω δὲ ταύτην τὴν ἰστο-
ρίην εἰδέναι, ἄνθρωπος τί ἔστιν καὶ δι' οἷα αἰτίας
γίνεται καὶ τάλαλλα ἀκριβεῖς. ἐπεὶ τοῦτο γε μοι
δοκεῖ ἀναγκαῖον εἶναι ἤτρων περὶ φῦσιος εἰδέναι
καὶ πᾶν σπουδάσαι ὡς εἴσεται, εἴπερ τι μέλλει
τῶν δεόντων ποιήσειν, ὁ τί τε ἔστιν ἄνθρωπος
πρὸς τὰ ἐσθιόμενά τε καὶ πινόμενα καὶ ὁ τι πρὸς

1 πῶν added by Kühlewein.
2 Reinhold transposes from καὶ ὡς to συνεπάγη to the end of the first sentence of the chapter.
neutralized only by the hot. But all other components of man become milder and better the greater the number of other components with which they are mixed. A man is in the best possible condition when there is complete coction and rest, with no particular power displayed. About this I think that I have given a full explanation.

XX. Certain physicians and philosophers assert that nobody can know medicine who is ignorant what a man is; he who would treat patients properly must, they say, learn this. But the question they raise is one for philosophy; it is the province of those who, like Empedocles, have written on natural science, what man is from the beginning, how he came into being at the first, and from what elements he was originally constructed. But my view is, first, that all that philosophers or physicians have said or written on natural science no more pertains to medicine than to painting. I also hold that clear knowledge about natural science can be acquired from medicine and from no other source, and that one can attain this knowledge when medicine itself has been properly comprehended, but till then it is quite impossible—I mean to possess this information, what man is, by what causes he is made, and similar points accurately. Since this at least I think a physician must know, and be at great pains to know, about natural science, if he is going to perform aught of his duty, what man is in relation to foods and drinks,

1 Or "property."
2 About "nature," how the universe was born and grew out of primal elements. We might almost translate ϕύσις by "evolution."
3 Or, perhaps, "pertains even less to medicine than to literature."
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tά ἄλλα ἐπιτηδεύματα, καὶ ὁ τι ἀφ’ ἐκάστου ἐκάστως ςυμβιβάσται, καὶ μὴ ἀπλῶς οὕτως· πονηρώ- ῳν ἐστὶν βρώμα τυρός. πόνου γὰρ παρέχει τῷ πληρωθέντι αὐτοῦ, ἄλλα τίνα τε πόνου καὶ διὰ τί καὶ τίνι τῶν ἐν τῷ ἀνθρώπῳ ἑνεοῦτων ἀνεπιτή- δειον. ἔστι γὰρ καὶ ἄλλα πολλὰ βρώματα καὶ πόματα πονηρά, ἃ διατίθησι τῶν ἀνθρωπῶν οὐ τῶν αὐτῶν τρόπων. οὕτως οὖν μοι ἔστω οἶνος ὁ ὁ ἀκριτης πολλὸς ποθεὶς διατίθησι πως τὸν ἀνθρω- πον· καὶ πάντες ἃν οἱ εἰδότες τούτῳ γνοὺςαν, ὅτι ἕαυτὴ δύναμις οὕτως καὶ αὐτὸς αἰτίος· καὶ οἰσί γε τῶν ἐν τῷ ἀνθρώπῳ τούτῳ δύναται μάλιστα, οἰδαμεν. τοιαύτῃ δὴ βούλομαι ἀληθείαν καὶ περὶ τῶν ἄλλων φανῆναι. τυρός γὰρ, ἐπειδὴ τοῦτῳ σημείῳ ἐχρησάμην, ὀν πάντας ἁνθρώποις ὁμοίως λυμαίνεται, ἀλλ’ εἰσὶν οἴνων αὐτοῦ πλη- ρούμενοι οὐδ’ ὅτιον βλάπτονται, ἄλλα καὶ ἰσχύν, οἶσιν ἀν συμφέρη, θαυμασίως παρέχεται. εἰσὶ δ’ οἵ χαλεπῶς ἀπαλλάσσοντα. διαφέρουσιν οὖν τούτων αἱ φύσεις. διαφέρουσιν δὲ κατὰ τοῦτο, ὅπερ ἐν τῷ σώματι ἑνεστὶ πολέμιον τυρῶ καὶ ὑπὸ τοῦτον ἑγείρεται τε καὶ κινεῖται· οἰς οἱ τοιούτως χυμὸς τυγχάνει πλείων ἑνεών καὶ μᾶλλον ἐνδυνα- στεύων ἐν τῷ σώματι, τούτως μᾶλλον καὶ κακο- παθεῖν εἰκός. εἰ δὲ πάση τῇ ἀνθρωπίνῃ φύσει ἣν κακόν, πάντας ἀν ἑλυμένατο. ταῦτα δὲ εἰ τις εἰδείη, οὕκ ἀν πάσχοι τάδε. 1

ΧΧΙ. Ἐν τῷ ἄνακομιδήσι τῇς ἐκ τῶν νουσῶν, ἔτι δὲ καὶ ἐν τῇ νοῦσοις τῇς μακρηῆς γίγνονται πολλαὶ συνταράξεις, αἱ μὲν ἀπὸ τῶν τυτο- μάτω, αἱ δὲ καὶ ἀπὸ τῶν προσενεχθέντων τῶν

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and to habits generally, and what will be the effects of each on each individual. It is not sufficient to learn simply that cheese is a bad food, as it gives a pain to one who eats a surfeit of it; we must know what the pain is, the reasons for it, and which constituent of man is harmfully affected. For there are many other bad foods and bad drinks, which affect a man in different ways. I would therefore have the point put thus:—“Undiluted wine, drunk in large quantity, produces a certain effect upon a man.” All who know this would realise that this is a power of wine, and that wine itself is to blame,¹ and we know through what parts of a man it chiefly exerts this power. Such nicety of truth I wish to be manifest in all other instances. To take my former example, cheese does not harm all men alike; some can eat their fill of it without the slightest hurt, nay, those it agrees with are wonderfully strengthened thereby. Others come off badly. So the constitutions of these men differ, and the difference lies in the constituent of the body which is hostile to cheese, and is roused and stirred to action under its influence. Those in whom a humour of such a kind is present in greater quantity, and with greater control over the body, naturally suffer more severely. But if cheese were bad for the human constitution without exception, it would have hurt all. He who knows the above truths will not fall into the following errors.

XXI. In convalescence from illness, and also in protracted illnesses, many disturbances occur, some spontaneously and some from things casually

¹ See Appendix on p. 64.

¹ The MSS. have πάσχει. τὰ δὲ ἐν κ.τ.λ. I have adopted the punctuation of Gomperz.
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tυχόντων. οίδα δὲ τοὺς πολλοὺς ἠτρούς, ὁσπερ
tοὺς ἵδιώτας, ἢν τύχωσι περὶ τὴν ἥμερῃ
tι κεκαίνουργηκότες, ἢ λουσάμενοι ἢ περιπατή-
sαντες ἢ φαγόντες τι ἐτεροῦν, ταῦτα δὲ πάντα
βελτίων προσεπνησεμένα ἢ μὴ, οὐδὲν ἦσον τὴν

10 αἰτίην τούτων τι χάνατοντος καὶ τὸ μὲν αἰτίων
ἀγνοεύντας, τὸ δὲ συμφορώτατον, ἢν οὗτω τύχη,
ἀφαιρέσωσα. δεὶ δὲ οὐ, ἀλλ' εἰδέναι, τὸ λοντρὸν
ἀκαύρως προσεπνησεμένον ἐργάσεται ἢ τί κόπος.
οὐδὲποτε γὰρ ἡ αὐτὴ κακοπάθεια τούτων οὐδε-
tέρου, οὔδε γε ἀπὸ πλημάσιον οὐδ' ἀπὸ βρόματος
tοῖν ἢ τοῖν. ὅστις οὖν ταῦτα μὴ εἰσεται ὡς ἔκα-
στα ἔχει πρὸς τὸν ἀνθρωπόν, οὔτε γινώσκειν τὰ

18 γινόμενα ἃπ' αὐτῶν δυνήσεται οὕτε χρῆσθαι ὅρθῶς.

XXII. Δείν δὲ μοι δοκεῖ καὶ ταῦτα εἰδέναι, ὡσα
tῷ ἀνθρώπῳ παθήματα ἀπὸ δυναμῶν γίνεται καὶ
ὅσα ἀπὸ σχήματων. λέγω δὲ τοιουτοῦ, δύνα-
μιν μὲν εἶναι τῶν χυμῶν τὰς ἀκροτητὰς τε καὶ
ἰσχύν, σχήματα δὲ λέγω ὅσα ἐνεστὶν ἐν τῷ
ἀνθρώπῳ, τὰ μὲν κοιλά τε καὶ ἔξε εὐρέος ἢ
στενῶν συνηγμένα, τὰ δὲ καὶ ἐκπεπταμένα, τὰ
dε στερεὰ τε καὶ στρογγύλα, τὰ δὲ πλατέα τε καὶ
ἐπικρεμάμενα, τὰ δὲ διαπεταμένα, τὰ δὲ μακρά,
tὰ δὲ πυκνά, τὰ δὲ μανά τε καὶ τεθηλότα, τὰ δὲ
σπογγοειδέα τε καὶ ἄραια. τοῦτο μὲν οὖν,
ἔλκυσαι ἐφ' ἐωτὸ καὶ ἐπισφάσασθαι ύγρότητα
eκ τοῦ ἄλλου σώματος, πότερον τὰ κοιλά τε καὶ
ἐκπεπταμένα ἢ τὰ στερεὰ τε καὶ στρογγύλα ἢ τὰ
kοιλά τε καὶ ἔστενων ἢ εὐρέος συνηγμένα δύ-
nατο ἄν μάλιστα; οἵμαι μὲν τὰ τοιαῦτα, τὰ ἔστε
στενῶν συνηγμένα ἢ κοιλὸν τε καὶ εὐρέος. κατα-
μανθάνειν δὲ δεῖ ταῦτα ἐξωθέν ἢ τῶν φανερῶν.

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administered. I am aware that most physicians, like laymen, if the patient has done anything unusual near the day of the disturbance—taken a bath or a walk, or eaten strange food, these things being all beneficial—nevertheless assign the cause to one of them, and, while ignorant of the real cause, stop what may have been of the greatest value. Instead of so doing they ought to know what will be the result of a bath unseasonably taken or of fatigue. For the trouble caused by each of these things is also peculiar to each, and so with surfeit or such and such food. Whoever therefore fails to know how each of these particulars affects a man will be able neither to discover their consequences nor to use them properly.

XXII. I hold that it is also necessary to know which diseased states arise from powers and which from structures. What I mean is roughly that a “power” is an intensity and strength of the humours, while “structures” are the conformations to be found in the human body, some of which are hollow, tapering from wide to narrow; some are expanded, some hard and round, some broad and suspended, some stretched, some long, some close in texture, some loose in texture and fleshy, some spongy and porous. Now which structure is best adapted to draw and attract to itself fluid from the rest of the body, the hollow and expanded, the hard and round, or the hollow and tapering? I take it that the best adapted is the broad hollow that tapers. One should learn this thoroughly from unenclosed objects that can be

1 Or “contracting.”

2 i.e. objects that are not concealed, as are the internal organs.
τούτο μὲν γάρ, τῶν στόματι κεχνώσ ὑγρὸν οὕδὲν ἀνασπάσεις. \(^1\) προμυλλήνας δὲ καὶ συστείλας, πιέσας τε τὰ χεῖλεα καὶ ἔπειτεν \(^2\) αὐλὸν προσθέμενος ῥηίδιώς ἀνασπάσας ἀν ὁ τι ἐθέλοις. τούτο δὲ, αἱ σικώαι προσβαλλόμεναι ἐξ εὐρέος ἐστενῶτερον συνηγμέναι πρὸς τούτο τετέχνηνται, πρὸς τὸ ἐλκεῖν ἐκ τῆς σαρκὸς καὶ ἐπισπάσθαι, ἀλλὰ τε πολλὰ τοιούτοτροπα. τῶν δὲ ἔσω φύσει τοῦ ἀνθρώπου σχῆμα τοιοῦτον κύστις τε καὶ κεφαλῆς, καὶ ὑστέρῃ γυναιξῖν καὶ φανερῶς ταῦτα μάλιστα ἐλκεῖ καὶ πλήρει ἐστίν ἐπάκτου ὕγρότητος αἰεί. τὰ δὲ κοίλα καὶ ἐκπεπταμένα ἐπεσφυεῖσαν μὲν ὕγρότητα μάλιστα δέξατο πάντων, ἐπισπάσαιτο δ' ἀν οὐχ ὁμοίως. τὰ δὲ γε στερεὰ καὶ στρογγύλα οὔτ' ἀν ἐπισπάσαιτο οὔτ' ἀν ἐπεσφυεῖσαν δέξατο. περιολοσθάνοι τε γὰρ καὶ οὐκ ἔχοι ἔδρην, ἐφ' ἂς μένοι. τὰ δὲ σπογγοειδέα τε καὶ ἀραιά, οἶδον στυλὴν τε καὶ πνεύμων καὶ μαζώ, προσκαθεξώμενα μάλιστα ἀναπίνοι καὶ σκληρυνθείη ἀν καὶ αὐξηθείη ὕγρότητος προσγενομένης ταῦτα μάλιστα. οὐ γὰρ ἄν \(^3\) ὀσπερ ἐν κοιλίῃ, ἐν ἡ τὸ ὕγρων, ἔξω τε περιέχει αὐτῇ ἡ κοιλίῃ, ἔξαλιζοντ' ἀν καθ' ἐκάστην ἡμέρῃν, ἀλλ' ὅταν πίῃ καὶ δέξηται αὐτῷ ἐς ἐωτὸ τὸ ὕγρων, τὰ κενὰ καὶ ἀραιά ἐπιπληρώθη καὶ τὰ σμικρὰ πάντη καὶ ἀντὶ μαλθακὸν τε καὶ ἀραιόν σκληρὸς τε καὶ πυκνὸς ἐγένετο καὶ οὔτ' ἐκπέσσει οὔτ' ἀφίησι. ταῦτα δὲ πᾶσχει διὰ τὴν φύσιν τοῦ σχῆματος. ὅσα δὲ φύσιν τε καὶ ἀνειλήματα ἀπεργάζεται ἐν τῷ σώματι, προσήκει

\(^1\) ἀνασπάσεις two late Paris MSS. (2144, 2145): ἀνασπά-
seen. For example, if you open the mouth wide you will draw in no fluid; but if you protrude and contract it, compressing the lips, and then insert a tube, you can easily draw up any liquid you wish. Again, cupping instruments, which are broad and tapering, are so constructed on purpose to draw and attract blood from the flesh. There are many other instruments of a similar nature. Of the parts within the human frame, the bladder, the head, and the womb are of this structure. These obviously attract powerfully, and are always full of a fluid from without. Hollow and expanded parts are especially adapted for receiving fluid that has flowed into them, but are not so suited for attraction. Round solids will neither attract fluid nor receive it when it has flowed into them, for it would slip round and find no place on which to rest. Spongy, porous parts, like the spleen, lungs and breasts, will drink up readily what is in contact with them, and these parts especially harden and enlarge on the addition of fluid. They will not be evacuated every day, as are bowels, where the fluid is inside, while the bowels themselves contain it externally; but when one of these parts drinks up the fluid and takes it to itself, the porous hollows, even the small ones, are everywhere filled, and the soft, porous part becomes hard and close, and neither digests nor discharges. This happens because of the nature of its structure. When wind and flatulence are produced in the body, the

\[\sigma\varepsilon\nu\nu \varepsilon 2141: \varepsilon\gamma\alpha\varsigma\pi\acute{\alpha}\varsigma\varepsilon\iota\varepsilon 2143: \varepsilon\gamma\alpha\varsigma\pi\acute{\alpha}\varsigma\acute{\alpha}\iota\varsigma\ A.\] The opt. may be right, as in this treatise the potential optative sometimes occurs without \(\acute{\alpha}v\). See p. 44, l. 59, and p. 52, l. 2.

\[\varepsilon\pi\epsilon\iota\tau\nu \varepsilon K\v{u}h\varnothing l\v{e}w\v{e}i\nu: \kappa\alpha\iota \varepsilon\pi\iota \tau\varepsilon \ A: \kappa\alpha\iota \varepsilon\tau\iota \tau\varepsilon \ M.\]

\[\text{Littré adds, after } \acute{\alpha}v, \ \varepsilon\nu \sigma\pi\lambda\eta\nu\iota.\]
Εν μεν τοσι κοίλοισι καὶ εὐρυχώροισι, οἴον κοιλιή
tε καὶ θώρηκι, ψόφου τε καὶ πάταγον ἐμποιεῖν.
ὁτε γὰρ ἀν μὴ ἀποπληρώσῃ οὕτως ὡστε στῆναι,
ἀλλ’ ἔχῃ μεταβολάς τε καὶ κινήσιας, ἀνάγκη
ὑπ’ αὐτῶν ψόφου καὶ καταφανέας κινήσιας γί-
νεσθαι. ὃσα δὲ σαρκώδεα τε καὶ μαλθακά, ἐν
tοσι τοιούτοις νάρκη τε καὶ πληρώματα οὐά ἐν
tοσι ἀποπληργεῖσι 1 γίνεται. ὅταν δ’ ἐγκυρήσῃ
πλατεῖ τε καὶ ἀντικείμενῳ, καὶ πρὸς αὐτὸ ἀν-
τιπέσῃ, καὶ φύσει τούτο τύχῃ ἐὖν μήτε ἰσχυρόν,
ὡστε δύνασθαι ἀνέχεσθαι τὴν βίην καὶ μηδὲν
κακὸν παθεῖν, μήτε μαλθακὸν τε καὶ ἀραιόν, ὡστ’
ἐκδέξασθαί τε καὶ ὑπείξαι, ἀπαλὸν δὲ καὶ τε-
θηλὸς καὶ ἐναιμὸν καὶ πυκνόν, οἶνον ἤπαρ, διὰ μὲν
τὴν πυκνότητα καὶ πλατύτητα ἀνθέστηκε τε καὶ
οὕχ ὑπείκει, φῦσα δ’ ἐπισχομένη 2 αὐξεῖται τε καὶ
ἰσχυροτέρῃ γίνεται καὶ ὀρμᾶ μάλιστα πρὸς τὸ
ἀντιπάϊον. διὰ δὲ τὴν ἀπαλότητα καὶ τὴν ἐναιμό-
tητα ὡδύναται ἄνευ πόνων εἶναι, καὶ διὰ ταῦτας
tὰς προφάσιας ὀδύναι τε ὀξύταται καὶ πυκνό-
tαται πρὸς τοῦτο τὸ χωρίον γίνονται ἐμπυηματά
te καὶ φύματα πλείστα. γίνεται δὲ καὶ ὑπὸ
φρένας ἰσχυρῶς, ἤσουν δὲ πολλῶν. διάτασις
μὲν γὰρ φρενῶν πλατείᾳ καὶ ἀντικείμενῇ, φῦσις
δὲ νευρωδεστέρῃ τε καὶ ἰσχυροτέρῃ, διὸ ἤσουν
ἐπώδυνα ἐστίν. γίνεται δὲ καὶ περὶ ταῦτα καὶ
πόνων καὶ φύματα.

ΧΧΙΙΙ. Πολλὰ δὲ καὶ ἄλλα καὶ ἔσω καὶ ἔξω
tοῦ σώματος εἰδεα σχημάτων, ἡ μεγάλα ἄλληλων
dιαφέρει πρὸς τὰ παθήματα καὶ νοσεόντι καὶ
ὐγιαίνοντι, οἶον κεφαλαί σμικραὶ ἡ μεγάλαι,
τράχηλοι λεπτοὶ ἡ παχέες, μακροὶ ἡ βραχέες,
rumbing noise naturally occurs in the hollow, broad parts, such as the bowels and the chest. For when the flatulence does not fill a part so as to be at rest, but moves and changes its position, it cannot be but that thereby noise and perceptible movements take place. In soft, fleshy parts occur numbness and obstructions, such as happen in apoplexy. And when flatulence meets a broad, resisting body, and rushes on it, and this happens by nature to be neither strong so as to endure its violence without harm, nor soft and porous so as to give way and admit it, but tender, fleshy, full of blood, and close, like the liver, because it is close and broad it resists without yielding, while the flatulence being checked increases and becomes stronger, dashing violently against the obstacle. But owing to its tenderness and the blood it contains, the part cannot be free from pain, and this is why the sharpest and most frequent pains occur in this region, and abscesses and tumours are very common. Violent pain, but much less severe, is also felt under the diaphragm. For the diaphragm is an extended, broad and resisting substance, of a stronger and more sinewy texture, and so there is less pain. But here too occur pains and tumours.

XXIII. There are many other structural forms, both internal and external, which differ widely from one another with regard to the experiences of a patient and of a healthy subject, such as whether the head be large or small, the neck thin or thick, long or short, the bowels long or round, the chest and

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1 ἀποπληγεῖσι Littré: ἀποσφαγεῖσι Λ: ἀποσφαγεῖσι Μ: ἀποφρυγεῖσι Coray.
2 ἐπισχομένη Reinhold: ἐπιχεομένη Λ: ἐπιδεχομένη Μ.
κοιλίαι μακραὶ ἡ στρογγύλαι, θόρηκος καὶ πλευρέων πλατύτητες ἡ στενότητες, ἀλλὰ μυρία, ἃ δεῖ πάντα εἰδέναι ἢ διαφέρει, ὅπως τὰ αὐτὰ ἐκάστων εἰδῶς ὤρθως φυλάσσηται.

XXIV. Περὶ δὲ δυναμῶν χυμῶν αὐτῶν τε ἐκαστος ὁ τι δύναται ποιεῖν τὸν ἀνθρώπον ἐσκέφθαι, ὥσπερ καὶ πρότερον εὑρηταί, καὶ τὴν συγγένειαν ὡς ἔχουσι πρὸς ἄλληλους. λέγω δὲ τὸ τοιοῦτον εἰ ἡ γλυκὸς χυμὸς ἐὼν μεταβάλλοι ἐς ἀλλο εἴδος, μὴ ἀπὸ συγκρίσιος, ἀλλὰ αὐτὸς ἐξιστάμενος, ποῖος τις ἄν πρῶτος γένοιτο, πικρὸς ἡ ἁλμυρὸς ἡ στρυφνὸς ἡ ὄξυς; οἶμαι μὲν, ὄξυς. ὁ ἀρα ὄξυς χυμὸς ἀνεπιτηθείους προσφέρειν ἄν τῶν λοιπῶν εἰς μάλιστα, εἴπερ ὁ γλυκὸς τῶν γε πάντων ἀνεπιτηθείοτατος. ὁ ὃς ὁ τε ὁ δύνατο ἐξειδοθεὶ ἐπιτυγχάνει, καὶ δύνατο ἄν πάντων ἐκλέγεσθαι αἰεὶ τὸ βέλτιστον. βέλτιστον δὲ ἐστὶ αἰεὶ τὸ προσωτάτῳ τοῦ ἀνεπιτηθείου ἀπέχειν.

1 I obtain this reading by combining A, which has ἀνεπιτήθειος, ἄν before τῶν λοιπῶν, and τῶν before γε, with the ἀνεπιτηθείοτατος of M. Other MSS. have ἃν ἐπιτήθειοι, omit ἄν before τῶν λοιπῶν and τῶν before γε, and read ἐπιτηθείοτατος. Kühlewein has ὁ ἀρα ὄξυς χυμὸς ἄν ἐπιτήθειοι προσφέρειν τῶν λοιπῶν εἰς μάλιστα, εἴπερ ὁ γλυκὸς γε ἐπιτηθείοτατος.
ribs broad or narrow, and there are very many other things, the differences between which must all be known, so that knowledge of the causes of each thing may ensure that the proper precautions are taken.

XXIV. As I have said before, we must examine the powers of humours, and what the effect of each is upon man, and how they are related to one another. Let me give an example. If a humour that is sweet assumes another form, not by admixture, but by a self-caused change, what will it first become, bitter, or salt, or astringent, or acid? I think acid. Therefore where sweet humour is the least suitable of all, acid humour is the next least suitable to be administered.¹ If a man can in this way conduct with success inquiries outside the human body, he will always be able to select the very best treatment. And the best is always that which is farthest removed from the unsuitable.

¹ Because:—
(1) Health is a crasis of all the humours, none being in excess;
(2) Sweet humour passes readily into acid;
(3) Therefore, when sweet is the least suitable as a remedy (there being an excess of it already), acid (which is likely to be reinforced from the sweet) is the next least suitable.

Kühlewein's text makes sense only if we transpose ὀξὺς and γαλυκὸς. If you want ὀξὺς χυμός for crasis you can get it best by adding ὀξὺς, next best by adding γαλυκὸς, which naturally turns into ὀξὺς.
Appendix on Chapter XX, p. 54.

οἴνος ἄκρητος πολλὸς ποθεὶς διατίθεσθι πως τὸν ἄνθρωπον καὶ πάντες ἄν οἱ εἰδότες τούτο γνοίησαν, ὅτι αὕτη δύναμις οἴνου καὶ αὐτὸς αἰτίος.

So A; other MSS. have ἀσθένεια after ἄνθρωπον, ἵδοντες for οἱ εἰδότες, ἢ after αὕτη and ἐστίν after αὐτὸς.

This passage contradicts the general argument, which is that in medicine statements about foods must not be made ἄπλως. Cheese is not bad food; it is only bad in certain conditions, and in certain ways, and at certain times. In these circumstances cheese has a δύναμις which does not belong to cheese in itself, but is latent until certain conditions call it forth. The error, says the writer, is not made in the case of wine. Everybody knows that in itself wine is not bad; it is drinking to excess, or at wrong times, which is mischievous.

Now the reading of A (in fact any MS. reading) makes the writer say that wine itself is to blame (αὐτὸς αἰτίος)—an obvious contradiction of the general argument. My colleague the Rev. H. J. Chaytor most ingeniously suggests that αὐτὸς refers not to wine but to the man. He would therefore translate "this δύναμις of wine and the man himself are to blame." But not only is it more natural for αὐτὸς to refer to wine, but the writer’s whole point is that in and by itself no food is αἰτίος. A food is a cause only in certain conditions, or, rather, certain conditions call forth certain δύναμεις.

I think, therefore, that the right reading is ὅτι τοιαῦτη δύναμις οἴνου καὶ οὐκ αὐτὸς αἰτίος. "Such and such a δύναμις of wine (i. e. a δύναμις caused by excess of wine acting upon the human φύσις) is to blame and not mere wine by itself." ὅτι τοιαῦτη might easily turn into ὅτι αὕτη, and the omission of οὗ by scribes is not uncommon.

There is an attractive vigour about the reading ἵδοντες for οἱ εἰδότες, and it may be correct. "Anybody can see at a glance that in the case of wine it is excess, etc., and not merely wine itself which is to blame.”
AIRS  WATERS  PLACES
INTRODUCTION

No ancient critic appears to have doubted the authenticity of this work, and only Haller among the moderns has rejected it. It is divided roughly into two parts. The first (Chapters I–XI) deals chiefly with the effects of climate and situation upon health; the second (XII–XXIV) deals chiefly with the effects of climate upon character. At the end of XII a portion has been lost dealing with the Egyptians and Libyans.

The style of the book has the dignified restraint which we associate with the Hippocratic group of treatises. In tone it is strikingly dogmatic, conclusions being enunciated without the evidence upon which they are based. Modern physicians are sceptical about many of these conclusions while fully recognizing the value of the principle that geographical conditions and climate influence health.

The second part of the work is scarcely medical at all, but rather ethnographical. It bears a close resemblance to certain parts of Herodotus, but lacks the graceful bonhomie which is so characteristic of the latter writer. Indeed it is hard not to see a close connection between the account of the impotent effeminates of Chapter XXII and the ἐνάρες of Herodotus I. 105.
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MSS. AND EDITIONS.

The chief MSS. are V and Β, the latter being a fifteenth-century MS. at Rome called Codex Barberinus. To these must be added the readings of a MS. called by Kühlewein b, which is now lost, but its readings have been noted by Gadaldinus of Venice. There are two Paris MSS. worth noticing. One (2255 or E) divides the treatise into two parts, and the other (7027) is a Latin translation which sometimes helps in the reconstruction of the text.

The work has often been edited. The earliest edition was published at Venice in 1497, and there were at least ten others during the sixteenth century. The best edition is that of Coray (2 vols., Paris, 1800). Though verbose it is both scholarly and medically accurate, Coray being a Greek by birth, a medical man by training, and a scholar by inclination.

There are English translations by Peter Low (London, 1597), John Moffat (London, 1788), Francis Clifton (London, 1734), and, of course, Francis Adams (London, 1849).

The following table, taken from Aetius III. 164, may prove useful in determining the periods of the year mentioned in the Hippocratic writings.

<table>
<thead>
<tr>
<th>Date</th>
<th>Greek</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 23</td>
<td>ἵσημερα Ἐαρνή</td>
</tr>
<tr>
<td>April 1</td>
<td>αἱ πλημάδες ἀκρόνυχοι φαίνονται.</td>
</tr>
<tr>
<td>April 19</td>
<td>αἱ πλημάδες ἐσπέριοι κρύπτονται.</td>
</tr>
<tr>
<td>April 21</td>
<td>αἱ πλημάδες ἁμα ἥλιον ἀνατολῆ ἐπι-τέλλουσι.</td>
</tr>
<tr>
<td>May 7</td>
<td>αἱ πλημάδες ἐφαί φαίνονται (heliacal rising).</td>
</tr>
</tbody>
</table>

1 See Littré, II. 9, 10.
INTRODUCTION

June 6 ... ἀρκτοῦρος δύνει.
June 25 ... τροπαὶ θεριναὶ.
July 19 ... ὁ κύων ἔφες ἐπιτέλλει.
September 17 ἀρκτοῦρος ἐπιτέλλει (heliacal rising).
September 25 ἴσημερία φθινοπωρινή.
November 6 aὶ πλημάδες ἐφαί δύνουσι (cosmic setting).
December 23 τροπαὶ χειμεριναὶ.
February 25 ἀρκτοῦρος ἔσπεριός ἐπιτέλλει καὶ (26) χελιδόνες πέτονται καὶ φαινονται.

Spring began with the equinox, but was often popularly dated from the appearance of swallows and the acronychal rising of Arcturus in February. The heliacal rising of the Pleiades marked the beginning of summer, which ended with that of Arcturus, an event nearly coinciding with the autumnal equinox. Finally, winter began with the cosmic setting of the Pleiades.

A star is said to rise heliacally when it gets far enough in front of the sun to be visible before dawn. It sets cosmically when it gets so much further in advance as to be first seen setting in the west before dawn. The acronychal is the evening rising of a star, when it is visible all night, and contrasts with the heliacal, or morning, rising, when it soon disappears in the sun’s rays.

Galen, in his commentary on the third section of Aphorisms, implies that there are two meanings of μεταβολαῖ τῶν ὄρων, a common term in Airs Waters Places:

(1) the actual changes from season to season;
INTRODUCTION

(2) sharp contrasts of weather during the seasons.

It is clear from the passages in *Airs Waters Places* where the phrase occurs that it may have either meaning. The notion underlying it is that of violent change in the weather.

The reader should note the meanings of the following:

1. "between the winter rising of the sun and the winter setting," *i.e.* roughly E.S.E. to W.S.W.;
2. "between the summer setting and the summer rising," *i.e.* roughly W.N.W. to E.N.E.;
3. "between the summer and winter risings," *i.e.* roughly E.N.E. to E.S.E.

The exact number of degrees is a question of latitude. The directions given above are roughly correct for the Mediterranean area.
ΠΕΡΙ ΑΕΡΩΝ ΥΔΑΤΩΝ ΤΟΙΩΝ

'Ηττρικὴν ὀστίς βούλεται ὁρθῶς ζητεῖν, τάδε χρὴ ποιεῖν· πρῶτον μὲν ἐνθυμεῖσθαι τὰς ὀρᾶς τοῦ ἔτεος, οὐ τὶ δύναται ἀπεργάζεσθαι ἐκάστη· οὐ γὰρ ἐοίκασιν ἀλληλοίσιν οὐδὲν, ἀλλὰ πολὺ διαφέρουσιν αὐταὶ τε ἐφ᾽ ἐωτέων καὶ ἐν τῇ μεταβολῆσιν ἐπείτα δὲ τὰ πνεύματα τὰ θερμά τε καὶ τὰ ψυχρά, μάλιστα μὲν τὰ κοινὰ πᾶσιν ἀνθρώποισιν, ἐπείτα δὲ καὶ τὰ ἐν ἐκάστῃ χώρῃ ἐπιχώρια ἐόντα. δέ τι δὲ καὶ τῶν ὑδάτων ἐνθυμεῖσθαι τὰς δυνάμις· ὥσπερ γὰρ ἐν τῷ στόματι διαφέρουσι καὶ ἐν τῷ σταθμῷ, οὕτω καὶ ἡ δύναμις διαφέρει πολὺ ἐκάστου. ὅστε ἐς πόλιν ἐπειδὰν ἀφίκηται τις, ἢς ἀπειρός ἐστι, διαφροντίσαι χρή τὴν θέσιν αὐτῆς, ὅκως κείται καὶ πρὸς τὰ πνεύματα καὶ πρὸς τὰς ἀνατολὰς τοῦ ἥλιου. οὐ γὰρ τωῦτο δύναται ἢτις πρὸς βορένη κείται καὶ ἢτις πρὸς νότον οὐδὲ ἢτις πρὸς ἥλιον ἀνύχοντα οὐδὲ ἢτις πρὸς δύνοντα. ταῦτα δὲ χρῆ 1 ἐνθυμεῖσθαι ὡς κάλλιστα καὶ τῶν ὑδάτων πέρι ὡς ἔχουσιν, καὶ πότερον ἐλώδεσι χρέονται καὶ μαλθακοίσιν ἡ σκληροῖς τε καὶ ἐκ μετεώρων καὶ πτερωδέων εἴτε ἄλυκοισι καὶ ἀπεράμοιοισιν καὶ τὴν γῆν, πότερον ψιλῆ τε καὶ ἀνυδρος ἡ δασεία καὶ ἐφυδρός καὶ εἴτε ἐγκοιλὸς ἐστι καὶ πνειγηρή εἴτε μετέωρος καὶ ψυχρῶς· καὶ τὴν διαίταν τῶν ἀνθρώπων, ὅκοις ἠδονται, πότερον φιλοπόταν καὶ

10

20

70
Whoever wishes to pursue properly the science of medicine must proceed thus. First he ought to consider what effects each season of the year can produce; for the seasons are not at all alike, but differ widely both in themselves and at their changes. The next point is the hot winds and the cold, especially those that are universal, but also those that are peculiar to each particular region. He must also consider the properties of the waters; for as these differ in taste and in weight, so the property of each is far different from that of any other. Therefore, on arrival at a town with which he is unfamiliar, a physician should examine its position with respect to the winds and to the risings of the sun. For a northern, a southern, an eastern, and a western aspect has each its own individual property. He must consider with the greatest care both these things and how the natives are off for water, whether they use marshy, soft waters, or such as are hard and come from rocky heights, or brackish and harsh. The soil too, whether bare and dry or wooded and watered, hollow and hot or high and cold. The mode of life also of the inhabitants that is pleasing to them, whether they

1 \( \chi \rho \eta \) b: omitted in other MSS.
ΠΕΡΙ ΑΕΡΩΝ ΥΔΑΤΩΝ ΤΟΠΩΝ

άριστηται καὶ ἀταλαίπτωροι ἡ φιλογυμνασταῖ τε καὶ φιλόπουλοι καὶ ἐδωδοι καὶ ἁπτοτοι.

II. Καὶ ἀπὸ τοῦτων χρῆ ἐνθυμεῖσθαι ἐκαστα. εἰ γὰρ ταῦτα εἰδεὶη τις καλῶς, μᾶλλον μὲν πάντα, εἰ δὲ μῆ, τὰ γε πλεῖότα, οὐκ ἂν αὐτῶν Λαμβάνοι ἐσ πόλιν ἀφικνεόμενον, ἡς ἄν ἀπειρος ἢ, οὔτε νοσήματα ἐπιχώρια οὔτε τῶν κοινῶν ἡ φύσις, οκοῖς τοῖς ἑστὶν ὡστε μὴ ἀπορεῖσθαι ἐν τῇ θεραπείᾳ τῶν νοῦσων μηδὲ διαμαρτάνειν· ἄ εἰκός ἐστι γίνεσθαι, ἢν μὴ ταῦτα πρότερον εἰδὼς προφροντίζῃ περὶ ἐκάστον· τοῦ δὲ χρόνου προϊόντος καὶ τοῦ ἐνιαυτοῦ λέγοι ἃν, οκόσα τε νοσηματι μέλλει πάγκοινα τὴν πόλιν κατασχῆσειν ἢ θέρεος ἢ χειμῶνος, οκόσα τε ἱδια ἐκάστῳ κίνδυνος γίνεσθαι ἐκ μεταβολῆς τῆς διαίτης. εἰδὼς γὰρ τῶν ὠρέων τὰς μεταβολὰς καὶ τῶν ἀστρων τὰς ἕπιτολάς τε καὶ δύσιας, καθότι ἐκαστὸν τοῦτων γίνεται, προειδεῖ ἃν τὸ ἔτος οκοῖν τι μέλλει γίνεσθαι. οὔτως ἃν τις ἐννοεύ- μενος καὶ προγνώσκων τοὺς καιροὺς μᾶλιστ' ἃν εἰδείη περὶ ἐκάστον καὶ τὰ πλεῖότα τυγχάνου τῆς ύγιείς καὶ κατορθοί, οὐκ ἑλάχιστα ἐν τῇ τέχνῃ. εἰ δὲ δοκεῖ διὰ ταῦτα μετεωρολόγα εἶναι, εἰ μετασταίη τῆς γνώμης, μᾶθοι ἃν, ὅτι οὐκ ἑλά- χιστον μέρος συμβάλλεται ἄστρονομίᾳ ἐς ἱηρικῆν, ἀλλὰ πάνυ πλεῖστον. ἄμα γὰρ τῆς ὀρθοτο καὶ αἱ νοῦσοι καὶ αἱ κοιλίαι μεταβάλλουσιν τοῖς ἀνθρώποισιν:

III. Ὁκως δὲ χρῆ ἐκαστα τῶν προειρημένων σκοπείν καὶ βασανίζειν, ἐγὼ φράσω σαφέως.

1 τὰς added by Wilamowitz.
are heavy drinkers, taking lunch, and inactive, or athletic, industrious, eating much and drinking little.

II. Using this evidence he must examine the several problems that arise. For if a physician know these things well, by preference all of them, but at any rate most, he will not, on arrival at a town with which he is unfamiliar, be ignorant of the local diseases, or of the nature of those that commonly prevail; so that he will not be at a loss in the treatment of diseases, or make blunders, as is likely to be the case if he have not this knowledge before he consider his several problems. As time and the year passes he will be able to tell what epidemic diseases will attack the city either in summer or in winter, as well as those peculiar to the individual which are likely to occur through change in mode of life. For knowing the changes of the seasons, and the risings and settings of the stars, with the circumstances of each of these phenomena, he will know beforehand the nature of the year that is coming. Through these considerations and by learning the times beforehand, he will have full knowledge of each particular case, will succeed best in securing health, and will achieve the greatest triumphs in the practice of his art. If it be thought that all this belongs to meteorology, he will find out, on second thoughts, that the contribution of astronomy to medicine is not a very small one but a very great one indeed. For with the seasons men's diseases, like their digestive organs, suffer change.

III. I will now set forth clearly how each of the foregoing questions ought to be investigated, and

1 That is, taking more than one full meal every day.
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ήτις μὲν πόλις πρὸς τὰ πνεύματα κεῖται τὰ θερμά—ταῦτα δ᾽ ἐστὶ μεταξὺ τῆς τε χειμερινῆς ἀνατολῆς τοῦ ἥλιου καὶ τῶν δυσμέων τῶν χειμερινῶν—καὶ αὐτή ταῦτα τὰ πνεύματα ἐστὶ σύννομα, τῶν δὲ ἀπὸ τῶν ἀρκτῶν πνευμάτων σκέπη, ἐν ταύτῃ τῇ πόλει ἐστὶ τὰ τε ύδατα πολλὰ καὶ ύφαλα,1 καὶ ἀνάγκη εἶναι μετέωρα, τοῦ μὲν θέρεσι θερμαῖ, τοῦ δὲ χειμῶνος ψυχρά· τοὺς τε ἀνθρώπους τὰς κεφαλὰς ύγράς ἔχειν καὶ φλεγματώδεις, τὰς τε κοιλίας αὐτῶν πυκνὰ ἐκταράσσεσθαι ἀπὸ τῆς κεφαλῆς τοῦ φλέγματος ἑπικαταρρέουσον· τὰ τε εἴδεα ἐπὶ τὸ πλῆθος αὐτῶν ἀτονώτερα εἶναι· ἐσθίεν δ᾽ οὐκ ἀγαθοὺς ἐναι οὐδὲ πίνειν. ὁκόσοι μὲν γὰρ κεφαλὰς ἀσθενεῖς ἔχουσιν, ὥς ἂν εἴησαν ἀγαθοί πίνειν. ἡ γὰρ κρασίλη μᾶλλον πιέζει. νοσήματα τε τάδε ἐπιχώρια εἶναι· πρῶτον μὲν τὰς γυαλίκας νοσερὰς καὶ ὅσωδες εἶναι· ἐπείτα πολλὰς ἀτόκους ὑπὸ νοῦσον καὶ οὐ φύσει ἐκτιτρώσκεσθαι τε πυκνά· τοῖσι τε παῖδεοις ἐπιπτίπτειν σπασμοὺς τε καὶ ἀσθματα καὶ ἄ νομίζουσι τὸ παιδίον2 ποιεῖν καὶ ἱερὴν νοῦσον εἶναι· τοῖσι δὲ ἀνδράσι δυσεντερίας καὶ διαρροίας καὶ ἡπιάλους καὶ πυρετοὺς πολυχρόνιους χειμερινοὺς καὶ ἐπι- νυκτίδας πολλάς καὶ αἰμορροίδας ἐν τῇ ἔδρη. πλευρίτιδες δὲ καὶ περιπνευμονίαι καὶ καῦσοι καὶ ὁκόσα ὅξεα νοσήματα νομίζονται εἶναι οὐκ ἐγγίνονται πολλά. οὐ γὰρ οἶνον τε, ὅκου ἂν κοιλίαι ύγραί ἔσωσι, τὰς νοῦσους ταῦτας ἱσχυεῖν. ὀφθαλμίαι τε ἐγγίνονται ύγραί καὶ οὗ χαλέπαι,

1 Perhaps one should read ὀφαλυκά.
2 παιδίον MSS. : θείον Coray, who reads ὅ for ἅ, and Zwinger in margin.

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the tests to be applied. A city that lies exposed to the hot winds—these are those between the winter rising of the sun and its winter setting—when subject to these and sheltered from the north winds, the waters here are plentiful and brackish, and must be near the surface, hot in summer and cold in winter. The heads of the inhabitants are moist and full of phlegm, and their digestive organs are frequently deranged from the phlegm that runs down into them from the head. Most of them have a rather flabby physique, and they are poor eaters and poor drinkers. For men with weak heads will be poor drinkers, as the after-effects are more distressing to them. The endemic diseases are these. In the first place, the women are unhealthy and subject to excessive fluxes. Then many are barren through disease and not by nature, while abortions are frequent. Children are liable to convulsions and asthma, and to what they think causes the disease of childhood, and to be a sacred disease.\(^1\) Men suffer from dysentery, diarrhoea, ague, chronic fevers in winter, many attacks\(^3\) of eczema, and from hemorrhoids. Cases of pleurisy, pneumonia, ardent fever, and of diseases considered acute, rarely occur. These diseases cannot prevail where the bowels are loose. Inflammations of the eyes occur with running, but are not

\(^1\)\(\text{μετέωρος}\) "elevated," both here and in Chapter XXIV, seems, when applied to springs, to mean the opposite of "Ceep," i.e. rising from a point near the surface of the soil. Contrast Chapter VII, where water \(\text{ἐκ βαθυτάτων πηγών}\) is said to be warm in winter and cool in summer.

\(^2\) That is, epilepsy. Coray's reading means, "that affection which they think is caused by Heaven, and to be sacred."

\(^3\) Or "forms."
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ǒλιγοχρόνιοι, ἢν μὴ τι κατάσχη νόσημα πάγκοι-

νούν ἐκ μεταβολῆς μεγάλης.1 καὶ ὁκόταν τὰ

πεντήκοντα ἑτέα ὑπερβάλωσι,2 κατάρροι ἐπι-

γενόμενοι ἐκ τοῦ ἐγκεφάλου παραπληκτικοὺς

ποίεσαν τοὺς ἀνθρώπους, ὁκόταν ἐξαίφνης ἤλιω-

θέωσι τὴν κεφαλῆν ἢ ῥιγώσασι. ταῦτα μὲν τὰ

νοσήματα αὐτοῖς ἐπιχώρια ἐστὶ. χωρὶς δὲ,

ἡν τι πάγκοιον κατάσχη νόσημα ἐκ μεταβολῆς

tῶν ὦρέων, καὶ τούτου μετέχουσιν.

IV. Ὅκοσι τ’ ἀντικέονται τούτων πρὸς τὰ

πνεύματα τὰ ψυχρὰ τὰ μεταξὶ τῶν δυσμέων τῶν

θερμῶν τοῦ ἥλιου καὶ τῆς ἀνατολῆς τῆς θερμῆς,

καὶ αὐτὴν ταῦτα τὰ πνεύματα ἐπιχώρια ἐστὶ,

τοῦ δὲ νότου καὶ τῶν θερμῶν πνευμάτων σκέπη,

οὐδὲ ἔχει περὶ τῶν πολίων τούτων πρῶτον μὲν

tὰ ὑδατα σκληρᾶ τε καὶ ψυχρὰ ὡς ἐπὶ τὸ

πλῆθος ἐγγίνεται.3 τούς δὲ ἀνθρώπους εὐτόνους

tε καὶ σκελιφροὺς ἀνάγκη εἶναι, τοὺς τε πλείους

tὰς κοιλίας ἀτεράμους ἔχειν καὶ σκληρὰς τὰς

κάτω, τὰς δὲ ἀνῶν εὐρωτέρας. χολώδειας τε

μᾶλλον ἢ φλεγματίας εἶναι. τὰς δὲ κεφαλὰς

ὕγιηρας ἔχουσι καὶ σκληρὰς. ρηγματια τε εἰσὶν

ἐπὶ τὸ πλῆθος. νοσεύματα δὲ αὐτοῖς ἐπιδημεῖ

tάδε. πλευρίτιδες τε πολλαὶ αὐτὲς ὀξεῖαι νομιζό-

μεναι νοῦσοι. ἀνάγκη δὲ ὅδε ἔχειν, ὁκόταν αὐτὶ

κοιλίαι σκληραὶ ἔσωσιν. ἐμπνεοὶ τοὺς πολλοὺς γίνονται

ἀπὸ τὰ πάσης προφάσιος. τούτου δὲ αὐτίκοι ἐστὶ

tοῦ σώματος ἡ ἐντασις καὶ ἡ σκληρότης τῆς

κοιλίας. ἡ γὰρ ἥπιοτις ρηγματίας ποιεῖ εἶναι

καὶ τοῦ ὑδατος ἡ ψυχρότης. ἐδώδους δὲ ἀνάγκη

1 μεγάλης omitted by Greek MSS.: de magna metabula

7027.

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serious; they are of short duration, unless a general epidemic take place after a violent change. When they are more than fifty years old, they are paralyzed by catarrhs supervening from the brain, when the sun suddenly strikes their head or they are chilled. These are their endemic diseases, but besides, they are liable to any epidemic disease that prevails through the change of the seasons.

IV. But the following is the condition of cities with the opposite situation, facing the cold winds that blow from between the summer setting and the summer rising of the sun, being habitually exposed to these winds, but sheltered from the hot winds and from the south. First, the waters of the region are generally hard and cold. The natives must be sinewy and spare, and in most cases their digestive organs are costive and hard in their lower parts, but more relaxed in the upper. They must be bilious rather than phlegmatic. Their heads are healthy and hard, but they have in most cases a tendency to internal lacerations. Their endemic diseases are as follow. Pleurisies are common, likewise those diseases which are accounted acute. It must be so, since their digestive organs are hard, and the slightest cause inevitably produces in many patients abscesses, the result of a stiff body and hard digestive organs. For their dryness, combined with the coldness of the water, makes them liable to internal lacerations. Such

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2 ὑπερβάλλωσι Coray: ὑπερβάλλοσι MSS.
3 ἐγγίνεται Litrō: γελυκαίνεται most MSS.: οὗ γελυκαίνεται Coray: καὶ ἄλυκα γίνεται Kühlewein.


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tὰς τοιαύτας φύσιας εἶναι καὶ οὐ πολυπότας: οὐ γὰρ οἶνον τε ἁμα πολυβόρος τε εἶναι καὶ πολυπότας. ὃ ὄφθαλμας τε γίνεσθαι μὲν διὰ χρόνου, γίνεσθαι δὲ σκληρὰς καὶ ἵσχυρὰς, καὶ εὐθέως ῥήγμωνται τὰ ὄμματα: αἵματον δὲ ἐκ τῶν ρηνῶν ὁδις νεωτέρους τριήκοντα ἑτέρων γίνεσθαι ἵσχυρὰς τῶν θέρεων: τὰ τε ἱερὰ νοσεύματα καλεῦμενα, ὁλίγα μὲν ταύτα, ἵσχυρὰ δὲ, μακροβίους δὲ τοὺς ἀνθρώπους τούτους μᾶλλον εἰκὸς εἶναι τῶν ἑτέρων: τὰ τε ἔλκεα οὐ φλεγματόδεα ἐγγίνεσθαι οὐδὲ ἀγριοῦσθαι: τὰ τε ἡθεα ἁγριώτερα ἡ ἡμερώτερα. τοῖς μὲν ἀνδράσι ταύτα τὰ νοσήματα ἐπιχώρια ἐστὶν καὶ χωρίς, ἢ τὶ πάγκοινον κατάσχει ἐκ μεταβολῆς τῶν ὀρέων: τῇς δὲ γυναιξί: πρῶτον μὲν στερίφαι 2 πολλαὶ γίνονται διὰ τὰ υδάτα ἑόντα σκληρᾶ τε καὶ ἀτέραμνα καὶ ψυχρά. αἱ γὰρ καθάρσις οὐκ ἐπιγίνονται τῶν ἐπιμηνίων ἐπιτήδεια, ἀλλὰ ὁλίγαι καὶ πονηραί. ἔπειτα

30 τίκτουσι χαλεπῶς: ἐκτιτρώσκουσι δὲ οὐ σφόδρα. ὀκόταν δὲ τέκωσι, τὰ παιδία ἀδύνατοι τρέφειν εἰσί: τὸ γὰρ γάλα ἀποσβέννυται ἀπὸ τῶν υδάτων τῆς σκληρότητος καὶ ἀτεραμνίας: φθίσεις τε γίνονται συγγαί ἀπὸ τῶν τοκετῶν. ὑπὸ γὰρ βής ῥήγμων ἵσχυναι καὶ σπάσματα. τοῖς δὲ παιδιοὶς ὑδροσει ἐγγίνονται ἐν τοῖς ὀρχησίν, ἐως μικρὰ ἢ ἐπειτὰ προϊόνθης τῆς ῥυλίκης ἀφαίρεται. ἐρρεται ἣ ἠβῶσι τε ὑπὲ ἐν ταύτη τῇ πόλει.

40 V. Περὶ μὲν οὖν τῶν θερμῶν πνευμάτων καὶ τῶν ψυχρῶν καὶ τῶν πολύν τούτων ὥδε ἔχει ὡς προείρηται. ὁκόσα δὲ κέονται πρὸς τὰ πνευμάτα

48 Σο most MSS.: omitted by Ἱβ b and Kühlewein. It contradicts Chapter VII, ll. 20, 21.
constitutions necessarily make men eat much and drink little; for one cannot be both a great eater and a great drinker. Inflammations of the eyes occur at last; they are hard and violent, and rapidly cause rupture of the eyes. Men under thirty suffer from violent bleedings at the nose in summer. Instances of the disease called "sacred" are rare but violent. These men are more likely to be long-lived than are others. Their sores become neither phlegmatic nor malignant, but their characters incline to fierceness, not to mildness. For men these diseases are endemic, besides there are epidemic diseases which may prevail through the change of the seasons. As to the women, firstly many become barren through the waters being hard, indigestible and cold. Their menstrual discharges are not healthy, but are scanty and bad. Then childbirth is difficult, although abortion is rare. After bearing children they cannot rear them, for their milk is dried up through the hardness and indigestibility of the waters, while cases of phthisis are frequent after parturition, for the violence of it causes ruptures and strains. Children suffer from dropsies in the testicles while they are little, which disappear as they grow older. In such a city puberty is late.

V. The effects of hot winds and of cold winds on these cities are such as I have described; the following are the effects of winds on cities lying

"Suppurating."

\[2 \text{στερίφαι Coray; στερίφναι or στερίφναι MSS.: στερίφαι Ermerins and Reinhold.}\]
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tà μεταξὺ τῶν θερμῶν ἀνατολέων τοῦ ἡλίου καὶ τῶν χειμερινῶν καὶ οὐκόσαι τὸ ἐναυτόν τούτων, ὥδε ἔχει περὶ αὐτέων· οὐκόσαι μὲν πρὸς τὰς ἀνατολάς τοῦ ἡλίου κέονται, ταύτας εἰκὼς εἶναι ὑγεινοτέρας τῶν πρὸς τὰς ἁρκτοὺς ἐστραμμένων καὶ τῶν πρὸς τὰ θερμά, ἢν καὶ στάδιον \(^1\) τὸ μεταξὺ ἦν. πρῶτον \(^2\) μὲν γὰρ μετριώτερον ἔχει τὸ θερμὸν καὶ τὸ ψυχρόν· ἐπείτα τὰ ὑδάτα, οὐκόσαι πρὸς τὰς τοῦ ἡλίου ἀνατολάς ἐστὶν, ταύτα λαμπρά τε εἶναι ἀνάγκη καὶ εὐώδεα καὶ μαλθακὰ καὶ ἐρατεινὰ ἐγγύνεσθαι ἐν ταύτῃ τῇ πόλει· ὁ γὰρ ἡλίος \(^1\) κωλύει ἀνύσχων καὶ καταλαμπὼν. τὸ γὰρ ἐωθινὸν ἐκάστοτε αὐτὸς ὁ ἡρὶ ἐπεχεῖ ὡς ἐπὶ τὸ πολὺ. \(^3\) τὰ τε εἰδέα τῶν ἀνθρώπων εὐχροὶ τε καὶ ἀνθηρὰ ἐστὶ μᾶλλον ἢ ἀλλὰ ἢν μὴ τις νόσσος κωλύῃ. λαμπρόφωνοι τε οἱ ἀνθρώποι \(^4\) ὅργην τε καὶ σύνεσιν βελτίως εἰσὶ τῶν προσβορείων, \(^5\) ὕπερ καὶ τὰ ἄλλα τὰ ἐμφυόμενα ἁμείνω ἐστίν. ἐοικέ τε μάλιστα ἡ ὁὔτω κειμένη πόλις ἦρι κατὰ τὴν μετριότητα τοῦ θερμοῦ καὶ τοῦ ψυχροῦ· τὰ τε νοσεύματα ἐλάσσω μὲν γίνεται καὶ ἀσθενε-στερα, ἐοικέ δὲ τοὺς ἐν τῇ πάλιν γενομένοις νοσεύμασι τῇ πρὸς τὰ θερμα πνεύματα ἐστραμμένησιν. αἱ τε γυναῖκες αὐτοθι ἀρικύμονές \(^6\) εἰσὶ σφόδρα καὶ τίκτουσι ῥηδίως.

VI. Περὶ μὲν τούτων ὥδε ἔχει. οὐκόσαι δὲ πρὸς τὰς δύσιας κεῖνται καὶ αὐτῆσιν ἐστὶ σκέπη

1 So all MSS. and editors. I would insert μόνον.
2 πρῶτον Coray: πρῶτερον MSS.
3 The part within daggers is as given in most MSS. For κωλύει (which cannot govern ὑδάτα as an object) Coray would read καλλύει, and Ermerins and Reinhold bracket
4
5
6
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exposed to those between the summer and winter risings of the sun, and to those opposite to these. Those that lie towards the risings of the sun are likely to be healthier than those facing the north and those exposed to the hot winds, even though they be but a furlong apart. In the first place, the heat and the cold are more moderate. Then the waters that face the risings of the sun must be clear, sweet-smelling, soft and delightful, in such a city. For the sun, shining down upon them when it rises, purifies them. The persons of the inhabitants are of better complexion and more blooming than elsewhere, unless some disease prevents this. They are clear-voiced, and with better temper and intelligence than those who are exposed to the north, just as all things growing there are better. A city so situated is just like spring, because the heat and the cold are tempered; the diseases, while resembling those which we said occur in cities facing the hot winds, are both fewer and less severe. The women there very readily conceive and have easy deliveries.

VI. Such are the conditions in these cities. Those that lie towards the settings of the sun, and are

\[\text{τὸ γὰρ ἐωθινὸν . . . . . πολὺ. Perhaps καθαίρει (not unlike κωλύει in uncial) should be read for κωλύει, and the gloss read τὸ γὰρ ἐωθινὸν ἐκάστοτε αὐτὰ (αὐτὸς is meaningless) ὃ ἡρὶ ἐπέχει ὡς ἐπὶ τὸ πολὺ. Has κωλύει arisen from κωλύῃ in the next sentence? In his notes Coray suggests ὃ γὰρ ἤλιος κωλύει (οὐ κολυόει) τὸν ἡρὰ ἀνίσχων καὶ καταλάμπων. τὸ γὰρ ἐωθινὸν αὐτὸσε ἡρὶ κ.τ.λ. But can αὐτὸσε = αὐτόθι?}

\[\text{καὶ should perhaps be added after ἀνθρωποι.}

\[\text{προσβορέων Kühlewein: προσβορέων V ἸΘ: πρὸς βορέων most MSS.}

\[\text{ἀρικύμονες Coray: ἐναρικύμονες V ἸΘ.}

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tῶν πνευμάτων τῶν ἀπὸ τῆς ἱσθ. πνεόντων τὰ
tε θερμά πνεύματα παραρρέι καὶ τὰ ψυχρά ἀπὸ
tῶν ἀρκτῶν, ἀνάγκη ταύτας τὰς πόλιας θέσιν
κείσθαι νοσερωτύτην. πρῶτον μὲν γὰρ τὰ ύδατα
οὐ λαμπρά αἰτίου δὲ, ὅτι ἐὰν τὸ ἐωθικὸν κατέχει
ός ἐπὶ τὸ πολὺ, ὃστις τῷ ύδατι ἐγκαταμιγγύμενος
tὸ λαμπρὸν ἀφανίζει: ὁ γὰρ ἡλίως πρὶν ἀνω
ἀρθήναι οὐκ ἐπιλάμπει. τοῦ δὲ θέρεος ἐωθεν μὲν
αὖραι ψυχράι πνέουσι καὶ δρόσουι πίπτουσι: τὸ
dὲ λοιπὴν ἡλίων ἐγκαταδύνων ὁστε μάλιστα διέγει
τοὺς ἀνθρώπους, διὸ καὶ ἄχρονους τε εἰκῶς εἶναι
καὶ ἄρρωστους, τῶν τε νοσεμάτων πάντων μετ-
ἐχειν μέρος τῶν προειρήμενων οὐδὲν γὰρ αὐτὸς
ἀποκέκριται. βαρυφωνὸν τε εἰκῶς εἶναι καὶ
βραχυχώδεας διὰ τὸν ἥρα, ὅτι ἀκάθαρτος ὡς ἐπὶ
tὸ πολὺ αὐτόθι γίνεται καὶ νοσώδης: οὔτε γὰρ
ὑπὸ τῶν βορείων ἐκκρίνεται σφόδρα: οὐ γὰρ προσ-
ἐχουσι τὰ πνεύματα· ἀ τε προσέχουσιν αὐτοῖς
καὶ πρόσκεινται ύδατεινότατά ἐστιν· ἐπεὶ τοιαῦτα
tὰ ἀπὸ τῆς ἐσπέρης πνεύματα· ἐοικέν τε μετ-
οπώρῳ μάλιστα η θέσις η τοιαύτη τῆς πόλιος κατὰ
tὰς τῆς ἡμέρης μεταβολὰς, ὅτι πολὺ τὸ μέσον
γίνεται τοῦ τε ἐωθινοῦ καὶ τοῦ πρὸς τὴν δείλην.

VII. Περὶ μὲν πνευμάτων, ἀ τε ἐστίν ἐπιτιθεία
cαὶ ἀνεπιτήθεια, ὥδε ἐχει. περὶ δὲ τῶν λοιπῶν ὅ
ύδατων βούλομαι διηγησασθαι, ἀ τε ἐστι νοσώδεα
cαὶ ἀ νυγεινότατα καὶ ὀκόχα ἀφ᾿ ύδατος κακὰ
eἰκὸς γίνεσθαι καὶ ὀσα ἀγαθά. πλεῖστον γὰρ

1 ἐπεὶ τοιαῦτα τὰ ἀπὸ Coray: ἐπεὶ τὰ ἐπὶ most MSS.
2 λοιπῶν omitted by 7027 and Wilamowitz.
sheltered from the east winds, while the hot winds and the cold north winds blow past them—these cities must have a most unhealthy situation. In the first place, the waters are not clear, the reason being that in the morning mist is generally prevalent, which dissolves in the water and destroys its clearness, as the sun does not shine upon it before it is high on the horizon. In the summer cold breezes blow in the morning and there are heavy dews; for the rest of the day the sun as it advances towards the west thoroughly scorches the inhabitants, so that they are likely to be pale and sickly, subject to all the diseases aforesaid, for none are peculiar to them. They are likely to have deep, hoarse voices, because of the atmosphere, since it is usually impure and unhealthy in such places. For while it is not clarified much by the north winds, which are not prevalent there, the winds that do prevail insistently are very rainy, such being the nature of westerly winds. Such a situation for a city is precisely like autumn in respect of the changes of the day, seeing that the difference between sunrise and afternoon is great.

VII. So much for winds, healthy and unhealthy. I wish now to treat of waters, those that bring disease or very good health, and of the ill or good that is likely to arise from water. For the influence

1 *ἀντοίς* may be either a dative of advantage or one of disadvantage. There can thus be two meanings:—

(1) "for none are isolated to their advantage," *i.e.* they are exempt from none;

(2) "for none are isolated to their disadvantage," *i.e.* they have no disease peculiar to themselves. I have taken the latter meaning, with Littré, but a good case could be made out for the former.
ΠΕΡΙ ΛΕΡΩΝ ΥΔΑΤΩΝ ΤΟΠΩΝ

μέρος συμβάλλεται ἐς τὴν υγιείν. οὐκόσα μὲν 
οὖν ἐστιν ἐλώδεα καὶ στάσιμα καὶ λιμναία, ταῦτα 
ἀνάγκη τοῦ μὲν θέρεος εἰναι θερμὰ καὶ παχέα καὶ 
όδημην ἔχοντα, ἀτε οὐκ ἀπόρρυτα ἔοντα· ἀλλὰ 
τοῦ τε ὦμβρίου ὑδατος ἐπιφερομένου 1 αἰεὶ νέον 
tοῦ τε ἕλιου καίοντος ἀνάγκη ᾧρον τε εἶναι καὶ 
πονηρὰ καὶ χολῶδεα, τοῦ δὲ χειμώνος παγετῶδεα 
tε καὶ ψυχρὰ καὶ τεθολωμένα ὕπο τε χιώνας καὶ 
pαγετῶν, ὡστε φλεγματωδέστατα εἶναι καὶ βραγ-
χωδέστατα. τοῖς δὲ πίνουσι σπλήνας μὲν αἰεὶ 
μεγάλους εἶναι καὶ μεμωμένους καὶ τὰς γαστέρας 
σκληρὰς τε καὶ λεπτὰς καὶ θερμᾶς, τοὺς δὲ ὦμοις 
καὶ τὰς κλήδας καὶ τὸ πρόσωπον καταλελε-
πτύσθαι· ἐς γὰρ τὸν σπλήνα αἱ σάρκες συντήκον-
tαι, διὸτι ἵσχυοι εἰσὶν· ἐδώδους τε εἶναι τοὺς 
τοιούτους καὶ ὁψηροὺς· τὶς τε κοιλίας ἕποτάτας 
tε καὶ θερμωτάτας καὶ τὰς ἀνοι καὶ τὰς κάτω 
ἔχειν, ὡστε τῶν φαρμάκων ἱσχυροτέρων δεῖσθαι. 
τούτῳ μὲν τὸ νόσημα αὐτοῖς σύντροφὸν ἐστὶ 
καὶ θέρεος καὶ χειμῶνος. πρὸς δὲ τούτοις οἱ 
ὕδρωτες πλειστοὶ τε γίνονται καὶ βανατωδέστατοί 
tοῦ γὰρ θέρεος δυσευτερίᾳ τε πολλαὶ ἐμπίπτοντοι 
καὶ διάρροιαι καὶ πυρετοὶ τεταρταῖοι πολυχρό-
νιοι. ταῦτα δὲ τὰ νοσεύματα μηκυνθέντα τὰς 
τοιαύτας φύσιας ἐς ὕδρωτας καθίστησι καὶ ἀπο-
κτείνει. ταῦτα μὲν αὐτοῖς τοῦ θέρεος γίνεται. 
tοῦ δὲ χειμώνος τοῖς νεωτέροις μὲν περιπνευ-
μονίᾳ τε καὶ μαμώδεα νοσεύματα, τοῖς δὲ 
πρεσβυτέροις καῦσοι διὰ τὴν τῆς κοιλίας σκλη-
ρότητα. τῆς δὲ γυναικίν ύδηματα ἐγγίνεται 
cαὶ φλέγμα λευκῶν, καὶ ἐν γαστρὶ ἵσχουσι μόλις 
cαὶ τίκτουσι χαλεπῶς· μεγάλα τε τὰ ἔμβρυα καὶ
of water upon health is very great. Such as are marshy, standing and stagnant must in summer be hot, thick and stinking, because there is no outflow; and as fresh rain-water is always flowing in and the sun heats them, they must be of bad colour, un-healthy and bilious. In winter they must be frosty, cold and turbid through the snow and frosts, so as to be very conducive to phlegm and sore throats. Those who drink it have always large, stiff spleens, and hard, thin, hot stomachs, while their shoulders, collar-bones and faces are emaciated; the fact is that their flesh dissolves to feed the spleen, so that they are lean. With such a constitution they eat and drink heavily. Their digestive organs, upper and lower, are very dry and very hot, so that they need more powerful drugs. This malady is endemic both in summer and in winter. In addition the dropsies that occur are very numerous and very fatal. For in the summer there are epidemics of dysentery, diarrhoea and long quartan fever, which diseases when prolonged cause constitutions such as I have described to develop dropsies that result in death. These are their maladies in summer. In winter young people suffer from pneumonia and illnesses attended by delirium, the older, through the hardness of their digestive organs, from ardent fever. Among the women occur swellings and leuco-phlegmasia; they conceive hardly and are delivered with difficulty. The babies are big and swollen, and

1 ἐπιφέρομένου δὲ ἐπιτρέφομένου most MSS.
ΠΕΡΙ ΑΕΡΩΝ ΥΔΑΤΩΝ ΤΟΠΩΝ

οἴδέοντα. ἔπειτα ἐν τῇ τροφῇ φθινῶδει τε καὶ πονηρὰ γίνεται· ἢ τε κάθαρσις τῇ γυναιξίν ὤν ἐπιγίνεται χρῆστῃ μετὰ τοῦ τόκου. τοῖσι δὲ παιδίνουσι κῆλαι ἐπιγίνονται μάλιστα καὶ τοῖσιν ἀνδράσι κήρσι καὶ ἐλκεα ἐν τῇ κυήμησιν, ὡστε τὰς τοιαύτας φύσιας οὐχ οἶον τε μακροβίους εἶναι, ἀλλὰ προγηράσκειν τοῦ χρόνου τοῦ ἱκνευμένου. ἔτι δὲ αἱ γυναικὲς δοκεόυσιν ἔχειν ἐν γαστρί, καὶ ὄκοταν ὁ τόκος ἢ, ἀφαινήσεται τὸ πλήρωμα τῆς γαστρός. τοῦτο δὲ γίνεται, ὄκοταν ὑδρωπήσωσιν αἱ ύστεραι. τὰ μὲν τοιαύτα ὑδατα νομίζω μοχ-θηρὰ εἶναι πρὸς ἀπαν χρῆμα· δεύτερα δὲ ὅσων εἰεν 1 αἱ πηγαί ἐκ πετρέων—σκληρὰ γὰρ ἀνάγκη εἶναι—ἡ ἐκ γῆς, ὀκον θερμὰ ὑδατά ἐστιν, ἢ σίδηρος γίνεται ἡ χαλκὸς ἡ ἄργυρος ἡ χρυσὸς ἡ θείον ἡ στυπτηρίῃ ἡ ἀσφαλτοῦ ἡ νίτρουν. ταῦτα γὰρ πάντα ὅποι βίης γίνονται τοῦ θερμοῦ. οὔ τοινυν οἶον τε ἐκ τοιαύτης γῆς ὑδατα ἀγαθὰ γίνεσθαι, ἀλλὰ σκληρὰ καὶ καυσώδεα διουρεῖσθαι τε χα- λεπὰ καὶ πρὸς τὴν διαχώρησιν ἐναντία εἶναι. ἀρίστα δὲ ὄκοσα ἐκ μετεωρῶν χωρίων ρεί καὶ λόφων γεγρῶν. αὐτὰ τε γὰρ ἐστὶ γηλυκεία καὶ λευκὰ καὶ τὸν οἶον φέρειν ὄλγον οἰα τε ἐστίν. τοῦ δὲ χειμῶνος θερμὰ γίνεται, τοῦ δὲ θέρειος ψυχρά. οὔτω γὰρ ἄν εἴη ἐκ βαθυτάτων πηγέων μάλιστα δὲ ἐπαινεῖ ἃν τὰ ρεύματα πρὸς τὰς ἀνατολὰς τοῦ ἦλιου ἐρρώγασι καὶ μᾶλλον πρὸς τὰς θερινὰς. ἀνάγκη γὰρ λαμπρότερα εἶναι καὶ εὐώδεα καὶ κούφα. ὅκοσα δὲ ἐστὶν ἅλυκα καὶ ἀτέραμα καὶ σκληρά, ταῦτα μὲν πάντα πίνειν ὄν ἀγαθὰ· εἰσὶ δ' ἐναι φύσιες καὶ νοσεύματα, ἐς ἂ ἐπιτήδεια ἐστὶ τὰ τοιαύτα ὑδατα πινόμενα, 86
then, as they are nursed, they become emaciated and miserable. The discharge after childbirth is bad. Children are very subject to hernia and men to enlarged veins and to ulcers on the legs, so that such constitutions cannot be long-lived but must grow prematurely old. Moreover, the women appear to be with child, yet, when the time of delivery comes, the fullness of the womb disappears, this being caused by dropsy in that organ. Such waters I hold to be absolutely bad. The next worst will be those whose springs are from rocks—for they must be hard—or from earth where there are hot waters, or iron is to be found, or copper, or silver, or gold, or sulphur, or alum, or bitumen, or soda. For all these result from the violence of the heat. So from such earth good waters cannot come, but hard, heating waters, difficult to pass and causing constipation. The best are those that flow from high places and earthy hills. By themselves they are sweet and clear, and the wine they can stand is but little. In winter they are warm, in summer cold. They would naturally be so, coming from very deep springs. I commend especially those whose flow breaks forth towards the rising—by preference the summer rising—of the sun. For they must be brighter, sweet-smelling and light; while all that are salt, harsh and hard are not good to drink, though there are some constitutions and some diseases which are benefited by drinking such waters, concerning which I will speak.

1 Or "consumptive."

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1 ἵππος so most MSS.; ἵππος V; ἵππος Reinhold (unnecessarily, for the "vague" opt. without ἰ is not rare in the Hippocratic writings). However, 7027 reads suff.
70 περὶ ὠν φράσω αὐτικά. ἔχει δὲ περὶ τούτων ὡδὲ ὁκόσων μὲν ἀι πηγαί πρὸς τὰς ἀνατολὰς ἐχοῦσι, ταύτα μὲν ἄριστα αὐτὰ ἔωτυν ἦστιν δεύτερα δὲ τὰ μεταξὺ τῶν θερινῶν ἀνατολέων ἦστὶ τοῦ ἡλίου καὶ δυσίων, καὶ μᾶλλον τὰ πρὸς τὰς ἀνατολὰς τρίτα δὲ τὰ μεταξὺ τῶν δυσμέων τῶν θερινῶν καὶ τῶν χειμερινῶν φαυλότατα δὲ τὰ πρὸς τὸν νότον καὶ τὰ μεταξὺ τῆς χειμερινῆς ἀνατολῆς καὶ δύσιως. καὶ ταύτα τούτα μὲν νοτίοισι πάνω πονηρά, τοῖσι δὲ βορείοισιν ἀμείων. τούτοισι δὲ πρέπει δὁδε χρῄσθαι ὅστις μὲν ὑγιαίνει τε καὶ ἔρρωται, μηδὲν διακρίνειν, ἄλλα πίνειν αἰεὶ τὸ παρεός. ὅστις δὲ νοόσου εἶνεκα βούλεται τὸ ἐπιτηδειότατον πίνειν, ὡδὲ ἄν ποιέων μάλιστα τυγχάνοι τῆς υγείας ὁκόσων μὲν αἱ κοιλίαι σκληραί εἰσι καὶ συγκαίειν ἀγαθαί, τούτοισι μὲν τὰ γλυκύτατα συμφέρει καὶ κουφότατα καὶ λαμπρότατα ὁκόσων δὲ μαλθακαὶ αἱ νηδύες καὶ ὑγραί εἰσι καὶ φλεγματώδεις, τούτοισι δὲ τὰ σκληρότατα καὶ ἀτεραμνότατα καὶ τὰ υφαλυκά.

90 οὕτω γὰρ ἄν ξηραίνοιντο μάλιστα. ὁκόσα γὰρ ὑδατά ἐστιν ἐφευν ἄριστα καὶ τακερώτατα, ταύτα καὶ τὴν κοιλίην διαλύουν εἰκός μάλιστα καὶ διατήκειν ὁκόσα δὲ ἐστιν ἀτέραμμα καὶ σκληρὰ καὶ ἄκιστα ἐφανά, ταύτα δὲ συνίστησι μάλιστα τὰς κοιλίας καὶ ξηραίνει. ἀλλὰ γὰρ ψευσάμενοι εἰσὶν οἱ ἄνθρωποι τῶν ἀλμυρῶν ὑδάτων πέρι δὶ ἀπειρίνην, καὶ ὅτι νομίζεται διαχωρητικά· τὰ δὲ ἐναντιώτατα ἦστι πρὸς τὴν διαχωρήσιν ἀτέραμμα γὰρ καὶ ἀνέψαινα, ὅστε καὶ τῇ κοιλίῃ νπ' αὐτῶν στῦφεσθαι μᾶλλον ἡ τῆκεσθαι.
presently. Aspect affects spring waters thus. Those whose sources face the risings of the sun are the very best. Second in excellence come those between the summer risings and the summer settings, by preference in the direction of the risings. Third best are those between the summer and winter settings. The worst are those that face the south, and those between the winter rising and setting. These are very bad indeed when the winds are in the south, less bad when they are in the north. Spring waters should be used thus. A man in health and strength can drink any water that is at hand without distinction, but he who because of disease wishes to drink the most suitable can best attain health in the following way. Those whose digestive organs are hard and easily heated will gain benefit from the sweetest, lightest and most sparkling waters. But those whose bellies are soft, moist, and phlegmatic, benefit from the hardest, most harsh and saltish waters, for these are the best to dry them up. For waters that are best for cooking and most solvent naturally loosen the digestive organs the most and relax them; but harsh waters, hard and very bad for cooking, contract most these organs and dry them up. In fact the public are mistaken about saline waters through inexperience, in that they are generally considered to be laxative. The truth is that they are just the reverse; they are harsh and bad for cooking, so that the digestive organs too are stiffened by them rather than loosened.

1 ψευσάμενοι so V. B: ἐψευσάμενοι Kühlewein.
2 kal ὁτι MSS.: Wilamowitz would delete ὁτι; Coray would read κατότι for kal ὁτι. Perhaps kal should be deleted.
ΠΕΡΙ ΑΕΡΩΝ ΥΔΑΤΩΝ ΤΟΠΩΝ

VIII. Καὶ περὶ μὲν τῶν πηγαίων ὑδάτων ὡδὲ ἔχει, περὶ δὲ τῶν ὦμβρίων καὶ ὀκόσα ἀπὸ χύνος φράσω ὀκώς ἔχει. τὰ μὲν οὐν ὦμβρια κουφότατα καὶ γλυκύτατα ἔστι καὶ λεπτότατα καὶ λαμπρότατα. τὴν τε γὰρ ἄρχην ὁ ἦλιος ἀνάγει καὶ ἀναρπάζει τοῦ ὑδατος τὸ τε λεπτότατον καὶ κουφότατον. δῆλον δὲ οἱ ἄλεσ ποίευσι. τὸ μὲν γὰρ ἄλμυρὸν λείπεται αὐτοῦ ὑπὸ πάχεσι καὶ βάρεσι καὶ γίνεται ἄλεσ, τὸ δὲ λεπτότατον ὁ ἦλιος ἀναρπάζει ὑπὸ κουφότητος. ἀνάγει δὲ τὸ τοιοῦτο οὐκ ἀπὸ τῶν ὑδάτων μοῦνον τῶν λιμναίων, ἀλλὰ καὶ ἀπὸ τῆς θαλάσσης καὶ ἐξ ἀπάντων ἐν ὥκοσισι ύγρόν τι ἐνεστιν. ἐνεστὶ δὲ ἐν παντὶ χρήματι. καὶ ἐξ αὐτῶν τῶν ἄνθρωπων ἀγεῖ τὸ λεπτότατον τῆς ἱκμάδος καὶ κουφότατον. τεκμήριον δὲ μέγιστον. ὅταν 1 ἄνθρωπος ἐν ἦλιῳ βαδίζῃ ἡ καθίζῃ ἱμάτιον ἔχων, ὡκόσα μὲν τοῦ χρωτὸς ὁ ἦλιος ἐφορᾷ, οὐχ ἱδρῳ ἄν. ὁ γὰρ ἦλιος ἀναρπάζει τὸ προφαινόμενον τοῦ ἱδρώτος. ὡκόσα δὲ ὑπὸ τοῦ ἱματίου ἐσκέπασται ἡ ὑπ' ἅλλον του, ἱδρῷ. ἐξαγεταὶ μὲν γὰρ ὑπὸ τοῦ ἦλίου καὶ βιώζεται, σφώτζεται δὲ ὑπὸ τῆς σκέςθης, ὡστε μὴ ἀφανίζεσθαι ὑπὸ τοῦ ἦλίου. ὡκόταν δὲ ές σκέθη ἁφίκηται, ἀπαν τὸ σῶμα ὁμοίως ἰδίει. 2 οὐ γὰρ ἐτι ὁ ἦλιος ἐπιλάμπει. διὰ ταῦτα δὲ καὶ σήπεται τῶν ὑδάτων τάχιστα ταῦτα καὶ ὀδην ὑσχὲ πυνηρὴν τὸ ὦμβριον, ὅτι ἀπὸ πλείστων συνήκται καὶ συμμέμικται, ὡστε σήπεσθαι τάχιστα. ἔτι δὲ πρὸς τούτοις ἔπειδαν ἀρπασθῆ καὶ μετεωρισθῆ περιφερομένου καὶ καταμεμιγμένου ἐς τὸν ἥρα, τὸ μὲν θολερὸν αὐτοῦ καὶ νυκτειδὲς ἐκκρίνεται καὶ ἐξίσταται καὶ γίνεται ἢρ καὶ ὁμίχλη, τὸ δὲ λαμπρότατον 3

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VIII. Such are the facts about spring waters. I will now proceed to speak of rain water and snow water. Rain waters are the lightest, sweetest, finest and clearest. To begin with, the sun raises and draws up the finest and lightest part of water, as is proved by the formation of salt. The brine, owing to its coarseness and weight, is left behind and becomes salt; the finest part, owing to its lightness, is drawn up by the sun. Not only from pools does the sun raise this part, but also from the sea and from whatever has moisture in it—and there is moisture in everything. Even from men it raises the finest and lightest part of their juices. The plainest evidence thereof is that when a man walks or sits in the sun wearing a cloak, the parts of his skin reached by the sun will not sweat, for it draws up each layer of sweat as it appears. But those parts sweat which are covered by his cloak or by anything else. For the sweat drawn forcibly out by the sun is prevented by the covering from disappearing through the sun’s power. But when the man has come into a shady place, his whole body sweats alike, as the sun no longer shines upon it. For this reason too rain-water grows foul quicker than any other, and has a bad smell; being a mixture gathered from very many sources it grows foul very quickly. Furthermore, when it has been carried away aloft, and has combined with the atmosphere as it circles round, the turbid, dark part of it separates out, changes and becomes mist and fog, while the clearest and

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1 Cobet would insert γὰρ after ἄταν.
2 ἵδει Heringa, from Erotian, who gives ἵδειν = ἴδρον: ἵδει most MSS.: ἵδει Coray and Littré.
3 λαμπρῶτατον V Ἱβ b: λεπτῶτατον many MSS.
καὶ κοινφότατον αὐτοῦ λείπεται καὶ γλυκαίνεται ὑπὸ τοῦ ἥλιου καὶ ὡμομοῖον τε καὶ ἐφόμενον. γίνεται δὲ καὶ τὰλλα πάντα τὰ 1 ἐξόμενα αἰεὶ γλυκύτερα. ἐώς μὲν οὖν διεσκεδασμένον ἢ καὶ μῆπῳ συνεστικῇ, φέρεται μετέωρον. ὅκοταν δὲ κοι ἄθροισθῇ καὶ συστραφῇ ἐς τὸ αὐτὸ ὑπὸ ἀνέμων ἀλλήλοις ἐναντιωθέντων ἐξαίφνης, τότε καταρρίγνυται, ἢ ἄν τὸ πλέοστον συστραφεῖν. τότε γὰρ οὐκ ὁμοιοὶ τοῦτο μᾶλλον γένεσθαι, ὅκοταν τὰ νέφεα ὑπὸ ἀνέμου στάσιν μὴ ἐχοντος 2 ὦρμήμενα ἑώντα 3 καὶ χωρέοντα ἐξαίφνης ἀντικόψη πνεῦμα ἐναντίον καὶ ἐτέρα νέφεας ἐνταῦθα τὸ μὲν πρῶτον αὐτοῦ συστρέφεται, τὰ δὲ ὄπισθεν ἐπιφέρεται τε καὶ σώτω παχύνεται καὶ μελαίνεται καὶ συστρέφεται ἐς τὸ αὐτὸ καὶ ὑπὸ βάρεος καταρρίγνυται καὶ ὄμβροι γίνονται. ταῦτα μὲν ἐστὶν ἀριστα κατὰ τὸ εἰκός, δεῖται δὲ ἀφεύσεθαι καὶ ἀποσήπεθαι 4 εἰ δὲ μὴ, ὅμων ἱσχεῖ πονηρὴν καὶ βράγχος καὶ βῆκες καὶ βαρυφωνὴ τοῖς πύνουσι προσίσταται.

Τὰ δὲ ἀπὸ χῖώνος καὶ κρυστάλλων πονηρὰ πάντα. ὅκοταν γὰρ ἀπαξ παγη, οὐκ ἔτι ἐς τὴν ἀρχαίν φύσιν καβδόσταται, ἀλλὰ τὸ μὲν αὐτοῦ λαμπρὸν καὶ κούφον καὶ γλυκύ ἐκκρίνεται καὶ ἀφανίζεται, τὸ δὲ δολῳδόστατον καὶ σταθμώδε- στατον λείπεται. γνώνης δὲ ἂν ὅδε εἰ γὰρ βούλει, ὅταν ἡ κειμον, 5 εἰς ἀγγείον μέτρῳ ἐγχέας ὕδωρ θείαν ἐς τὴν αἰθρίαν, ἢ πὴξεται μάλιστα ἐπεὶ ἡ ὑστεραίη ἐσενεγκώς ἐς ἀλέην, ὅκου χαλάσει

1 τά, Wilamowitz would delete this.
2 υπὸ ἀνέμου στάσιν μὴ ἐχοντος van der Linden and Coray: μὴ υπὸ ἀνέμου στάσιν ἐχοντος MSS. and Littré: νέφεα υπὸ ἀνέμου σύστασιν ἐχοντα Kühlewein.
lightest part of it remains, and is sweetened as the heat of the sun produces coction, just as all other things always become sweeter through coction. Now as long as it is scattered and uncondensed, it travels about aloft, but as soon as it collects anywhere and is compressed into one place owing to sudden, contrary winds, then it bursts wherever the most compression happens to take place. For this is more likely to occur when the clouds, set in motion and carried along by a wind that allows them no rest, are suddenly encountered by a contrary blast and by other clouds. In such cases the front is compressed, the rear comes on and is thus thickened, darkened and compressed into one place, so that the weight bursts it and causes rain. Such waters are naturally the best. But they need to be boiled and purified if they are not to have a bad smell, and give sore throat, coughs and hoarseness to those who drink them.

Waters from snow and ice are all bad. For, once frozen, water never recovers its original nature, but the clear, light, sweet part is separated out and disappears, while the muddiest and heaviest part remains. The following experiment will prove it. Pour by measure, in winter, water into a vessel and set it in the open, where it will freeze best; then on the next day bring it under cover, where the ice will

1 The reading of Kühlewein means, "condensed, set in motion and carried along by a wind, are suddenly," etc.
2 Or, with the reading of Coray, "filtered."

3 ἐόντα of the MSS. should probably be deleted as an anticipation of the end of χαρέοντα.
4 ἀποσθεσαὶ MSS.: ἀποσθεσθαὶ Coray after Foes.
5 ὅταν ἡ χειμῶν ἐσ Coray: ὅταν οἱ χειμῶνες V Ἥ: ὅταν χειμῶν εἰς ἑ.
ΠΕΡΙ ΑΕΡΩΝ ΥΓΔΑΤΩΝ ΤΟΠΩΝ

μάλιστα ὁ παγετός, ὅκοταν δὲ λυθῇ, ἀναμετρείν τὸ ὕδωρ, εὑρίσσεις ἐλασσον συχνῷ. τούτῳ τεκμηρίου, ὅτι ὑπὸ τῆς πῆξιος ἀφανίζεται καὶ ἀναξηραίνεται τὸ κούφοτατον καὶ λεπτότατον, οὐ τὸ βαρύτατον καὶ παχύτατον οὐ γὰρ ἂν δύνατο. ταῦτῃ οὖν νομίζω πονηρότατα ταῦτα τὰ ὕδατα εἶναι τὰ ἀπὸ χιόνος καὶ κρυστάλλου καὶ τὰ τοῦτοσιν ἐπόμενα πρὸς ἀπαντα χρήματα.

IX. Περὶ μὲν οὖν ὀμβρίων ὕδατων καὶ τῶν ἀπὸ χιόνος καὶ κρυστάλλων οὕτως ἔχει. λιθίωσι δὲ μαλίστα ἀνθρώπων ἕκαναι καὶ ὑπὸ νεφριτίδων καὶ στραγγουρίας ἀλίσκονται καὶ Ἰσχιάδων, καὶ κῆλαι γίνονται, ὅκου ὕδατα πίνουσι παντοδαπωτάτα καὶ ἀπὸ ποταμῶν μεγάλων, ἐς οὗς ποταμοὶ ἔτεροι ἐμβάλλουσι, καὶ ἀπὸ λύμνης, ἐς ἤν ῥεύματα πολλὰ καὶ παντοδαπὰ ἀφικνεύνται, καὶ ὅκου μείος ὕδασιν ἐπακτοίσι χρέονται διὰ μακροῦ ἀγομένοισι καὶ μὴ ἐκ βραχέος. οὐ γὰρ οἷον τε ἔτερον ἔτερῳ ἐσκεναι ὕδωρ, ἀλλὰ τὰ μὲν γλυκέα εἶναι, τὰ δὲ ἀλκά τε καὶ στυπτηρωδεά, τὰ δὲ ἀπὸ θερμῶν ἑών. συμμισθόμενα δὲ ταῦτα ἐς τωτὸ ἀλλήλαιοι στασάμεζε καὶ κρατεῖ αἰεὶ τὸ ἱσχυρότατον. ἱσχύει δὲ οὐκ αἰεὶ τωτὸ, ἀλλὰ ἀλλοτε ἀλλο κατὰ τὰ πνεύματα· τῶν μὲν γὰρ βορέος τὴν ἱσχὺν παρέχεται, τῶ δὲ ὁ νότος, καὶ τῶν λοιπῶν πέρι ὤτὸς λόγος. ύψιστάσθαι οὖν τοῖς τοιούτοις ἀνάγκη ἐν τοῖς ἀγγείοις ἢ λῦν καὶ ψάμµον· καὶ ἀπὸ τούτων πνευμόνων τὰ νοσήματα γίνεται τὰ προειρημένα· ὅτι δὲ οὕχ ἀπασιν, ἔξῆς φράσω.

'Οκόσων μὲν ἡ τε κοιλίη εὔροος τε καὶ ὕμηρῆ ἔστι καὶ ἡ κύστις μὴ πυρετῶδης μηδὲ ὁ στόμαχος τῆς κύστιος συμπέφρακται λίμνι, οὕτω μὲν διou-
melt best; if, when it is dissolved, you measure it again you will find it much diminished. This shows that freezing dries up and causes to disappear the lightest and finest part, not the heaviest and coarsest, to do which it has no power. In this way, therefore, I am of opinion that such waters, derived from snow or ice, and waters similar to these, are the worst for all purposes.

IX. Such are the properties of rain waters, and of those from snow and ice. Stone, kidney disease, strangury and sciatica are very apt to attack people, and ruptures occur, when they drink water of very many different kinds, or from large rivers, into which other rivers flow, or from a lake fed by many streams of various sorts, and whenever they use foreign waters coming from a great, not a short, distance. For one water cannot be like another; some are sweet, others are impregnated with salt and alum, others flow from hot springs. These when mixed up together disagree, and the strongest always prevails. But the strongest is not always the same; sometimes it is one, sometimes another, according to the winds. One has its strength from a north wind, another from the south wind, and similarly with the others. Such waters then must leave a sediment of mud and sand in the vessels, and drinking them causes the diseases mentioned before. That there are exceptions I will proceed to set forth.

Those whose bowels are loose and healthy, whose bladder is not feverish, and the mouth of whose bladder is not over narrow, pass water easily, and no

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1 ἀνθρωποι MSS.: ἀνθρωποι Kühlewein.
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ρεῦσι ῥηϊδίως, καὶ ἐν τῇ κύστει οὐδὲν συστρέφεται. ὁκόσων δὲ ἂν ἡ κοιλίη πυρετόδης ἦ, ἀνάγκη καὶ τῆς κύστιν τοῦτο πάσχειν. ὁκόταν γὰρ θερμανθῇ μᾶλλον τῆς φύσιος, ἐφλέγμηνεν αὐτὴς ὁ στόμαχος. ὁκόταν δὲ ταῦτα πάθη, τὸ ὦρυον οὐκ ἀφίησιν, ἀλλ' ἐν ἑωτῇ συνέψει καὶ συγκαίει. καὶ τὸ μὲν λεπτότατον αὐτοῦ ἀποκρίνεται καὶ τὸ καθαρώτατον διιεί καὶ ἐξουρεῖται, τὸ δὲ παχύτατον καὶ θολωδέστατον συστρέφεται καὶ συμπηγνυται. καὶ 1 τὸ μὲν πρῶτον μικρόν, ἔπειτα δὲ μέξου γίνεται. κυλινδέυμενον γὰρ ὑπὸ τοῦ ὦρυου, ὁ τι ἂν συνιστηται παχῦ, συναρμόζει πρὸς ἑωτὸ, καὶ οὕτως αὐξεῖται τε καὶ πωροῦται καὶ ὁκόταν ὦρη, πρὸς τὸν στόμαχον τῆς κύστιος προσπίπτει ὑπὸ τοῦ ὦρυου βιαζόμενον καὶ κωλύει ὦρεῖν καὶ ὀδύνην παρέχει ἵσχυρῆν· ὡστε τὰ αἴδοια τρίβουσι καὶ ἐλκουσί τὰ παιδία τὰ λιθώντα· δοκεῖ γὰρ αὐτοῖς τὸ αἵτιον ἐνταῦθα εἶναι τῆς ὦρήσιος. 2 τεκμήριον δὲ, ὅτι οὕτως ἔχει· τὸ γὰρ ὦρυον λαμπρότατον ὦρέουσιν οἱ λιθιώντες, ὅτι τὸ παχύτατον καὶ θολωδέστατον αὐτοῦ μένει καὶ συστρέφεται. τὰ μὲν πλεῖστα οὕτω λιθιὰ· γίνεται δὲ παισίν καὶ ἀπὸ τοῦ γάλακτος, ἣν μὴ ύγηρὸν ἦ, ἀλλὰ θερμὸν τε λίθον καὶ χολῶδες. τὴν γὰρ κοιλίην διαθερμαίνει καὶ τὴν κύστιν, ὡστε τὸ ὦρυον συγκαίόμενον ταῦτα πάσχειν. καὶ φημὶ ἀμευνὸν εἶναι τοῖς παιδίοις τὸν οἶνον ός ύδαρέστατον διδόναι· ἢσον γὰρ τὰς φλέβας συγκαίει καὶ συγκαίνει. τοῖς δὲ θήλεσι λίθοι ὦν ἠμοίωσι· ὁ γὰρ ὀὐρητὴρ βραχύς ἐστιν ὁ τῆς κύστιος καὶ εὐρύς, ὡστε βιάζεσθαι τὸ ὦρυον ῥηϊδίως. οὕτε γὰρ τῇ χειρὶ τρίβει τὸ αἴδοιον 96
solid matter forms in their bladder. But feverishness of the bowels must be accompanied by feverishness of the bladder. For when it is abnormally heated its mouth is inflamed. In this condition it does not expel the urine, but concocts and heats it within itself. The finest part is separated off, and the clearest passes out as urine, while the thickest and muddiest part forms solid matter, which, though at first small, grows in course of time. For as it rolls about in the urine it coalesces with whatever solid matter forms, and so it grows and hardens. When the patient makes water, it is forced by the urine to fall against the mouth of the bladder, and staying the flow of the urine causes violent pain. So that boys that suffer from stone rub and pull at their privy parts, under the impression that there lies the cause of their making water. That my account is correct is shown by the fact that sufferers from stone emit urine that is very clear, as the thickest and muddiest part of it remains and solidifies. This in most cases is the cause of stone. Children get stone also from the milk, if it be unhealthy, too hot and bilious. For it heats the bowels and the bladder, so that the urine is heated and affected as I have described. And my opinion is that we should give to young children only very diluted wine, which heats and parches the veins less. Females suffer less from stone. For their urethra is short and broad, so that the urine is easily expelled. Nor do they rub the privy parts as do males, nor handle the

1 Coray’s emendation would mean, “the cause of the stoppage,” an attractive alteration.

1 kal added by Wilamowitz.
2 Coray would insert oūk before αὐρήσιος.
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όσπερ τὸ ἄρσεν, οὕτε ἀπτεταὶ τοῦ οὐρητῆρος· ἐς γὰρ τὰ αἰώνια ξυπτέρυγαι, οἱ δὲ ἄνδρες οὐκ εὐθὺ τέτρημαι, καὶ διότι οἱ οὐρητῆρες οὐκ εὐρείας· καὶ πίνουσι πλεῖον ἢ οἱ παῖδες.

X. Περὶ μὲν οὖν τούτων ὡδε ἔχει ἢ ὑτι τούτων ἐγχύτατα. περὶ δὲ τῶν ὤρεων ὡδε ἃν τις εὐθυμεῦ-μενος διαγινώσκοι, ὁκοῖον τι μέλλει ἔσεσθαι τὸ ἔτος, εἴτε νοσερὸν εἴτε ύγιὴν· ἢν μὲν γὰρ κατὰ λόγον γένηται τὰ σημεία ἐτὶ τοῖς ἀστροισι δύνουσι τε καὶ ἐπιτελλοῦσιν, ἐν τῇ μετοπόφωρᾳ ὑδατα γένηται, καὶ ὁ χειμῶν μέτριος καὶ μήτε λίγην εὐδίος μήτε ὑπερβάλλων τὸν καιρὸν τῷ ψύχει, ἐν τῇ ἠρμή ὑδατα γένηται ὑφαία καὶ ἐν τῷ θέρει, οὕτω τὸ ἔτος χνεινότατον εἰκὼς εἶναι. ἢν δὲ ὁ μὲν χειμῶν αὐχμηρὸς καὶ βορέιος γένηται, τὸ δὲ ἠρέμωτον καὶ νότοιν, ἀνάγκῃ τὸ θέρος πυρετῶδες γίνεσθαι καὶ ὁφθαλμίας καὶ δυσεν-τερίας ἐμφοιεῖν. ὁκόταν γὰρ τὸ πύγος ἐπιγένηται ἐξαίφνης τῆς τε γῆς υγρῆς ἐούσης ὑπὸ τῶν ὦμβρων τῶν ἑαυτῶν καὶ ὑπὸ τοῦ νότου, ἀνάγκῃ διπλῶν τὸ καῦμα εἶναι, ἀπὸ τῆς γῆς διαβρόχου ἐούσης καὶ θερμῆς καὶ ὑπὸ τοῦ ἕλιου καίοντος, τῶν τε κοιλιῶν μὴ συνεσθηκυίδων τοῖς ἀνθρώποις μήτε τοῦ ἐγκεφάλου ἄνεξηρασμένου—οὐ γὰρ οἴον τε τοῦ ἴρος τοιούτῳ ἔτσι τοῦ ὀπλάδιν τὸ σώμα καὶ τὴν σάρκα—· ὅστε τοὺς πυρετοὺς ἐπιπέπτειν ἀξυτάτους ἀπασίν, μάλιστα δὲ τοῖς φλεγματίσῃ. καὶ δυσεντερίας εἰκός ἐστὶ γίνεσθαι καὶ τῇ γνωσίᾳ καὶ τοῖς εἴδει τοῖς ὑγροτάτοις. καὶ ἢς μὲν ἐπὶ κυνὸς ἐπιτολή ὑδωρ ἐπιγένηται καὶ χειμῶν καὶ οἱ ἐτησία πνεῦσωσιν, ἐκτὸς παῦσασθαι καὶ τὸ μετόπωρον ύγιηρὸν γενέσθαι· ἢν δὲ μή, κίν-
urethra. For it opens directly into the privy parts, which is not so with males, nor is their urethra wide. And they drink more than boys do.

X. This, or something very like this, is the truth concerning these matters. As to the seasons, a consideration of the following points will make it possible to decide whether the year will prove unhealthy or healthy. If the signs prove normal when the stars set and rise; if there be rains in autumn, if the winter be moderate, neither too mild nor unseasonably cold, and if the rains be seasonable in spring and in summer, the year is likely to be very healthy. If, on the other hand, the winter prove dry and northerly, the spring rainy and southerly, the summer cannot fail to be fever-laden, causing ophthalmia and dysenteries. For whenever the great heat comes on suddenly while the earth is soaked by reason of the spring rains and the south wind, the heat cannot fail to be doubled, coming from the hot, sodden earth and the burning sun; men's bowels not being braced nor their brain dried—for when spring is such the body and its flesh must necessarily be flabby—the fevers that attack are of the acutest type in all cases, especially among the phlegmatic. Dysenteries are also likely to come upon women and the most humid constitutions. If at the rising of the Dog Star stormy rain occurs and the Etesian winds blow, there is hope that the distempers will cease and that the autumn will be healthy. Otherwise there is danger lest deaths
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dυνος θανάτους τε γενέσθαι τοίς παιδίοισι καὶ τής γυναιξὶ, τοίς δὲ πρεσβύτησιν ἥκιστα, τοὺς τε περιγενομένους ἐς τεταρταῖος ἀποτελευταῖς καὶ ἐκ τῶν τεταρταῖων ἐς ὕδρωπας. ἦν δ’ ὁ μὲν χειμώνιος νότιος γένηται καὶ ἐπομήκος καὶ εὐδίως, τὸ δὲ ἢρ βορεῖον τε καὶ αὐχμηρὸν καὶ χειμέριον, πρῶτον μὲν τὰς γυναίκας, ὀκόσαι ἄν τίγκοις ἐν γαστρὶ ἔχουσι καὶ ὁ τόκος αὐτῆς ἢ πρὸς τὸ ἢρ, ἐκτιτρωσκεῖσθαι: ὀκόσαι δ’ ἄν καὶ τέκωσιν, ἀκρατεὰ τὰ παιδία τίκτειν καὶ νοσῶδεα, ὥστε ἡ αὐτίκα ἀπόλλυσθαι, ἡ ζώσι λεπτά τε ἑώντα καὶ ἀσθενέα καὶ νοσῶδεα. ταῦτα μὲν τής γυναιξί· τοῖς δὲ λυποῖσι δυσεντερίας καὶ ὀφθαλμίας ἡρᾶς καὶ ἐνίουσι καταρρόους ἀπὸ τῆς κεφαλῆς ἐπὶ τὸν πνεῦμονα. τοῖς μὲν οὖν φλεγματίσης τὰς δυσεντερίας εἰκὸς γίνεσθαι καὶ τής γυναιξὶ φλέγματος ἐπικαταρρύνετο ἀπὸ τοῦ ἐγκεφάλου διὰ τὴν υγρότητα τῆς φύσιος· τοῖς δὲ χολῶδεσιν ὀφθαλμίας ἡρᾶς διὰ τὴν θερμότητα καὶ ἡπρότητα τῆς σαρκὸς· τοῖς δὲ πρεσβύτησι καταρρόους διὰ τὴν ἀραιότητα καὶ τὴν ἐκτίξειν τῶν φλεβῶν, ὥστε ἐξαίφνης τοὺς μὲν ἀπόλλυσθαι, τοὺς δὲ παραπλήκτους γίνεσθαι τὰ δεξιὰ ἡ τὰ ἀριστερά. ὀκόσαι γὰρ τοῦ χειμώνος ἐόντος νοτίου καὶ θερμοῦ τοῦ σώματος μὴ συνιστῆται ὁ ἐγκέφαλος μηδὲ αἱ φλέβες, τοῦ ἢρος ἐπιγενομένου βορείου καὶ αὐχμηροῦ καὶ ψυχροῦ ὁ ἐγκέφαλος, ὀπηνίκα αὐτὸν ἐδεί ἁμα καὶ τῷ ἢρι διαλύεσθαι καὶ καθαίρεσθαι ὑπὸ τε κορύξης καὶ βράγχων, την καῦτα πηγνυτά τε καὶ συνιστάτα, ὥστε ἐξαίφνης τοῦ θέρεος ἐπιγενομένου καὶ τοῦ καύματος καὶ τῆς μεταβολῆς ἐπιγενομένης ταῦτα τὰ νοσεύματα
occur among the women and children, and least of all among the old men; and lest those that get better lapse into quartans, and from quartans into dropsies. But if the winter be southerly, rainy and mild, and the spring be northerly, dry and wintry, in the first place women with child whose delivery is due by spring suffer abortion; and if they do bring forth, their children are weak and sickly, so that either they die at once, or live puny, weak and sickly. Such is the fate of the women. The others have dysenteries and dry ophthalmia, and in some cases catarrhs descend from the head to the lungs. Phlegmatics are liable to dysenteries, and women also, phlegm running down from the brain because of the humidity of their constitution. The bilious have dry ophthalmia because of the warm dryness of their flesh. Old men have catarrhs because of their flabbiness and the wasting of their veins, so that some die suddenly, while others become paralyzed on the right side or the left. For whenever, owing to the winter being southerly and the body warm, neither brain nor veins are hardened, a northerly, dry, cold spring supervening, the brain, just at the time when it ought to have been relaxed along with spring and purged by cold in the head and hoarseness, congeals and hardens, so that the heat of summer having suddenly supervened and the change supervening, these diseases befall. Such

1 καὶ added by Coray.
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ἐπιπίπτειν. καὶ ὁκόσαι μὲν τῶν πολίων κέονται τε καλῶς τοῦ ἥλιου καὶ τῶν πνευμάτων ὑδασί τε χρέονται ἀγαθόσιν, αὐταὶ μὲν ἦσον αἰσθάνονται τῶν τοιούτων μεταβολέων ὁκόσαι δὲ ὑδασί τε ἐλείοσι χρέονται καὶ λιμνώδεσι κέονται τε µὴ καλῶς τῶν πνευμάτων καὶ τοῦ ἥλιου, αὐταὶ δὲ μᾶλλον. κῆν μὲν τὸ θέρος αὐχμηρὸν γένηται, θᾶσσον παῦνται αἱ νοῦσοι· ἢν δὲ ἐπομβρον, πολυχρόνιοι γίνονται καὶ φαγεδαίνας κίνδυνος

70 ἐγγύνεσθαι ἀπὸ πάσης προφάσιος, ἢν ἔλκος ἐγ-

γένηται. καὶ λειεντερίαι καὶ ὑδρωπτες τελευτῶσιν
tοῖσι νοσεύμασιν ἐπιγίνονται· οὐ γὰρ ἀποξηρα-

νονται αἰ κοιλίαι ῥηϊδίως. ἢν δὲ τὸ θέρος ἐπομ-

βρον γένηται καὶ νότιον καὶ τὸ μετόπωρον, τῶν

χειμῶνα ἀνώγηκη νοσερῶν εἶναι καὶ τοῖς φλεγ-

ματίσι καὶ τοῖς γεραιότεροί τε τεσσαράκοντα

ἐτέων καύσους γίνεσθαι εἰκὸς, τοῖσι δὲ χολώδεσι

πλευράτιδας καὶ περιπνευμονίας. ἢν δὲ τὸ θέρος

αὐχμηρὸν γένηται καὶ βόρειον, τὸ δὲ μετόπωρον

80 ἐπομβρον καὶ νότιον, κεφαλαλγίας ἦς τῶν χειμῶνα

καὶ σφακέλους τοῦ ἐγκεφάλου εἰκὸς γίνεσθαι,

καὶ προσέτι βράγχους καὶ κορύζας καὶ βήχας,

ἐνίοσι δὲ καὶ φθίσιας. ἢν δὲ βόρειον τῇ ἦ καὶ

ἀνυδρον καὶ μῆτε ὑπὸ κύνα ἐπομβρον μῆτε ἐπὶ
tῷ ἀρκτούρῳ, τοῖσι μὲν φλεγματίσι φύσει

συμφέρει μάλιστα καὶ τοῖς ἱγροῖς τῶν φύσιας

καὶ τῇ ἠ γυναιξί· τοῖσι δὲ χολώδεσι τοῦτο

πολεμἱῶτατον γίνεται. λίθη γὰρ ἀναξηραῖνονται
καὶ ὀφθαλμίαι αὐτοὶ σιν ἐπιγίνονται ἤηραι, καὶ

90 πυρετοὶ ὄξεις καὶ πολυχρόνιοι, ἐνίοσι δὲ καὶ

μελαγχολίαι. τῆς γὰρ χολῆς τὸ μὲν ἱγρότατον
καὶ ὑδαρέστατον ἀναξηραίνεται καὶ ἀναλίσκεται,
cities as are well situated with regard to sun and winds, and use good waters, are less affected by such changes; but if they use marshy or standing waters, and are not well situated with regard to winds and sun, they are more affected. If the summer prove dry, the diseases cease more quickly; if it be rainy, they are protracted. Sores are apt to fester from the slightest cause. Lienterias and dropsies supervene on the conclusion of the diseases, as the bowels do not readily dry up. If the summer and the autumn be rainy and southerly, the winter must be unhealthy; phlegmatics and men over forty are likely to suffer from ardent fevers, bilious people from pleurisy and pneumonia. If the summer prove dry and northerly, and the autumn rainy and southerly, it is likely that in winter headaches occur and mortifications of the brain,¹ and in addition hoarseness, colds in the head, coughs, and in some cases consumption as well. But if the weather be northerly and dry, with no rain either during the Dog Star or at Arcturus, it is very beneficial to those who have a phlegmatic or humid constitution, and to women, but it is very harmful to the bilious. For these dry up overmuch, and are attacked by dry opthalmia and by acute, protracted fevers, in some cases too by melancholies. For the most humid and watery part of the bile is dried up and is spent, while the

¹ See Littré V. 581 foll.

¹ τὸν added by Wilamowitz.
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tο δὲ παχύτατον καὶ δριμύτατον λείπεται καὶ
tοῦ αἵματος κατὰ τὸν αὐτὸν λόγον· ἄφι ὁν ταῦτα
tὰ νοσεύματα αὐτοῖς γίνεται. τούτι δὲ φλεγ-
ματίσσει πάντα ταῦτα ἀρωγά ἔστιν. ἀποξηραίνο-
tαι γὰρ καὶ ἐς τὸν χειμώνα ἀφικνέονται οὐ
πλαδώντες, ἀλλὰ ἀναξηραίνομενοι.

XI. Κατὰ ταῦτα τις ἐννοεύμενος καὶ σκοπεύ-
μενος προειδείη ἂν τὰ πλείστα τῶν μελλόντων
ἐσεσθαι ἀπὸ τῶν μεταβολέων. φυλάσσεσθαι δὲ
χρὴ μάλιστα τὰς μεταβολὰς τῶν ὄρεων τὰς
μεγάλες καὶ μῆτε φάρμακον διδόναι ἐκόντα μῆτε
καίειν ὁ τι ἐς κοιλίην μῆτε τάμνειν, πρὸν παρ-
ἔλθωσιν ἥμεραι δέκα ἡ καὶ πλεύονες· μάγισται
dὲ εἰσίν αἰδὲ αἱ τέσσαρες ¹ καὶ ἔπικινδυνοτάταις
ὁλίου τροπαὶ ἀμφότεραι καὶ μᾶλλον αἱ θεριναὶ
καὶ αἱ ἀσθενεῖς νομιζόμεναι εἶναι ἀμφότεραι,
mᾶλλον δὲ αἱ μετοπωριναὶ· δεῖ δὲ καὶ τῶν ἀστρῶν
τὰς ἑπτολαὶς φυλάσσεσθαι καὶ μάλιστα τοῦ
κυνός, ἐπειτὰ ἀρκτοῦρον, καὶ ἔτη πληιάδων δύσιν.
tά τε γὰρ νοσεύματα μάλιστα ἐν ταῦτης τῆς
ἡμέρησιν κρίνεται. καὶ τὰ μὲν ἀποφθίνει, τὰ δὲ
λήγει, τὰ δὲ ἀλλα πάντα μεθίσταται ἐς ἔτερον
17 εἴδος καὶ ἐτέρην κατάστασιν.

XII. Περὶ μὲν τούτων οὔτως ἔχει. βούλομαι
dὲ περὶ τῆς Ἀσίης καὶ τῆς Εὐρώπης δεῖξαι
οἷός σου διαφέρουσιν ἀλλήλων ἐς τὰ πάντα καὶ περὶ
tῶν ἐννέαν τῆς μορφῆς, ὅτι διαλλάσσεται καὶ μη-
dὲν ἐοικεν ἀλλήλοισιν. περὶ μὲν οὖν ἀπάντων
πολὺς ἀν εἴη λόγος, περὶ δὲ τῶν μεγίστων καὶ
πλείστων διαφέροντων ἐρέω ὃς μοι δοκεῖ ἔχειν. τὴν
Ἀσίην πλείστου διαφέρειν φημὶ τῆς Εὐρώπης

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thickest and most acrid part is left, and similarly with the blood. Consequently these diseases come upon them. But all these conditions are helpful to the phlegmatic, for they dry up and reach winter dried up and not flabby.

XI. By studying and observing after this fashion one may foresee most of the consequences of the changes. One should be especially on one’s guard against the most violent changes of the seasons, and unless compelled one should neither purge, nor apply cautery or knife to the bowels, before at least ten days are past. The following are the four most violent changes and the most dangerous:—both solstices, especially the summer solstice, both the equinoxes, so reckoned, especially the autumnal. One must also guard against the risings of the stars, especially of the Dog Star, then of Arcturus, and also of the setting of the Pleiades. For it is especially at these times that diseases come to a crisis. Some prove fatal, some come to an end, all others change to another form and another constitution.

XII. So much for the changes of the seasons. Now I intend to compare Asia and Europe, and to show how they differ in every respect, and how the nations of the one differ entirely in physique from those of the other. It would take too long to describe them all, so I will set forth my views about the most important and the greatest differences. I hold that Asia differs very widely from Europe in the

1 That is, Asia Minor.

1 αἷδε αἱ τέσσαρες Kühlewein: αἱ τέσσαρες 㻧: εἰ δέκα 亁: αἷδε καὶ ἑπικινδυνώταται Coray and Littré, perhaps rightly.
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ἐσ τὰς φύσιας τῶν συμπάντων τῶν τε ἐκ τῆς

10 γῆς φυομένων καὶ τῶν ἀνθρώπων. πολὺ γάρ
καλλίωνα καὶ μέξονα πάντα γίνεται ἐν τῇ Ἀσίῃ,
ἡ τε χώρη τῆς χώρης ἡμεροτέρη καὶ τὰ ἤθεα
tῶν ἀνθρώπων ἡπιώτερα καὶ εὐοργητότερα. τὸ
δὲ αἴτιον τούτων ἡ κρῆσις τῶν ὀρέων, ὅτι τοῦ
ἡλίου ἐν μέσῳ τῶν ἀνατολέων κεῖται πρὸς τὴν
ἡδὸ τοῦ τε ψυχροῦ πορρωτέρω. τὴν δὲ αὔξησιν
καὶ ἡμερότητα παρέχει πλείστου ἀπάντων, ὅκο-
tαν μιᾷ ἡ ἐπικρατέους βιαίως, ἀλλὰ παντὸς ἰσο-
μορίης δυναστεύῃ. ἔχει δὲ κατὰ τὴν Ἀσίην οὐ παυ-
tαχῇ ὁμοίως, ἀλλ’ ὅση μὲν τῆς χώρης ἐν μέσῳ κεῖ-
tαι τοῦ θερμοῦ καὶ τοῦ ψυχροῦ, αὐτὴ μὲν εὐκαρ-
pοτάτη ἐστὶ καὶ εὐθὲνορθότητι καὶ εὐδιεστάτη
καὶ ὑδασὶ καλλίστουσι κέχρηται τοῖς τε οὐρανί-
οις καὶ τοῖς ἐκ τῆς γῆς. οὔτε γὰρ ὑπὸ τοῦ
θερμοῦ ἐκκέκαυται λίγῳ οὔτε ὑπὸ αὔχμῳ καὶ
ἀνυδρίας ἀναξηραῖνεται, οὔτε ὑπὸ ψύχεος βε-
βιασμένη οὔτε νοτία τε καὶ διάβροχος ἐστὶν ὑπὸ
tε ὠμβρων πολλῶν καὶ χιόνως· τὰ τε ὀραία
αὐτόθι πολλὰ εἰκός γίνεσθαι, ὅκοσα τε ἀπὸ
30 σπερμάτων καὶ ὅκόσα αὐτὴ ἡ γη ἀναδίδοι φυτά,
ὅν τοῖς καρποῦσι χρέονται ἀνθρώποι, ἠμεροῦντες
ἐξ ἀγρίων καὶ ἐς ἐπιτήδειον μεταφυτεύουστες· τὰ
tε ἐντερφόμενα κτήνεα εὐθυνεῖν εἰκός, καὶ μά-
λιστα τίκτειν τε πυκνότατα καὶ ἐκτρέψειν κάλ-
λιστα· τοὺς τε ἀνθρώπους ἐντραφέας εἶναι καὶ
τὰ εἶδα καλλίστους καὶ μεγέθει μεγίστους καὶ
ηκίστα διαφόρους ἐς τὰ τε εἶδα αὐτῶν καὶ τὰ
μεγέθεια· εἰκός τε τὴν χώρην ταύτην τοῦ ἱρος
ἐγγύτατα εἶναι κατὰ τὴν φύσιν καὶ τὴν μετε-
40 ύτητα τῶν ὀρέων. τὸ δὲ ἀνδρεῖον καὶ τὸ ταλαι-
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nature of all its inhabitants and of all its vegetation. For everything in Asia grows to far greater beauty and size; the one region is less wild than the other, the character of the inhabitants is milder and more gentle. The cause of this is the temperate climate, because it lies towards the east midway between the risings\(^1\) of the sun, and farther away than is Europe from the cold. Growth and freedom from wildness are most fostered when nothing is forcibly predominant, but equality in every respect prevails. Asia, however, is not everywhere uniform; the region, however, situated midway between the heat and the cold is very fruitful, very wooded and very mild; it has splendid water, whether from rain or from springs. While it is not burnt up with the heat nor dried up by drought and want of water, it is not oppressed with cold, nor yet damp and wet with excessive rains and snow. Here the harvests are likely to be plentiful, both those from seed and those which the earth bestows of her own accord, the fruit of which men use, turning wild to cultivated and transplanting them to a suitable soil. The cattle too reared there are likely to flourish, and especially to bring forth the sturdiest young and rear them to be very fine creatures.\(^2\) The men will be well nourished, of very fine physique and very tall, differing from one another but little either in physique or stature. This region, both in character and in the mildness of its seasons, might fairly be said to bear a close resemblance to spring.

\(^1\) That is, the winter rising and the summer rising.

\(^2\) Or, if πυκνότατα and κάλλιστα be adverbs, "they are very prolific and the best of mothers."
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πωρον¹ καὶ τὸ ἐμπονοῦ καὶ τὸ θυμοειδὲς οὐκ ἄν δύνατο ἐν τοιαύτῃ φύσει ἐγγίνεσθαι οὔτε ὁμοφύλου οὔτε ἀλλοφύλου, ἀλλὰ τὴν ἣδονὴν ἀνάγκη κρατεῖν . . . . . . . διότι πολύμορφα γίνεται τὰ ἐν τοῖς θηρίοις.

XIII. Περὶ μὲν οὖν Ἀιγυπτίων καὶ Διβύων οὕτως ἔχειν μοι δοκεῖ. περὶ δὲ τῶν ἐν δεξιᾷ τοῦ ἡλίου τῶν ἀνατολέων τῶν θερινῶν ³ μέχρι Μαίωντιδος λίμνης—οὕτος γὰρ ὁρος τῆς Εὐρώπης καὶ τῆς Ἀσίας—ὡδὲ ἔχει περὶ αὐτῶν τὰ δὲ ἐδεικτα ταύτη ⁴ διάφορα αὐτὰ ἐωντῶν μᾶλλον ἐστὶ τῶν προδημημένων διὰ τὰς μεταβολὰς τῶν ὀρέων καὶ τῆς χώρης τῆν φύσιν. ἔχει δὲ καὶ κατὰ τὴν γῆν ὁμοίως ἄπερ καὶ κατὰ τοὺς ἄλλους ἀνθρώπους. ὅκου γὰρ αἱ ὀραι μεγίστας μεταβολὰς ποιέονται καὶ πυκνοτάτας, ἔκει καὶ ἡ χώρη ἀγρωτάτη καὶ ἀνωμαλωτάτη ἐστὶ, καὶ εὐρύσεις ὤρεα τε πλεῖστα καὶ δύσεα καὶ πεδία καὶ λειμώνας ἐόντας. ὅκου δὲ αἱ ὀραι μὴ μέγα ἀλλάσσουσιν, ἐκεῖνοι ἡ χώρη ὁμαλωτάτη ἐστίν. οὕτω δὲ ἔχει καὶ περὶ τῶν ἀνθρώπων, εἰ τις βούλεται ἐνθυμεῖσθαι. εἰσὶ γὰρ φύσεις αἱ μὲν ὀρεσίν ἐνυκνίαν δεινοῦσι τε καὶ ἐφύδρουσιν, αἱ δὲ λεπτοῖς τε καὶ ἀνύδρους, αἱ δὲ λειμακεστέρους τε καὶ ἐλώδεσι, αἱ δὲ πεδίῳ τε καὶ ψιλῇ καὶ ξηρῇ γῆ. αἱ γὰρ ὀραι αἱ μεταλλάσσουσι τῆς μορφῆς τὴν φύσιν ⁵ εἰσὶ διάφοροι. ἦν δὲ

¹ ταλαίπωρον Littré: ἀταλάίπωρον MSS.
² οὔτε . . . . οὔτε Littré from Galen’s quotation: μήτε . . . . μήτε MSS.
³ τῶν θερινῶν Coray: τῶν χειμερινῶν most MSS.: omitted by Η.
⁴ It is probable that either ταύτα or ταύτῃ should be deleted.
⁵ It is probable that either ταύτα or ταύτῃ should be deleted.

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Courage, endurance, industry and high spirit could not arise in such conditions either among the natives or among immigrants, but pleasure must be supreme. Wherefore in the beasts they are of many shapes.

XIII. Such in my opinion is the condition of the Egyptians and Libyans. As to the dwellers on the right of the summer risings of the sun up to Lake Maeotis, which is the boundary between Europe and Asia, their condition is as follows. These nations are less homogeneous than those I have described, because of the changes of the seasons and the character of the region. The land is affected by them exactly as human beings in general are affected. For where the seasons experience the most violent and the most frequent changes, the land too is very wild and very uneven; you will find there many wooded mountains, plains and meadows. But where the seasons do not alter much, the land is very even. So it is too with the inhabitants, if you will examine the matter. Some physiques resemble wooded, well-watered mountains, others light, dry land, others marshy meadows, others a plain of bare, parched earth. For the seasons which modify a physical frame differ; if the

1 The writer is thinking of Asiatic natives and the Greek colonists on the coast of Asia Minor.
2 There is a gap in the text here dealing with the Egyptians and Libyans.
3 Or, more idiomatically, "the variations of climate are most violent and most frequent." The four changes at the end of the four seasons were only the most important of many μεταβολαί. See Chapter XI, and pp. 68, 69.

5 There is probably a gap in the text after φύσιν.
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diάφοροι ἐωσὶ μέγα 1 σφέων αὐτέων, διαφορά 24 καὶ πλείονες γίνονται τοῖς εἴδεσι.

ΧΙ. Καὶ ὁκόσα μὲν ὀλίγον διαφέρει τῶν ἑθνῶν παραλείψω, ὁκόσα δὲ μεγάλα ἡ φύσει ἡ νόμῳ, ἔρεω περὶ αὐτῶν ὡς ἔχει. καὶ πρῶτον περὶ τῶν Μακροκεφάλων. τούτων γὰρ ὁυκ ἐστὶν ἀλλο ἔθνος ὁμοίας τὰς κεφαλὰς ἐχον οὐδὲν; τὴν μὲν γὰρ ἀρχὴν οὐ νόμος αὐτιώτατος ἐγένετο τοῦ μῆκος τῆς κεφαλῆς, νῦν δὲ καὶ ἡ φύσις συμβάλλει τῷ νόμῳ. τοὺς γὰρ μακροτάτην ἐχοντας τὴν κεφαλῆν γενναιοτάτους ἤγεονται. ἔχει δὲ περὶ νόμου ὡδε: τὸ παιδίου ὁκόταν γένηται τάχιστα, τὴν κεφαλῆν αὐτοῦ ἐτι ἀπαλῆν εὔσαν μαλθακοῦ ἐόντος ἀναπλάσσοντες τὴν χερὶ καὶ ἀναγκάζοντες εἰς τὸ μῆκος αὐξηθεῖν δεσμᾶ τε προσφέροντες καὶ τεχνήματα ἐπιτήδεια, ὡδε· ὅπων τὸ μὲν σφαιροείδες τῆς κεφαλῆς κακοῦτα, τὸ δὲ μῆκος αὐξητα. οὕτως τὴν ἀρχὴν οὐ νόμος κατειργάσατο, ὡστε ὑπὸ βίος τοιαύτην τὴν φύσιν γενέσθαι· τοῦ δὲ χρόνου προϊόντος εἰν φύσει ἐγένετο, ὡστε τὸν νόμον μηκέτι ἀναγκάζειν. ο γὰρ 20 γόνος πανταχόθεν ἔρχεται τοῦ σώματος, ἀπὸ τῶν ὑγιηρῶν ὑγιηρὸς ἀπὸ τῶν νοσερῶν νοσερός. εἰ οὖν γίνονται ἐκ τε φαλακρῶν φαλακρῶν, οὐκ ἐκ ἡλικίων ἡλικίων καὶ ἐκ διεστραμμένων στρεβλῶν ὡς ἐτὶ τὸ πλῆθος, καὶ περὶ τῆς ἀλλής μορφῆς ο αὐτὸς λόγος, τί κωλύει καὶ ἐκ μακροκεφάλου μακροκεφάλου γινεσθαι; νῦν δὲ ὁμοίως οὐκέτι γίνονται ὡς πρότερον· ο γὰρ νόμος οὐκέτι 28 ἵσχυει διὰ τήν ὄμιλίην τῶν ἀνθρώπων.

1 μέγα Coray: μετὰ MSS.

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AIRS WATERS PLACES, xiii.—xiv.

differences be great, the more too are the differences in the shapes.

XIV. The races that differ but little from one another I will omit, and describe the condition only of those which differ greatly, whether it be through nature or through custom. I will begin with the Longheads.¹ There is no other race at all with heads like theirs. Originally custom was chiefly responsible for the length of the head, but now custom is reinforced by nature. Those that have the longest heads they consider the noblest, and their custom is as follows. As soon as a child is born they remodel its head with their hands, while it is still soft and the body tender, and force it to increase in length by applying bandages and suitable appliances, which spoil the roundness of the head and increase its length. Custom originally so acted that through force such a nature came into being; but as time went on the process became natural, so that custom no longer exercised compulsion. For the seed comes from all parts of the body, healthy seed from healthy parts, diseased seed from diseased parts. If, therefore, bald parents have for the most part bald children, grey-eyed parents grey-eyed children, squinting parents squinting children, and so on with other physical peculiarities, what prevents a long-headed parent having a long-headed child?² At the present time long-headedness is less common than it was, for owing to intercourse with other men the custom is less prevalent.

¹ Practically nothing more is told us about this race by our other authorities, Pliny, Harpocrates and Suidas. But see Littré IV., xi. and xii.
² Modern biologists hold that acquired characteristics are not inherited.
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ΧV. Περὶ μὲν οὖν τοῦτων οὕτως ἔχειν μοι δοκεῖ. περὶ δὲ τῶν ἐν Φάσει ἡ χώρη ἐκείνη ἐλώδης ἔστι καὶ θερμὴ καὶ ὑδατεινή καὶ δασεὶα, ὁμβροὶ τε αὐτῶθι γίνονται πᾶσαι ὄρην πολλοὶ τε καὶ ἰσχυροὶ. ἢ τε δίαυτα τοῖς ἀνθρώποις ἐν τοῖς ἔλεσιν ἔστιν, τά τε οἰκήματα ξύλινα καὶ καλάμινα ἐν τοῖς ὑδασὶ μεμηχανημένα· ὄλγη τε χρέονται1 βαδίσει κατὰ τὴν πόλιν καὶ τὸ ἐμπόριον, ἀλλὰ μονοξύλοις διαπλέουσιν ἄνω καὶ κάτω: διόρυγας γὰρ πολλαὶ εἰσί. τὰ δὲ ὑδατα θερμὰ καὶ στάσιμα πίνουσιν ὑπὸ τε τοῦ ἤλιου σηπόμενα καὶ ὑπὸ τῶν ὁμβρών ἐπαυξόμενα. αὐτός τε ὁ Φάσις στασιμώτατος πάντων τῶν ποταμῶν καὶ ἰέρων ἤπιώτατα. οἳ τε καρποὶ οἱ2 γινόμενοι αὐτῶθι πάντες ἀναλδέες εἰσὶ καὶ τε- θηλυσμένοι καὶ ἀτελεῖς ὑπὸ πολυπληθείης τοῦ ὑδατος· διὸ καὶ οὐ πεπαίνονται. ἡ ἦρ τε πολὺς κατέχει τὴν χώρην ἀπὸ τῶν ὑδάτων. διὰ ταύτας δὴ τὰς προφάσιας τὰ εἰδέα ἀπηλλαγμένα τῶν λοιπῶν ἀνθρώπων ἔχουσιν οἱ Φασιννοὶ· τὰ τε γὰρ μεγάθεα μεγάλοι, τὰ πάχεα δ’ ὑπερπάχχητες, ἄρθρον τε κατάδηλον οὐδεὶς οὐδὲ φλεψ· τὴν τε χροῖν ὦχρην ἔχουσιν ὡσπερ ὑπὸ ἰκτέρου ἐχο- μενοὶ· φθέγγονται τε βαρύτατον ἀνθρώπων, τῷ ἥρει χρεώμενοι οὐ λαμπρῷ, ἀλλὰ νοτόδει3 καὶ θολερῷ· πρὸς τε τὸ ταλαιπωρεῖν τὸ σῶμα ἀργό- τεροι πεφύκασιν. αἳ τε ὄραι οὐ πολὺ μεταλλάσσωμεν οὔτε πρὸς τὸ πνεῦμος οὔτε πρὸς τὸ ψύχος. τά τε πνεύματα τὰ4 πολλά νόσια πλήν αὖρης 30 μῆς ἐπιχωρίης. αὕτη δὲ πνεῖ ἐνίοτε Βίαιος καὶ χαλεπὴ καὶ θερμὴ καὶ κέχρονα ὄνομάζουσι
XV. These are my opinions about the Longheads. Now let me turn to the dwellers on the Phasis. Their land is marshy, hot, wet, and wooded; copious violent rains fall there during every season. The inhabitants live in the marshes, and their dwellings are of wood and reeds, built in the water. They make little use of walking in the city and the harbour, but sail up and down in dug-outs made from a single log, for canals are numerous. The waters which they drink are hot and stagnant, putrefied by the sun and swollen by the rains. The Phasis itself is the most stagnant and most sluggish of all rivers. The fruits that grow in this country are all stunted, flabby and imperfect, owing to the excess of water, and for this reason they do not ripen. Much fog from the waters envelops the land. For these causes, therefore, the physique of the Phasians is different from that of other folk. They are tall in stature, and of a gross habit of body, while neither joint nor vein is visible. Their complexion is yellowish, as though they suffered from jaundice. Of all men they have the deepest voice, because the air they breathe is not clear, but moist and turbid. They are by nature disinclined for physical fatigue. There are but slight changes of the seasons, either in respect of heat or of cold. The winds are mostly moist, except one breeze peculiar to the country, called cenchron, which sometimes blows strong, violent

1 Before βαδίσει Coray inserts τῆ, probably rightly.
2 οἱ added by Coray.
3 νοτώδει καὶ δολερῷ δὲ: χινώδει τε καὶ διερὶ V.
4 τὰ added by Coray.
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τοῦτο τὸ πνεῦμα. ὦ δὲ βορέης οὐ σφόδρα ἀφικνεῖται· ὀκόταν δὲ πνεῦ, ἄσθενής καὶ βληχρός.

ΧVΙ. Καὶ περὶ μὲν τῆς φύσιος τῆς διαφορῆς καὶ τῆς μορφῆς τῶν ἐν τῇ Ἀσίᾳ καὶ τῇ Εὐρώπῃ οὔτως ἔχει. περὶ δὲ τῆς ἄθυμης τῶν ἀνθρώπων καὶ τῆς ἀνανδρείας, ὅτι ἀπολεμώτεροι εἰσὶ τῶν Εὐρωπαίων οἱ Ἀσινοὶ καὶ ἰμερώτεροι τὰ ἦθεα αἱ ὦραι αὐτικαὶ μάλιστα, οὐ μεγάλας τὰς μεταβολὰς ποιεύμεναι οὔτε ἐπὶ τὸ θερμὸν οὔτε ἐπὶ τὸ ψυχρὸν, ἀλλὰ παραπλησίως. 1 οὐ γὰρ γίνονται ἐκπλήξεις τῆς γνώμης οὔτε μετάστασις ἱσχυρῆ τοῦ σώματος, ἀφ' ὅτων εἰκὸς τὴν ὀργήν ἀγριωδοθαί τε καὶ τοῦ ἀγνώμονος καὶ θυμοειδοῦς μετέχειν μᾶλλον ἢ ἐν τῷ αὐτῷ ἀεὶ ἐόντα. αἱ γὰρ μεταβολαί εἰσὶ τῶν πάντων αἱ ἐπεγείρουσα τὴν γνώμην τῶν ἀνθρώπων καὶ ὦκε ἐώσαι ἀτρεμίζειν. διὰ ταύτας ἐμοὶ δοκεῖ τὰς προφάσιας ἀναλκες εἶναι τὸ γένος τὸ Ἀσινον καὶ προσέτε διὰ τοὺς νόμους. τῆς γὰρ Ἀσίας τὰ πολλὰ βασιλεύεται. ὅκουν δὲ μὴ αὐτοὶ ἐωτὼν εἰσὶ καρτεροὶ οἱ ἀνθρώποι μηδὲ αὐτόνομοι, ἀλλὰ δεσπόζονται, οὐ περὶ τούτου

20 αὐτοίσιν οὐ λόγος ἐστὶν, ὅκως τὰ πολέμια ἀσκησισιν, ἀλλ' ὅκως μὴ δόξωσι μάχιμοι εἶναι. οἱ γὰρ κίνδυνοι οὐ χὸ ὁμοίοι εἰσὶ. τοὺς μὲν γὰρ στρατεύονται εἰκὸς καὶ ταλαπωρεῖν καὶ ἀποδυνάμεσαι εἰς ἀνάγκης ὑπὲρ τῶν δεσποτῶν ἀπὸ τε παιδίων καὶ γυναικῶν ἐόντας καὶ τῶν λοιπῶν φίλων. καὶ ὥστε μὲν ἂν χρηστὰ καὶ ἀνδρεία ἐργάζονται, οἱ δεσπόται ἂπτ' αὐτῶν αὐξοῦνται τε καὶ ἐκφύονται, τῶν δὲ κινδύνων καὶ θεατῶν αὐτοὶ καρποῦνται. ἔτι δὲ πρὸς τούτως τῶν τοιούτων ἀνθρώπων
and hot. The north wind rarely blows, and when it does it is weak and gentle.

XVI. So much for the difference, in nature and in shape, between the inhabitants of Asia and the inhabitants of Europe. With regard to the lack of spirit and of courage among the inhabitants, the chief reason why Asiatics are less warlike and more gentle in character than Europeans is the uniformity of the seasons, which show no violent changes either towards heat or towards cold, but are equable. For there occur no mental shocks nor violent physical change, which are more likely to steel the temper and impart to it a fierce passion than is a monotonous sameness. For it is changes of all things that rouse the temper of man and prevent its stagnation. For these reasons, I think, Asiatics are feeble. Their institutions are a contributory cause, the greater part of Asia being governed by kings. Now where men are not their own masters and independent, but are ruled by despots, they are not keen on military efficiency but on not appearing warlike. For the risks they run are not similar. Subjects are likely to be forced to undergo military service, fatigue and death, in order to benefit their masters, and to be parted from their wives, their children and their friends. All their worthy, brave deeds merely serve to aggrandize and raise up their lords, while the harvest they themselves reap is danger and death. Moreover, the land of men like these

1 παραπλησίως Galen and Littré; παραπλήσιαι MSS.
30 ἀνάγκη ἐρημοῦσθαι τὴν γῆν ὑπὸ τε πολεμίων καὶ ἄργης, ὡστε καὶ εἰ τις φύσει πέφυκεν ἀνδρείος καὶ εὐφυχος, ἀποτρέπεσθαι τὴν γνώμην ὑπὸ τῶν νόμων. μέγα δὲ τεκμήριον τούτων ὄκοσοι γὰρ ἐν τῇ Ἄσιᾷ Ἕλληνες ἴ βάρβαροι μὴ δεσπόζονται, ἄλλ' αὐτοῦνοι εἰσὶ καὶ ἐωυτοίς ταλαιπωρεύσιν, οὕτως μαχιμάτατοι εἰσὶ πάντων τοὺς γὰρ κινδύνους ἐωυτῶν πέρι κινδυνεύουσι, καὶ τῆς ἀνδρείας αὐτοὶ τὰ ἀθλα φέρονται καὶ τῆς δείλης τῆς ξημίας ὡσαύτως. εὑρίσκεις δὲ καὶ τοὺς Ἀσιηνοὺς διαφέροντας αὐτοὺς ἐωυτῶν, τοὺς μὲν βελτίωνας, τοὺς δὲ φαυλοτέρους ἐόντας. τούτων δὲ αἱ μεταβολαὶ αἴτιαι τῶν ὥρεων, ὡσπερ μοι εὑρίσκηται ἐν τοῖς προτεροισι.

ΧVII. Καὶ περὶ μὲν τῶν ἐν τῇ Ἀσίᾳ οὕτως ἔχει. ἐν δὲ τῇ Ἕλληνικῇ ἐστὶν ἔθνος Σκύθικόν, ὅ περὶ τὴς λίμνης οἰκεῖ τῇ τῆς Μαυσίν διαφέρον τῶν ἐθνεῶν τῶν ἄλλων. Σαυρομαίται καλεῖται. τούτων αἱ γυναίκες ἵππαξονται τε καὶ τοξεύουσι καὶ ἀκοντίζουσιν ἀπὸ τῶν ἵππων καὶ μάχονται τοῖς πολεμίοις, ἔως ἃν παρθένοι ἐσοσιν. οὐκ ἀποπαρθενεύονται δὲ, μέχρι ἃν τῶν πολεμίων τρεῖς ἀποκτείνωσι, καὶ οὐ πρότερον συναίσθενοσιν ἢ περ ὑπὲρ τὰ ἱερὰ θύσωσιν τὰ ἐννομα. ἢ δ' ἃν ἄνδρα ἐσυντή ἀργᾶται, πανταὶ ἵππαξομένη, ἐως ἃν μὴ ἀνάγκη καταλάβῃ παγκόσιον στρατεύης. τῶν δεξιῶν δὲ μαζών οὐκ ἔχουσι. παιδίοις γὰρ ἐσοσιν ἐπὶ νηπίοις αἱ μητέρες χαλκίου τετεχνημένου ἐπὶ αὐτῶ τοῦτο

1 ἐρ μοῦσθαι τὴν γῆν ὑπὸ τε πολεμίων most MSS.: ἡμεροῦσθαι τὴν ὄργην Zwinger; Ilberg would also read ἀπολεμάων from the ἀπολεμάων of V 1B.
must be desert, owing to their enemies and to their laziness,\(^1\) so that even if a naturally brave and spirited man is born his temper is changed by their institutions. Whereof I can give a clear proof. All the inhabitants of Asia, whether Greek or non-Greek, who are not ruled by despots, but are independent, toiling for their own advantage, are the most warlike of all men. For it is for their own sakes that they run their risks, and in their own persons do they receive the prizes of their valour as likewise the penalty of their cowardice. You will find that Asiatics also differ from one another, some being superior, others inferior. The reason for this, as I have said above, is the changes of the seasons.

XVII. Such is the condition of the inhabitants of Asia. And in Europe is a Scythian race, dwelling round Lake Maeotis, which differs from the other races. Their name is Sauromatae. Their women, so long as they are virgins, ride, shoot, throw the javelin while mounted, and fight with their enemies. They do not lay aside their virginity until they have killed three of their enemies, and they do not marry before they have performed the traditional sacred rites. A woman who takes to herself a husband no longer rides, unless she is compelled to do so by a general expedition. They have no right breast; for while they are yet babies their mothers make

\(^1\) Or, reading ἡμεροευθαυς την ὄργην ὑπὸ τε ἀπολεμιὰς κ.τ.λ., "the temper of men like these must be gentle, because they are unwarlike and inactive."

\(^2\) ὑπὸ b: ἀπὸ V II.
διάπυρον ποιέουσαι πρός τὸν μαζὸν τιθέασι τὸν
dexiōn καὶ ἐπικάλεται, ὡστε τὴν αὐξήσιν φθείρε-
σθαι, ἐς δὲ τὸν dexiōn ὄμοι καὶ βραχίονα πάσαν
tὴν ἵσχυν καὶ τὸ πλῆθος ἐκδιδόναι.

XVIII. Περὶ δὲ τῶν λοιπῶν Σκυθέων τῆς
μορφῆς, ὅτι αὐτοὶ αὐτοῖς ἐοίκασι καὶ οὐδαμῶς ¹
ἀλλοις, ὁντὸς λόγος καὶ περὶ τῶν Αἰγυπτίων,
πλὴν ὅτι ὦ μὲν ὑπὸ τοῦ θερμοῦ εἰσὶ βεβιασμένοι,
oi δὲ ὑπὸ τοῦ ψυχροῦ. ἢ δὲ Σκυθέων ἐρημή
καλεμένη πεδιάς ἐστὶ καὶ λειμακώδης καὶ ψιλὴ ²
καὶ ἑνυδρός μετρίως. ποταμοὶ γὰρ εἰσὶ μεγάλοι,
oi ἐξοχετεύουσι τὸ ὕδωρ ἐκ τῶν πεδίων. ἐνταῦθα
καὶ οἱ Σκύθαι διαίτευνται, Νομάδες δὲ καλεῦνται,
ὅτι οὐκ ἔστιν οἰκήματα, ἀλλ' ἐν ἀμάξησιν οἰκεύσιν.
αὐτὲς ἀμάξαζοι εἰσὶν αἱ μὲν ἑλάχισται τετράκυκλοι,
αἱ δὲ ἕξάκυκλοι αὐταὶ δὲ τίλοις περιπεφραγ-
μέναι εἰσὶ δὲ καὶ τετεχνασμέναι ὡς περὶ οἰκήματα
τὰ μὲν διπλὰ, τὰ δὲ τριπλὰ. ταῦτα δὲ καὶ
στεγνὰ πρὸς ὑδωρ καὶ πρὸς χιώνα καὶ πρὸς τὰ
πνεύματα. τὰς δὲ ἀμάξας ἐλκουσι ζεύγεα τὰς
μὲν δύο, τὰς δὲ τρία βοῶν κέρως ἀτερ. οὐ γὰρ
ἐκούσι κέρατα ὑπὸ τοῦ ψύχεος. ἐν ταύτης μὲν
οὐν τῆςιν ἀμάξησιν αἱ ³ γνωίκεις διαιτεύνται.

20 αὐτοὶ δ' ἐφ’ ὑπτων ὀχένται οἱ ἄνδρες. ἐπονται
δὲ αὐτοὶς καὶ τὰ πρόβατα τὰ ⁴ ἐόντα καὶ αἱ βόες
καὶ οἱ ὑπτοι. μένουσι δ' ἐν τῷ αὐτῷ τοσοῦτον
χρόνον, ὅσον ἄν ἀποχρὴ αὐτοῦσι τοῖς κτήνεσιν ὁ
χόρτος. ὅκοταν δὲ μηκέτι, ἐς ἐτέρην χόρῃν
ἐρχονται. αὐτοὶ δ' ἔσθιονσι κρέα ἐφθα καὶ

¹ οὐδαμῶς MSS.: οὐδαμοὶς Wilamowitz.
² ψιλῆ most MSS.: ὑψηλῆ V Μ.
³ αἱ added by Coray.
red-hot a bronze instrument constructed for this very purpose and apply it to the right breast and cauterise it, so that its growth is arrested, and all its strength and bulk are diverted to the right shoulder and right arm.

XVIII. As to the physique of the other Scythians, in that they are like one another and not at all like others, the same remark applies to them as to the Egyptians, only the latter are distressed by the heat, the former by the cold. What is called the Scythian desert is level grassland, without trees, and fairly well-watered. For there are large rivers which drain the water from the plains. There too live the Scythians who are called Nomads because they have no houses but live in wagons. The smallest have four wheels, others six wheels. They are covered over with felt and are constructed, like houses, sometimes in two compartments and sometimes in three, which are proof against rain, snow and wind. The wagons are drawn by two or by three yoke of hornless oxen. They have no horns because of the cold. Now in these wagons live the women, while the men ride alone on horseback, followed by the sheep they have, their cattle and their horses. They remain in the same place just as long as there is sufficient fodder for their animals; when it gives out they migrate. They themselves eat boiled

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1 Both people are of peculiar physique, and the cause of the peculiarity is in the one case extreme heat, and in the other extreme cold.
2 Or, reading ὀψηλή, "a plateau."

6 τὰ added by Coray.
ΠΕΡΙ ΑΕΡΩΝ ΥΔΑΤΩΝ ΤΟΙΩΝ

πίνουσι γάλα ἱππών. καὶ ἱππάκην τρώγουσιν.

27 τούτο δὲ ἐστὶ τυρός ἱππών.

ΧΙΧ. Τὰ μὲν ἐς τὴν διαίταν αὐτῶν οὔτως ἔχει καὶ τοὺς νόμους: περὶ δὲ τῶν ὀρέων καὶ τῆς μορφῆς, ὅτι πολὺ ἀπῆλλακται τῶν λοιπῶν ἀνθρώπων τὸ Σκυθικὸν γένος καὶ ἔοικεν αὐτὸ ἐστὶν ὁσπερ τὸ Αἰγύπτιον καὶ ἤκιστα πολύγονον ἐστὶ, καὶ ἡ χώρη ἐλάχιστα θηρία τρέφει κατὰ μέγεθος καὶ πλῆθος. λεῖται γὰρ ὑπ' αὐτῆς τῆς ἄρκτους καὶ τοῖς ὁρεσι τοῖς Ῥιππαίοις, οθὲν ὁ βορέῃς πνει. ὁ τε ἤλιος τελευτῶν ἐγχύτατα γίνεται, ὁκόταν ἐπὶ τὰς θερινὰς ἐλθῃ περιόδους, καὶ τότε ὀλίγον χρόνον θερμαίνει καὶ οὔ σφόδρα: τὰ δὲ πνεύματα τὰ ἀπὸ τῶν θερμῶν πνέουσα σῶκ ʰ ἄφικνεται, ἵνα μὴ ὀλυγάκις καὶ ἄσθενέα, ἀλλὰ ἀπὸ τῶν ἄρκτων αἰεὶ πνέουσι πνεύματα ψυχρὰ ἀπὸ τὸ χιόνος καὶ κρυστάλλου καὶ ὑδάτων πολλῶν. οὐδέποτε δὲ τὰ ὀρέα ἐκλείπει: ἀπὸ τούτων δὲ δυσοίκητα ἐστὶν. ἥηρ τε κατέχει πολὺς τῆς ἡμέρης τὰ πεδία, καὶ ἐν τούτοις ἰδιαίτερως ὁστε τὸν μὲν χειμώνα αἰεὶ εἶναι, τὸ δὲ θέρος ὀλίγας ἡμέρας καὶ ταύτας μὴ λίγην. μετέωρα γὰρ τὰ πεδία καὶ ψυλά καὶ οὔκ ἐστεφάνωσι ὁρεσιν, ἀλλ' ἤ ἀνάντεα ἀπὸ τῶν ἄρκτων αὐτόθι καὶ τὰ θηρία οὐ γίνεται μεγάλα, ἀλλ' οὔ τε ἐστιν ὑπὸ γῆν σκεπάζονται. ὁ γὰρ χειμῶν κωλύει καὶ τῆς γῆς ἡ ψελότης, οὕτως δὲ ἐστιν ἀλέη οὔδε σκέπη. αἱ δὲ μεταβολὰς τῶν ὀρέων

¹ οὕκ added by Littre from the Latin manuscript 7027.
² τούτοις Reinhold: αὐτέωσι Littre from 7027 (illis).
³ ἀλλ' ἤ ἀνάντεα ἀπὸ Kühlewein: ἀλλ' ἄναντη ὑπὸ most MSS.: ἀλλ' ἤ ἀν τῇ ἀπὸ Β: ἀλλ' ἤ αὐτή ἀπὸ V.

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meats and drink mares’ milk. They have a sweet-meat called *hippace*, which is a cheese from the milk of mares (hippoi).

XIX. So much for their mode of living and their customs. As to their seasons and their physique, the Scythians are very different from all other men, and, like the Egyptians, are homogeneous; they are the reverse of prolific, and Scythia breeds the smallest and the fewest wild animals. For it lies right close to the north and the Rhipaean mountains, from which blows the north wind. The sun comes nearest to them only at the end of its course, when it reaches the summer solstice, and then it warms them but slightly and for a short time. The winds blowing from hot regions do not reach them, save rarely, and with little force; but from the north there are constantly blowing winds that are chilled by snow, ice, and many waters,¹ which, never leaving the mountains, render them uninhabitable. A thick fog envelops by day the plains upon which they live, so that winter is perennial, while summer, which is but feeble, lasts only a few days. For the plains are high and bare, and are not encircled with mountains, though they slope from the north. The wild animals too that are found there are not large, but such as can find shelter under ground. They are stunted owing to the severe climate and the bareness of the land, where there is neither warmth ² nor shelter. And the changes of the seasons are

¹ Or, “heavy rains.”
² Strangely enough, both Littré and Adams translate as though they took ἀλέη to be the Epic word meaning “means of escape.”

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⁴ ἕ Wilamowitz: γραφ MSS.
οὐκ εἰσὶ μεγάλαι οὐδὲ ἵσχυραί, ἀλλ' ὀμοίαι καὶ ὀλίγον μεταλλάσσουσαι· διότι καὶ τὰ εἴδεα ὀμοίοι· αὐτὸι ἐσθῆτι τε τῇ αὐτῇ καὶ θέρεος καὶ χειμῶνος, τὸν τε ἡρά υδατεινὸν ἐλκοντες καὶ παχύν, τά τε ύδατα πίνοντες ἀπὸ χιόνος καὶ παγετῶν, τοῦ τε ταλαιπώρου ἀπεόντες. οὐ γὰρ οἴνῳ τε τὸ σῶμα ταλαιπωρεῖσθαι οὐδὲ τῇ ψυχῇ, ὅκου μεταβολαὶ μὴ γίνονται ἵσχυραί. διὰ ταύτας τὰς ἀνάγκας τὰ εἴδεα αὐτῶν παχέα ἐστὶ καὶ σαρκῶδεα καὶ ἀναρήμα καὶ ύγρὰ καὶ ἄτονα, αἱ τε κοιλίαι ὑγρότατα πασέων κοιλιῶν αἱ κάτω. οὐ γὰρ οἴνῳ τε νηδῶν ἀναξιραϊνέσθαι ἐν τοιαύτῃ χώρῃ καὶ φύσει καὶ ὄρης καταστάσει, ἀλλὰ διὰ πιμελήν τε καὶ ψύλην τὴν σάρκα τὰ τε ἐδέ έσοικεν ἀλλήλους τὰ τε ἄρσενα τοῖς ἀρσεσι καὶ τὰ θήλεα τοῖς θήλεσι. τῶν γὰρ ὀρέων παραπλη-

40 σίων ένοςέων φθορᾷ οὐκ ἐγγίνονται οὐδὲ κα-
κώστες ἐν τῇ τοῦ γόνου συμπτηξεί, ἢν μὴ τινος

46 ἀνάγκης βιαίου τύχη ἢ νοῦσον.

XX. Μέγα δὲ τεκμήριον ἐς τὴν υγρότητα παρ-

έξομαι. Σκυθέων γὰρ τοὺς πολλοὺς, ἀπαντάς ὄσοι Νομάδες, εὑρήσεις κεκαμένους τοὺς τε ὁμοὺς καὶ τοὺς βραχίονας καὶ τοὺς καρποὺς τῶν χειρῶν καὶ τὰ στήθεα καὶ τὰ ἱσχία καὶ τὴν ὁσφὺ δὲ ἀλλ' οὐδὲν ἢ διὰ τὴν υγρότητα τῆς φύσεως καὶ τὴν μαλακίην. οὐ γὰρ δύνανται οὔτε τοῖς τόξοις συντεῖνειν οὔτε τῷ ἀκοντίῳ ἐμπίπτειν τῷ ὀμοῷ ὕπο υγρότητος καὶ ἄτονος. οὐκόταν δὲ

10 καυθέωσιν, ἀναξιραίνεται ἐκ τῶν ἁρθρῶν τὸ πολὺ

1 ὀμοίοι αὐτὸι Coray: ὀμοία αὐτὰ MSS.
neither great nor violent, the seasons being uniform and altering but little. Wherefore the men also are like one another in physique, since summer and winter they always use similar food and the same clothing; breathing a moist, thick atmosphere, drinking water from ice and snow, and abstaining from fatigue. For neither bodily nor mental endurance is possible where the changes are not violent. For these causes their physiques are gross, fleshy, showing no joints, moist and flabby, and the lower bowels are as moist as bowels can be. For the belly cannot possibly dry up in a land like this, with such a nature and such a climate, but because of their fat and the smoothness of their flesh their physiques are similar, men's to men's and women's to women's. For as the seasons are alike there takes place no corruption or deterioration in the coagulation of the seed, except through the blow of some violent cause or of some disease.

XX. I will give clear testimony to their moistness. The majority of the Scythians, all that are Nomads, you will find have their shoulders cauterized, as well as their arms, wrists, breast, hips and loins, simply because of the moistness and softness of their constitution. For owing to their moistness and flabbiness they have not the strength either to draw a bow or to throw a javelin from the shoulder. But when they have been cauterized the excess of moisture

1 As a modern physiologist might put it, "abnormal variations in the formation of the embryo."

2 τε Wilamowitz would delete.
3 ἀπαντάσ most MSS.: μάλιστα Ἰβ.
4 καὶ τὰ added by Coray.
τοῦ ὑγροῦ, καὶ ἐντονώτερα μᾶλλον γίνεται καὶ τροφιμώτερα καὶ ἠρθρωμένα τὰ σῶματα μᾶλλον. ροίκα δὲ γίνεται καὶ πλατέα, πρῶτον μὲν ὅστι ὑπ' ἐπαργανοῦνται ὡσπερ ἐν Αἰγύπτῳ οὐδὲ νομίζουσι.1 διὰ τὴν ἰππασίαν, ὡκὼς ἢν εὑρίσκοι ἐωσιν2 ἐπευτα δὲ διὰ τὴν ἔδρην τὸ ὑγρὸν, ἢν ὑπὸ τὸν ῥοῖν ἄρσενα, ἢς ἢν ὑπὸ τὸν ῥοῖν ἄρσενα, τὸ πολὺ τοῦ χρόνου καθηνεται ἐν τῇ ἀμάξῃ καὶ βραχὺ τῇ βαδίσει χρέοται διὰ τᾶς μεταναστάσεως καὶ περιελάσιας.3

20 τὰ δὲ θήλεα θαυμαστὸν οἶνον ροίκα ἐστὶ τε καὶ βραδέα2 τὰ εἶδεα. πυρρὸν δὲ τὸ γένος ἐστὶ τὸ Ἐκβιδικὸν διὰ τὸ ψύχος, οὐκ ἐπιγινομένον ὁδέος τοῦ ἔλιου. ὑπὸ δὲ τοῦ ψύχεος ἡ λευκότης ἐπι-

24 καίεται καὶ γίνεται πυρρή.

XXI. Πολύγονον δὲ οὖν οἶνον τε εἶναι φύσιν τοιαύτην. οὔτε γαρ τὸ ἄνδρι ἡ ἐπιθυμία τῆς μείξιος γίνεται πολλή διὰ τὴν ὑγρότητα τῆς φύσιος καὶ τῆς κοιλίης τὴν μαλθακότητά τε καὶ τῆν ψυχρότητα, ἀφ' ὅτων ἡκιστα εἰκὸς ἄνδρα οἶνον τε λαγνεύειν καὶ ἐς ὑπὸ τῶν ἱππῶν αἰεὶ κοπτόμενοι ἀθενεῖς γίνονται ἐς τὴν μείξιν. τοῖσι μὲν ἄνδράσιν αὐταὶ αἱ προφάσιες γίνονται, τῆσι δὲ γυναιξιν ἢ τι πίστης τῆς σαρκὸς καὶ ψυχρότης:

10 οὗ γὰρ δύνανται ἐς συναρτάζειν αἱ μῆτραι τὸν γόνον. οὔτε γὰρ ἐπιμήκος κάθαρσις αὐτῆσι γίνεται ὡς χρεὼν ἐστὶν, ἀλλ' ὀλύνοι καὶ διὰ χρόνου, τὸ τε στόμα τῶν μητρῶν ὑπὸ πυμελίς συγκλει- εται καὶ οὖν ὑποδέχεται τὸν γόνον αὐταί τε ἄταλαιπωροί καὶ πιέραι καὶ αἰ κοιλίαι ψυχραί

1 Is there a gap in the text after νομίζουσι? ὡδὲ νομίζουσι adds nothing to οὐ σπαργανοῦνται, and requires an infinitive or some phrase to complete the sense. I once conjectured
dries up from their joints, and their bodies become more braced, more nourished and better articulated. Their bodies grow relaxed and squat, firstly because, unlike the Egyptians, they do not use swaddling clothes, of which they have not the habit,¹ for the sake of their riding, that they may sit a horse well; secondly, through their sedentary lives. For the boys, until they can ride, sit the greater part of the time in the wagon, and because of the migrations and wanderings rarely walk on foot; while the girls are wonderfully flabby and torpid in physique. The Scythians are a ruddy race because of the cold, not through any fierceness in the sun’s heat. It is the cold that burns their white skin and turns it ruddy.

XXI. A constitution of this kind prevents fertility. The men have no great desire for intercourse because of the moistness of their constitution and the softness and chill of their abdomen, which are the greatest checks on venery. Moreover, the constant jolting on their horses unfits them for intercourse. Such are the causes of barrenness in the men; in the women they are the fatness and moistness of their flesh, which are such that the womb cannot absorb the seed. For neither is their monthly purging as it should be, but scanty and late, while the mouth of the womb is closed by fat and does not admit the seed. They are personally fat and lazy, and their

¹ This is a literal translation of the text, but see the footnote on the opposite page.

ἀστερ οὐδ’ ἐν Ἁγύπτῳ νομίζουσι, and I find that Coray too has suggested this emendation, on the ground that it is unlikely that the Egyptians used swaddling clothes.

² βοαδέα ἂb: βλαδέα Coray.
καὶ μαλθακαί. ὑπὸ τοῦτον τῶν ἀναγκέων οὐ πολύγονόν ἔστι τὸ γένος τὸ Ἀκυθικόν, μέγα δὲ τεκμήριον αἱ οἰκέτεις ποιέουσιν' οὐ γὰρ φθάνουσι παρὰ ἄνδρα ἀφικνεύμεναι καὶ ἐν γαστρὶ ἵσχυσιν διὰ τὴν ταλαιπωρίην καὶ ἵσχυστητα τῆς σαρκός.

XXII. Ἐτι τῷ πρὸς τούτουσιν εὐνοῦχαι γίνονται οἱ πλείστοι ἐν Ἀκυθοῖς καὶ γυναικεῖα ἐργάζονται καὶ ως αἱ γυναίκες διαίτευνται διαλέγονται τε ὀμοίωσι, καλεῦνται τε οἱ τοιοῦτοι Ἀναριέις. οἱ μὲν οὖν ἐπιχώριοι τὴν αἰτίην προστίθεσιν θεῳ καὶ σέβονται τοῦτος τούς ἀνθρώπους καὶ προσκυνεύομεν, δεδοκότες περὶ ἐωντῶν ἐκαστοί. ἐμοὶ δὲ καὶ αὐτῷ δοκεῖ ταῦτα τὰ πάθεα θεία εἶναι καὶ τὰλλα πάντα καὶ οὐδὲν ἑτέρων ἑτέρον θείοτερον οὐδὲ ἀνθρωπινῶτερον, ἀλλὰ πάντα ὀμοία καὶ πάντα θεία. ἐκαστός δὲ αὐτῶν ἔχει φύσιν τὴν ἐωντοῦ καὶ οὐδὲν ἀνευ φύσιος γίνεται. καὶ τοῦτο τὸ πάθος ὡς μοι δοκεῖ γίνεσθαι φράσω. ὑπὸ τῆς ἱππασίης αὐτοῦ κέδματα λαμβάνει, ἀτε αἰεὶ κρεμαμένων ἀπὸ τῶν ἵππων τοῖς ποσίν ἐπειτὰ ἀποχωροῦνται καὶ ἐλκοῦνται τὰ ἵσχυα, οἱ ἄν σφόδρα νοσήσωσιν, ἱὸν ταῦτα σφᾶς αὐτοῦς τρόπῳ τοιὸδε. ὅκοταν γὰρ ἄρχηται ἢ νοῦσος, ὁπισθεῖν τοῦ ὁτὸς ἐκατέρουν φλέβα τάμνουσιν. ὅκοταν δὲ ἀπορρυπᾷ τὸ αἷμα, ὕπνοι ὑπολαμβάνει ὑπὸ ἀσθενεῖς καὶ καθευδοῦσιν. ἐπειτὰ ἄνεγείρονται, οἱ μὲν τινὲς ύπνεῖς εόντες, οἱ δὲ οὐ. ἐμοὶ μὲν οὖν δοκεῖ ἐν ταὐτῇ τῇ ἴησε διαφθειρέσθαι ὁ γόνος. εἰσὶ γὰρ παρὰ τὰ

1 Before ὑπὸ the MSS. have καὶ, which Wilamowitz deletes.
abdomen is cold and soft. These are the causes which make the Scythian race unfertile. A clear proof is afforded by their slave-girls. These, because of their activity and leanness of body, no sooner go to a man than they are with child.

XXII. Moreover, the great majority among the Scythians become impotent, do women's work, live like women and converse accordingly. Such men they call Anaries. Now the natives put the blame on to Heaven, and respect and worship these creatures, each fearing for himself. I too think that these diseases are divine, and so are all others, no one being more divine or more human than any other; all are alike, and all divine. Each of them has a nature of its own, and none arises without its natural cause. How, in my opinion, this disease arises I will explain. The habit of riding causes swellings at the joints, because they are always astride their horses; in severe cases follow lameness and sores on the hips. They cure themselves in the following way. At the beginning of the disease they cut the vein behind each ear. When the blood has ceased to flow faintness comes over them and they sleep. Afterwards they get up, some cured and some not. Now, in my opinion, by this treatment the seed is destroyed. For by the side of the ear are veins, to

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1 For this difficult word see Littré V. 320 and VIII. xxxix foll.

2 Should not of be deleted? It is unlikely that "the majority" were impotent, but "very many" might be.

3 διαπείνηται added by Gomperz.


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δωτα φλέβες, ἃς εάν τις ἐπιτάμη, ἁγονοι γύνονται οἱ ἐπιτιμηθέντες. ταῦτας τοῖς μοι δοκεοῦσι τὰς φλέβας ἐπιτιμεῖν. οἱ δὲ μετὰ ταῦτα ἐπειδὰν ἀφίκωνται παρὰ γυναίκας καὶ μή ὁλοὶ τ' ἔωσι χρήσθαι σφισιν, τὸ πρὸτον οὐκ ἐνθυμεῖνται, ἀλλ' ἡσυχίᾳ ἔχουσι. ὡκόταν δὲ δις καὶ τρὶς καὶ πλεονάκις αὐτοῖς πειρωμένοις μηδὲν ἀλ- λοιπὸ τοὺς ἀποβαίνῃ, νομίζαντες τι ἡμαρτηκέναι τῷ θεῷ, ὃν ἐπαιτιῶνται, ἐνδύονται στολῆν γυ- ναικείην καταγρόντες ἐωτῶν ἀναιρεῖν. γυ- ναικίζουσί τε καὶ ἐργάζονται μετὰ τῶν γυναικῶν ἀ καὶ ἐκεῖναι.

Τοῦτο δὲ πάσχουσι Σκυθέων οἱ πλούσιοι,1 οὐχ οἱ κάκιστοι ἀλλ' οἱ εὐγενεστατοὶ καὶ ἱσχὺν πλει- στην κεκτημένην, διὰ τὴν ἠπασίαν, οἱ δὲ πένητες ἦσον· οὐ γὰρ ἵππαζονται. καίτοι ἔχρην, ἐπεὶ θειότερον τούτο τὸ νόσευμα τῶν λοιπῶν ἑστιν, οὐ τοὺς γενναιοτάτους τῶν Σκυθέων καὶ τοῖς πλου- σιωτάτους προσπίπτειν μούνοις, ἀλλὰ τοῖς ἅπασιν ὁμοίως, καὶ μᾶλλον τοῖσιν ἔλγα κεκτημένουσιν, εἰ δὴ τιμώμενοι 2 χαίρουσιν οἱ θεοὶ καὶ θαυμα- ζόμενοι ὡς ἀνθρώπων καὶ ἀντὶ τούτων χάριτας ἀποδιδόσαν. εἰκὸς γὰρ τοὺς μὲν πλουσίους θύειν πολλὰ τοῖς θεοῖς καὶ ἀνατιθέναι ἀναθήματα ἐόντων χρημάτων πολλῶν καὶ τιμῶν, τοὺς δὲ πένητας ἦσον διὰ τὸ μὴ ἐχειν, ἔπειτα καὶ ἐπιμεμφομένους ὅτι οὐ διδόσαι χρημάτα αὐτοῖς, ὡστε τῶν τοιού- των ἀμαρτιῶν τὰς εἰμίας τοὺς ἔλγα κεκτημένους φέρειν μᾶλλον ἢ τοὺς πλουσίους. ἀλλὰ γὰρ, ὥσπερ καὶ πρότερον ἐλέξα, θεῖα μὲν καὶ ταὐτά ἑστιν ὁμοίως τοῖς ἄλλοις· γίνεται δὲ κατὰ φύσιν ἔκαστα. καὶ ἡ τοιαύτη νοῦσος ἀπὸ τοιαύτης 128
cut which causes impotence, and I believe that these are the veins which they cut. After this treatment, when the Scythians approach a woman but cannot have intercourse, at first they take no notice and think no more about it. But when two, three or even more attempts are attended with no better success, thinking that they have sinned against Heaven they attribute thereto the cause, and put on women's clothes, holding that they have lost their manhood. So they play the woman, and with the women do the same work as women do.

This affliction affects the rich Scythians because of their riding, not the lower classes but the upper, who possess the most strength; the poor, who do not ride, suffer less. But, if we suppose this disease to be more divine than any other, it ought to have attacked, not the highest and richest classes only of the Scythians, but all classes equally—or rather the poor especially, if indeed the gods are pleased to receive from men respect and worship, and repay these with favours. For naturally the rich, having great wealth, make many sacrifices to the gods, and offer many votive offerings, and honour them, all of which things the poor, owing to their poverty, are less able to do; besides, they blame the gods for not giving them wealth, so that the penalties for such sins are likely to be paid by the poor rather than by the rich. But the truth is, as I said above, these affections are neither more nor less divine than any others, and all and each are natural. Such a disease arises

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1 ὡι πλούσιοι, Cobet (Mnemosyne IX. 70) would delete these words.
2 ἐὰν τιμώμενοι Coray: οὐ τιμώμενοις ἡ δὴ εἰ MSS.
ΠΕΡΙ ΑΕΡΩΝ ΥΔΑΤΩΝ ΤΟΠΩΝ

προφάμισιος τούς Σκύθησι γίνεται οὖν εἰρήκα. ἔχει
de καὶ κατὰ τοὺς λοιποὺς ἀνθρώπους ὁμοίως.
όκον γὰρ ἐπιπάζονται μάλιστα καὶ πυκνότατα,
ἐκεῖ πλείστοι ὑπὸ κεδμάτων καὶ ἱσχιάδων καὶ
ποδαγριῶν ἀλέσκονται καὶ λαγνεύειν κάκιστοί
eἰσι. ταύτα δὲ τοῖς Σκύθησι πρόσεστι, καὶ
εὐνοουχειδέστατοι εἰσίν ἀνθρώπων διὰ ταύτας
te1 τάς προφάμιας καὶ ὅτι ἀναξιρίδας ἔχουσιν
αἰεὶ καὶ εἰσίν ἐπὶ τῶν ἵππων τὸ πλεῖστον τοῦ
χρόνου, ὥστε μήτε χείρι ἀπεσθαί τοῦ αἰδοῖον,
ὑπὸ τε τοῦ ἄγειν καὶ τὸν κόπον ἐπιλῆθεσθαι
tοῦ ἰμέρου καὶ τῆς μείξιος, καὶ μηδὲν παρακινεῖν
πρότερον ἡ ἀνανδραθήναι.2

XXIII. Περὶ μὲν οὖν τῶν Σκυθέων οὕτως ἔχει
tοῦ γένεος. τὸ δὲ λοιπὸν γένος τὸ ἐν τῇ Εὐρώτῃ
dιάφορον αὐτὸ ἐωντὸ ἑστὶ καὶ κατὰ τὸ μέγεθος
καὶ κατὰ τὰς μορφὰς διὰ τὰς μεταλλαγὰς τῶν
ἀρέων, ὅτι μεγάλαι γίνονται καὶ πυκναί, καὶ
θάλπεα τε ἴσχυρὰ καὶ χειμῶνες καρτεροὶ καὶ
ὀμβροὶ πολλοὶ καὶ αὕτες αὐχμοὶ πολυχρόνιοι καὶ
πνεύματα, ἐξ ὧν μεταβολαί πολλαί καὶ παντο-
dαπαί. ἀπὸ τούτων εἰκὸς αἰσθάνεσθαι3 καὶ τὴν

10 γένεσιν ἐν τῇ συμπίξει τοῦ γόνου ἀλλοτε4 ἀλλην
καὶ μῆ τὸ αὐτὸ τὴν αὐτὴν γίνεσθαι ἐν τε τῷ θέρει
καὶ τῷ χειμῶνι μηδὲ ἐν ἐπομβρίῃ καὶ αὐχμῷ.
διότι τὰ εἶδεα διηλλάχθηνε νομίζω τῶν Εὐρωπαίων
μᾶλλον ἢ τῶν Ἀσινῶν καὶ τὰ μεγέθεα διαφορώ-
tατα αὐτὰ ἐωντοῖς εἶναι κατὰ πόλιν ἐκάστην.
αἱ γὰρ φθοραι πλείονες ἐγγύνονται τοῦ γόνου ἐν τῇ
συμπίξει ἐν τῇ μεταλλαγῇ τῶν ἀρέων πυκνῆ-

1 te added by Wilamowitz.
among the Scythians for such a reason as I have stated, and other men too are equally liable to it, for wherever men ride very much and very frequently, there the majority are attacked by swellings at the joints, sciatica and gout, and are sexually very weak. These complaints come upon the Scythians, and they are the most impotent of men, for the reasons I have given, and also because they always wear trousers and spend most of their time on their horses, so that they do not handle the parts, but owing to cold and fatigue forget about sexual passion, losing their virility before any impulse is felt.

XXIII. Such is the condition of the Scythians. The other people of Europe differ from one another both in stature and in shape, because of the changes of the seasons, which are violent and frequent, while there are severe heat waves, severe winters, copious rains and then long droughts, and winds, causing many changes of various kinds. Wherefore it is natural to realize that generation too varies in the coagulation of the seed, and is not the same for the same seed in summer as in winter nor in rain as in drought. It is for this reason, I think, that the physique of Europeans varies more than that of Asiatics, and that their stature differs very widely in each city. For there arise more corruptions in the coagulation of the seed when the changes of the sea-

1 I. e. "in the formation of the foetus."

2 Coray, with at least one MS., would read ἀνδρωθεῖναι. that is. "attempt no sexual act before they recover their virility."

3 aἰσθάνεσθαι Kühlewein would delete, as interpolated from Chapter X: συνῆπτασθαί Wilamowitz.

4 ἄλλοτε added (with καί preceding) by Coray.
ΠΕΡΙ ΑΕΡΩΝ ΥΔΑΤΩΝ ΤΟΠΩΝ

σιν ἐούσησιν ἢ ἐν τῇ παραπλησία καὶ ὀμοίᾳ. περὶ τε τῶν ἥθεων ὁ αὐτὸς λόγος· τό
20 τε ἀγριόν καὶ τὸ ἀμείκτον καὶ τὸ θυμοειδὲς ἐν τῇ τοιαύτῃ φύσει ἐγγίνεται. αἱ γὰρ ἐκπλήξεις
πυκνὰ γινόμεναι τῆς γυνώμης τὴν ἀγριότητα ἐντιθέ
ασι, τὸ δὲ ἦμερον τε καὶ ἦπιον ἁμαυροῦσι. διὸ
cαὶ εὐψυχοτέρους νομίζω τοὺς τὴν Εὐρώπην
οικέοντας εἶναι ἢ τοὺς τὴν Ἀσίαν. ἐν μὲν γὰρ τῷ
αἰεὶ παραπλησίῳ αἱ ραδιμίαι ἐνεισιν, ἐν δὲ
tὸ μεταβαλλόμενοι αἱ ταλαπωρίαι τῷ σώματι
cαὶ τῷ ψυχῆ. καὶ ἀπὸ μὲν ἰσυχίας καὶ ραδι-
μίας ἡ δειλία αὐξέται, ἀπὸ δὲ τῆς ταλαπωρίας
cαὶ τῶν πόνων αἱ ἀνδρεῖαι. διὰ τούτῳ εἰς
μαχιμότεροι οἱ τῆς Εὐρώπης οἰκέοντες καὶ διὰ
tοὺς νόμους, ὅτι οὐ βασιλεύουσιν ὦσπερ οἱ Ἀσιν-
νοὶ. ὅκου γὰρ βασιλεύουσιν, ἐκεῖ ἰσυχία δειλο-
tάτους εἶναι. εἰρηται δὲ μοι καὶ πρότερον. αἱ
gὰρ ψυχαὶ δεδοῦλωται καὶ οὐ βούλονται παρα-
κυνδυνεύων ἐκόντες εἰκῇ ύπὲρ ἀλλοτρίας δυνάμοις.
όσοι δὲ αὐτόνομοι—ὑπὲρ ἑωτῶν γὰρ τοὺς κυν-
dύνους αἰρέουνται καὶ οὐκ ἄλλοι—προθυμεῖνται
ἐκόντες καὶ ἐς τὸ δεινὸν ἔρχονται. τὰ γὰρ ἀριστεῖα
40 τῆς νίκης αὐτοὶ φέρονται. οὕτως οἱ νόμοι οὐχ
41 ἰσιστα τὴν εὐψυχίαν ἐργάζονται.

XXIV. Τὸ μὲν οὖν ὅλον καὶ τὸ ἀπαν οὕτως
ἐχει περὶ τῆς Εὐρώπης καὶ τῆς Ἀσίας. ἐνεισι
δὲ καὶ ἐν τῇ Εὐρώπη φύλα διάφορα ἐτερα ἐτέρουσι
καὶ τὰ μεγέθεα καὶ τὰς μορφὰς καὶ τὰς ἀνδρείας.
τὰ δὲ διαλλάσσοντα ταύτα 1 ἐστιν, ἢ καὶ ἐπὶ τῶν
πρότερον εἰρηται. ἔτι δὲ σαφέστερον φράσω.
όκοσοι μὲν χώρῃ ὅρειῳν τε οἰκέουσι καὶ τρηχεῖαν
καὶ ψηλὴν καὶ ἐνυδρον, καὶ αἱ μεταβολαὶ αὐτοῖς
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sons are frequent than when they are similar or alike. The same reasoning applies also to character. In such a climate arise wildness, unsociability and spirit. For the frequent shocks to the mind impart wildness, destroying tameness and gentleness. For this reason, I think, Europeans are also more courageous than Asiatics. For uniformity engenders slackness, while variation fosters endurance in both body and soul; rest and slackness are food for cowardice, endurance and exertion for bravery. Wherefore Europeans are more warlike, and also because of their institutions, not being under kings as are Asiatics. For, as I said above, where there are kings, there must be the greatest cowards. For men’s souls are enslaved, and refuse to run risks readily and recklessly to increase the power of somebody else. But independent people, taking risks on their own behalf and not on behalf of others, are willing and eager to go into danger, for they themselves enjoy the prize of victory. So institutions contribute a great deal to the formation of courageousness.

XXIV. Such, in outline and in general, is the character of Europe and of Asia. In Europe too there are tribes differing one from another in stature, in shape and in courage. The differences are due to the same causes as I mentioned above, which I will now describe more clearly. Inhabitants of a region which is mountainous, rugged, high, and watered,

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1 ταυτά Coray: ταυτά Β: ταυτ’ V.
γίνονται τῶν ὀρέων μέγα διάφοροι, ἑνταῦθα εἰκὸς ἑάρνεσιν μεγάλα εἶναι καὶ πρὸς τὸ ταλαίπωρον καὶ τὸ ἄνδρεῖον εὐ πεφυκότα, καὶ τὸ τε ἀγριον καὶ τὸ θηριώδες αἱ τοιαύται φύσις οὐχ ἤκιστα ἔχουσιν. ἀκόσοι δὲ κοίλα χωρία καὶ λειμακώδες καὶ πνευμρά καὶ τῶν θερμῶν πνευμάτων πλέον μέρος μετέχουσιν ἢ τῶν ψυχρῶν ὑδαῖ τε χρέονται θερμοῖς, οὕτωι δὲ μεγάλοι μὲν οὐκ ἂν εἰσαγαγόν οὐδὲ κανονίαι, ἐς εὐρός δὲ πεφυκότας καὶ σαρκώδεις καὶ μελανότριχες, καὶ αὐτοὶ μέλανες μᾶλλον ἢ λευκότεροι, φλεγματίατι δέ ἦσον ἢ χολοδέες τὸ δὲ ἄνδρεῖον καὶ τὸ ταλαίπωρον ἐν τῇ ψυχῇ φύσει μὲν οὐκ ἂν ὁμοίως ἐνείη, νόμος δὲ προσγενόμενος ἀπεργάζοιτ' ἃν. καὶ εἰ μὲν ποταμοί ἐνέφεσαν ἐν τῇ χώρῃ, οὕτως ἐκ τῆς χώρης ἐξοχετεύουσι τὸ τε στάσιμον καὶ τὸ ὄμβριον, οὕτως ἂν ὑγιηρό ἐς εἰσαγαγὸν καὶ λαμπροί. εἰ μέντοι ποταμοὶ μὲν μὴ εἰσαγαγόν, τὰ δὲ ὑδάτα λιμναία 1 τε καὶ στάσιμα πίσοιεν καὶ ἐλόδεα, ἀνάγκη τὰ τοιαύτα εἶδε προγαστρότερα καὶ σπληνώδεα εἶναι. ὀκόσοι δὲ ψυγήλης τε οἰκεύουσι χώρην καὶ λείην καὶ ἀνεμώδεα καὶ ἐνυδρον, εἰέν ἂν εἶδε μεγάλοι καὶ ἐσωτοῦσι παραπλήσιοι, ἀνανδρότεραι δὲ καὶ ἡμερώτεραι αἱ γνώμαι. ὀκόσοι δὲ λεπτά τε καὶ ἄνυδρα καὶ ψιλά, τήσι μεταβολής τῶν ὀρέων οὐκ εὐκρητα, ἐν ταύτῃ τῇ χώρῃ τὰ εἴδεα εἰκὸς σκληρὰ τε εἶναι καὶ ἐντονα καὶ ξανθότερα ἢ μελάντερα καὶ τὰ ἠθεα καὶ τὰς ὀργὰς αὐθάδεως τε καὶ ἵδιογνώμονας. ὄκου γάρ αἰ μεταβολαί εἰσι πυκνόταται τῶν ὀρέων καὶ πλεῖστον διάφοροι αὐταὶ ἐνυτήσιν, ἐκεῖ καὶ τὰ εἴδεα καὶ τὰ ἠθεα καὶ τὰς φύσιας εὐρήσεις πλεῖστον διαφερούσας.
where the changes of the seasons exhibit sharp contrasts, are likely to be of big physique, with a nature well adapted for endurance and courage, and such possess not a little wildness and ferocity. The inhabitants of hollow regions, that are meadowy, stifling, with more hot than cool winds, and where the water used is hot, will be neither tall nor well-made, but inclined to be broad, fleshy, and dark-haired; they themselves are dark rather than fair, less subject to phlegm than to bile. Similar bravery and endurance are not by nature part of their character, but the imposition of law can produce them artificially. Should there be rivers in the land, which drain off from the ground the stagnant water and the rain water, these\(^1\) will be healthy and bright. But if there be no rivers, and the water that the people drink be marshy, stagnant, and fenny, the physique of the people must show protruding bellies and enlarged spleens. Such as dwell in a high land that is level, windy, and watered, will be tall in physique and similar to one another, but rather unmanly and tame in character. As to those that dwell on thin, dry, and bare soil, and where the changes of the seasons exhibit sharp contrasts, it is likely that in such country the people will be hard in physique and well-braced, fair rather than dark, stubborn and independent in character and in temper. For where the changes of the seasons are most frequent and most sharply contrasted, there you will find the greatest diversity in physique, in character, and in constitution.

\(^1\) The people or the rivers? Probably the former, in which case "bright" will mean "of bright (clear) complexion."

\(^1\) \(\lambda \iota \nu \rho \alpha \iota \alpha\) \(B\) : \(\kappa \rho \eta \nu \alpha \iota\) all other MSS.
Μέγισται μὲν οὖν εἰσιν αὐταὶ τῆς φύσιος αἱ διαλλαγαί, ἐπειτα δὲ καὶ ἡ χώρη, ἐν ἦ ἂν τις τρέφηται καὶ τὰ ὑδάτα. εὐρήσεις γὰρ ἐπὶ τὸ πλῆθος τῆς χώρης τῇ φύσει ἀκολουθεύουτα καὶ τὰ εἴδεα τῶν ἀνθρώπων καὶ τοὺς τρόπους. ὅκου μὲν γὰρ ἡ γῆ πίειρα καὶ μαλθακή καὶ ἐνυδρος, καὶ τὰ ὑδάτα κάρτα μετέωρα, ὥστε θερμὰ εἶναι τοῦ θέρεος καὶ τοῦ χειμώνος ψυχρᾶ, καὶ τῶν ὄρεων καλῶς κεῖται, ἐνταῦθα καὶ οἱ ἀνθρωποὶ σαρκώδεις εἰσὶ καὶ ἀναρθροὶ καὶ ὕγροι καὶ ἀτάλαιπτοροι καὶ τὴν ψυχὴν κακοὶ ὡς ἐπὶ τὸ πολὺ. τὸ τε ῥάθυμον καὶ τὸ ὑπνηρὸν ἐνεστὶν ἐν αὐτοῖς ἰδεῖν ἐς τε τὰς τέχνας παχέες καὶ οὐ λεπτοὶ οὐδ᾽ ὀξέες. ὅκου δ᾽ ἐστὶν ἡ χώρη ψιλή τε καὶ ἀνυδρος καὶ τρηχεία καὶ ὑπὸ τοῦ χειμώνος πιεζομένη καὶ ὑπὸ τοῦ ἡλίου κεκαμμενή, ἐνταῦθα δὲ σκληροὺς τε καὶ ἱσχυοὺς καὶ διηρθρωμένους καὶ ἐντόνους καὶ δασέας ἰδοὺς. τὸ τε ἐργατικὸν ἐνεὸν ἐν τῇ φύσει τῇ τοιαύτῃ καὶ τὸ ἀγρυπνον, τὰ τε ἡθεα καὶ τὰς ὀργὰς αὐθάδεας καὶ ἰδιογνώμονας, τοῦ τε ἀγρίου μᾶλλον μετέχοντας ἢ τοῦ ἡμέρου, ἐς τε τὰς τέχνας ὀξυτέρους τε καὶ συνετωτέρους καὶ τὰ πολέμια ἀμείνους εὐρήσεις καὶ τάλλα τὰ ἐν τῇ γῇ φυόμενα πάντα ἀκόλουθα ἐντονα τῇ γῇ. ἢ μὲν ἑναντιῶταται φύσεις τε καὶ ἰδεῖοι ἐχονσιν οὕτως. ἀπὸ δὲ τοῦτων τεκμαιρόμενος τὰ λοιπὰ ἐνθυμεῖσθαι, καὶ οὐχ ἀμαρτήσῃ.
These are the most important factors that create differences in men's constitutions; next come the land in which a man is reared, and the water. For in general you will find assimilated to the nature of the land both the physique and the characteristics of the inhabitants. For where the land is rich, soft, and well-watered, and the water is very near the surface, so as to be hot in summer and cold in winter, and if the situation be favourable as regards the seasons, there the inhabitants are fleshy, ill-articulated, moist, lazy, and generally cowardly in character. Slackness and sleepiness can be observed in them, and as far as the arts are concerned they are thick-witted, and neither subtle nor sharp. But where the land is bare, waterless, rough, oppressed by winter's storms and burnt by the sun, there you will see men who are hard, lean, well-articulated, well-braced, and hairy; such natures will be found energetic, vigilant, stubborn and independent in character and in temper, wild rather than tame, of more than average sharpness and intelligence in the arts, and in war of more than average courage. The things also that grow in the earth all assimilate themselves to the earth. Such are the most sharply contrasted natures and physiques. Take these observations as a standard when drawing all other conclusions, and you will make no mistake.

1 ἀνυστρος Ermerins from ἰμαυσα of 7027: ἀνωχυρος MSS.
2 ἰδοις b, omitted by most MSS.: ἰδοις ἐν Coray.
3 Before ἐνεδεν all MSS., except Ἰδ add ἰδε.
EPIDEMICS I AND III
INTRODUCTION

These two books manifestly form one work, and that the most remarkable product of Greek science. Pretensions to literary form it has none, yet no Greek writer, with the possible exception of Thucydides, has used language with better effect. Often ungrammatical, sometimes a series of disconnected words, the narrative is always to the point, and always conveys the impression that the writer’s sole object is to express observed facts in the fittest and shortest way.

The composition shows violent dislocations. There come first two “constitutions,”¹ then two short paragraphs on the duty of the physician and on certain symptoms respectively, then another constitution, then a few paragraphs on fevers, then fourteen clinical histories. The third book begins with twelve more histories, which are followed by a fourth constitution, at the end of which is another disconnected paragraph, and the book closes with sixteen histories.

Dislocations due to the ancient methods of copying manuscripts are common enough in classical authors, but startling changes like the above are not such as

¹ “Constitution” is the traditional translation of κατάστασις, climatic conditions of such a marked type as to give a distinguishing character to a period of time. The word is also used of diseases, and so on, to denote a fixed type prevalent at any particular time.
INTRODUCTION

can be ascribed to the vagaries or the carelessness of scribes. Combined with the broken grammar they seem to point to the work having never been prepared for publication. The writer probably jotted down his remarks as a series of notes in an order which happened to suggest itself, and never went on to edit them. Several of the shorter "interpolations" would have been in a modern book footnotes or appendices.

This theory is supported by the fact that a very great number of the histories have no connection at all with the constitutions. The first three constitutions refer to Thasos; the place of the fourth is unnamed. The medical cases belong to Thasos, Larisa, Abdera, Cyzicus, and Meliboea, while many others have no locality attached to them. The nature, too, of the diseases bears no great likeness to those of the constitutions. They are all "acute," some exhibit abnormal symptoms and some are ordinary cases of remittent malaria. They illustrate Prognostic far better than they do the constitutions. "What do symptoms portend?" is the subject of Prognostic, and the clinical histories give the data from which many of its generalizations may well have been framed. On the whole, it is probable that Epidemics was never published by its author.

The subject matter of the Epidemics, including the five books universally attributed to authors other than Hippocrates, namely, II and IV, V, VI, VII, present several interesting problems. For the present I will confine myself to I and III.

What are the diseases described in the Epidemics? This question has interested physicians for centuries,
and each medical reader will enjoy the task of diagnosing them for himself. Several cases are difficult, but the section on Hippocratic diseases in the General Introduction should enable even a layman to identify many. Perhaps the most fascinating problem is whether the constitution in Book III refers to the plague year of Thucydides II.

Another interesting point is the clientèle of the writer and the scenes of his practice. The latter have already been referred to; the names of the patients, and their position in life, are worth a moment's consideration. None of the clinical histories has a date, but most give the name and address of the sick person. Occasionally the name is given without the address, or the address is given without the name. In a few instances at the end of Book III the town is named but neither the patient nor his address is specified. In two cases (I, case 12, and III, case 4, of second series) name, address and locality are all omitted. The patients are sometimes householders, sometimes members of their families, sometimes slaves. Several seem to have been lodgers.

The variety in the descriptions of patients seems to show that the writer attached no importance to them, but simply wrote in his note-book enough to

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1 It is worth noticing that Greek physicians, like the Sophists, often passed from city to city, staying a longer or shorter period according to the demand for their services. It was for such περιοδευταλ that Airs Waters Places was written to enable them to know what diseases were likely to occur in a city they had never visited before.

2 See Littré, VIII. vii-xxix, where Meineke is considered.

3 See on these points Littré, X. pp. xxix-xxxii, where Rossignol's views are given and criticised. There seem to have been large boarding-houses in some places.
enable him to identify a patient for himself. In fact he rarely appears to be writing for a public; in the clinical histories especially one feels that the only object is private information.

If the clinical histories are rough notes of this character it becomes plain why they vary in fullness of detail. The plan generally adopted is to give a daily bulletin, or at least to notice the critical days, but if the patient was not visited every day and the attendants did not report anything striking, gaps would occur such as we actually do find. An editor writing for a public would either have made these gaps less obvious or else have explained them. But the most striking feature of this work is its devotion to truth. The constitutions are strictly limited to descriptions of the weather which preceeded or accompanied certain epidemics; the clinical histories are confined to the march of diseases to a favourable or a fatal issue. Nothing irrelevant is mentioned; everything relevant is included.

Of the forty-two cases, twenty-five end in death, very nearly 60 per cent. The writer's aim is not to show how to cure—treatment is very rarely mentioned—but to discover the sequences of symptoms, to set down the successes and failures of Nature in her efforts to expel the disease. The physician is acting, not qua physician but qua scientist; he has laid aside the part of healer to be for a time a spectator looking down on the arena, exercising that θεωρία which a Greek held to be the highest human activity.

MSS. and Editions

The chief MSS. for *Epidemics I.* are A and V, and for *Epidemics III.*, V and D, supplemented for
INTRODUCTION

both books by the interesting commentaries of Galen.

Editions were common in the sixteenth, seventeenth, and eighteenth centuries,¹ but none are of outstanding merit. There is an English translation of no merit by Samuel Farr (London, 1780), and the books are included in Adams’ first volume.

¹ See Littré, II. 593–596.

ADDITIONAL NOTES

1. The word ἀγδός, “acute,” “sharp,” is applied to fever, and to such diseases (pleurisy, pneumonia, remittent malaria, etc., Regimen in Acute Diseases, v) as are accompanied by high fever. The Hippocratic doctrines of crisis, coction, etc., apply chiefly to acute diseases, but not to them only, as the common cold (Ancient Medicine, xviii) shows coction.

2. The preposition παρά, meaning “at the house of,” seems to be used indifferently with acc., gen., or dat. There are probably differences, but I cannot detect them.
ΕΠΙΔΗΜΙΩΝ Α
κατάστασις πρώτη

I. Ἔν Θάσῳ φθινοπόρου περὶ ἴσημερίαν καὶ ὑπὸ πληγύδα χάλκα πολλᾶ, συνεχέα μαλθακῶς, ἐν νοτίοις. χείμων νότιος, σμικρὰ βόρεια, αὐχμωνί τὸ σύνολον ἐς γε χειμώνα ὠδὸν ἔαρ γίνεται. ἔαρ δὲ νότιον ψυχείων, σμικρὰ ὑσματα. θέρος ὡς ἐπὶ τὸ πολὺ ἐπινέφελον. ἀνυδρίαν. ἐτησίαν ὕλιγα, σμικρά, διεστασμένως ἐπνευσαν.

Γενομένης δὲ τῆς ἁγωνῆς ὅλης ἐπὶ τὰ νότια καὶ μετ’ αὐχμῶν, πρωὶ μὲν τοῦ ἔτους ἐκ τῆς πρόσθεν καταστάσιος ὑπεναντίας καὶ βορείου γενομένης ὅλυγας ἐγίνοντο καίσοι καὶ τοῦτοι τι πάνυ εὐσταθεῖς, καὶ ὅλυγος ἡμορράγει οὐδ’ ἀπέθνησκον ἐκ τούτων. ἐπάρματα δὲ παρὰ τὰ ὅτα πολλοίσιν ἐπερόρροσα καὶ ἐξ ἁμφοτέρων, τοῦτοι πλείστουσιν ἀπύροισιν ὀρθοστάδην. ἐστὶ δὲ οἴ καὶ σμικρὰ ἐπεθερμαίνοντο. κατέσβη πᾶσιν ἁσινέως οὐδ’ ἐξετύψαν οὐδενὶ ὡσπερ τὰ ἐξ ἄλλων προφασίων. ἴν δὲ ὁ τρόπος αὐτῶν χαῦνα, μεγάλα, κεχυμένα, οὐ μετὰ φλεγμονῆς, ἀνώδυνα: πᾶσιν ἀσήμως

1 I believe that the words ἐκ... γενομένης should be transposed and placed after αὐχμῶν. “The whole year was southerly, after a period which was the opposite.”

1 ὅπω in expressions denoting time seems in Hippocrates to mean “about” or “during.” The period is roughly from September 21 to November 8.
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EPIDEMICS I

First Constitution

I. In Thasos during autumn, about the time of the equinox to near the setting of the Pleiades, there were many rains, gently continuous, with southerly winds. Winter southerly, north winds light, droughts; on the whole, the winter was like a spring. Spring southerly and chilly; slight showers. Summer in general cloudy. No rain. Etesian winds few, light and irregular.

The whole weather proved southerly, with droughts, but early in the spring, as the previous constitution had proved the opposite and northerly, a few patients suffered from ardent fevers, and these very mild, causing hemorrhage in few cases and no deaths. Many had swellings beside one ear, or both ears, in most cases unattended with fever, so that confinement to bed was unnecessary. In some cases there was slight heat, but in all the swellings subsided without causing harm; in no case was there suppuration such as attends swellings of other origin. This was the character of them:—flabby, big, spreading, with neither inflammation nor pain; in every case they

2 That is, the winds were generally from the south, and such north winds as blew were light.

3 Or, punctuating after ἄτα and πλείστους, "There were swellings beside the ears, in many cases on one side, but in most on both." The epidemic was obviously mumps.
20 ἡφανίσθη. ἐγίνετο δὲ ταύτα μειρακίοις, νέοισιν, ἀκμαίζονι, καὶ τούτων τοῖσι περὶ παλαιότερην καὶ γυμνάσια πλείστοισι γυναιξὶ δὲ ὀλίγησιν ἐγίνετο. πολλοίσι δὲ βῆχες ξηραί βήσοισι καὶ οὐδὲν ἀνάγουσιν φωναὶ βραγχώδεις. οὐ μετὰ πολὺ, τοῖσι δὲ καὶ μετὰ χρόνον, φλεγμοναὶ μετ' ὀδύνης ἐς ὀρχιν ἐτερόρροποι, τοῖσι δὲ ἐς ἄμφοτέρους. πυρετοὶ τοῖσι μὲν, τοῖσι δ' οὐ. ἐπιπόνως ταύτα τοῖσι πλείστοισι. τὰ δ' ἄλλα ὅσα κατ' ἰητρείον ἀνόσως δὶηγον.

II. Προὶ δὲ τοῦ θέρεος ἀρξάμενοι διὰ θέρεος καὶ κατὰ χειμῶνα πολλοὶ τῶν ἡδὴ πολὺν χρόνον ὑποθερμομένων φθινώδεις κατεκλύμησαν, ἕτει καὶ τοῖς ἐνδοιαστῶς ἔχουσι πολλοίσιν ἐβεβαιώσε τότε. ἐστὶ δ' οἷσιν ἡρξατο πρῶτον τότε, οἷσιν ἔρρεπεν ἡ φύσις ἐπὶ τὸ φθινόδες. ἀπέθανον δὲ πολλοὶ καὶ πλείστοι τούτων, καὶ τῶν κατακλινέντων οὐκ οἶδα εἰ τίς οὐδ' εἰ μέτριον χρόνον περιεγένετο. ἀπέθνησκον δὲ ὀξυτέρως ἢ ὡς εἴδωσται διάγειν τὰ τοιαῦτα. ὡς τὰ γε ἄλλα καὶ μακρότερα καὶ ἐν πυρετοῖσιν ἐόντα εὐφόρως ἠνεγκαί καὶ οὐκ ἀπέθνησκον, περὶ δ' ὄν γεγραφεται. μοῦνον γὰρ καὶ μέγιστον τῶν γενομένων νοσημάτων τοὺς πολλοὺς τὸ φθινόδες ἐκτείνειν.

Ἡν δὲ τοῖς πλείστοισιν αὐτῶν τὰ παθήματα τοιάδε: φρικώδεις πυρετοὶ, συνεχεῖς, ὄξεις, τὸ μὲν ὀλον οὐ διαλείποντες· ὁ δὲ πρῶτος ἡμιτριταῖος· μίαν κουφότεροι, τῇ ἑτέρῃ παροξυνομενοι, καὶ τὸ ὀλον ἐπὶ τὸ ὀξύτερον ἐπιδιδόντες. ἰδρῶτες

1 That is, with no symptoms indicative of a crisis.
2 That is, nobody was ill enough to make a visit to the physician's surgery (ἰητρείον) necessary.

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disappeared without a sign. The sufferers were youths, young men, and men in their prime, usually those who frequented the wrestling school and gymnasia. Few women were attacked. Many had dry coughs which brought up nothing when they coughed, but their voices were hoarse. Soon after, though in some cases after some time, painful inflammations occurred either in one testicle or in both, sometimes accompanied with fever, in other cases not. Usually they caused much suffering. In other respects the people had no ailments requiring medical assistance.

II. Beginning early in the summer, throughout the summer and in winter many of those who had been ailing a long time took to their beds in a state of consumption, while many also who had hitherto been doubtful sufferers at this time showed undoubted symptoms. Some showed the symptoms now for the first time; these were those whose constitution inclined to be consumptive. Many, in fact most of these, died; of those who took to their beds I do not know one who survived even for a short time. Death came more promptly than is usual in consumption, and yet the other complaints, which will be described presently, though longer and attended with fever, were easily supported and did not prove fatal. For consumption was the worst of the diseases that occurred, and alone was responsible for the great mortality.

In the majority of cases the symptoms were these. Fever with shivering, continuous, acute, not completely intermittimg, but of the semitertian type; remitting during one day they were exacerbated on the next, becoming on the whole more acute. Sweats
ΕΠΙΔΗΜΙΩΝ Α

20 αἰεῖ, οὐ δὲ ὦλου ψύξις ἀκρέων πολλῆ καὶ μόνης ἀναθερμαίνομενα. κοιλίαι ταραχόδεσες χολόδεσειν, ὀλύγοις, ἀκρήτοις, λεπτοίς, δακνώδεσι πυκνὰ ἀνίσταντο. οὗτα ἡ λεπτὰ καὶ ἄχρω καὶ ἄπεπτα καὶ ὀλύγα ἡ πάχος ἔχοντα καὶ σμικρὴν ύπόστασιν, οὐ καλῶς καθιστάμενα, ἀλλ' ὡμῆ τινι καὶ ἀκαίρῳ ύποστάσει. ἐβησσον δὲ σμικρά, πυκνά, πέπονα, κατ' ὀλύγα μόνης ἀνάγοντες. οἷοι δὲ τὰ βιαίωτα συμπίπτοι, οὐδ' ἐσ ὀλύγον πεπασμὸν ἦει, ἀλλὰ διετέλεον ὡμα ττύοντες. φάρυγγες δὲ τοῖσι

30 πλείστοτε τούτων ἐξ ἀρχῆς καὶ διὰ τέλεος ἐπώδυνον εἶχον ἔρευνθος μετὰ φλεγμονής· ῥευματία σμικρά, λεπτά, δριμέα· ταχὺ τηκόμενοι καὶ κακούμενοι, ἀπόσιτοι πάντων γευμάτων διὰ τέλεος, ἄδιψοι· καὶ παράληροι πολλοῖ περὶ θάνατον. περὶ μὲν τὰ φθινόδεα ταῦτα.

III. Κατὰ δὲ θέρος ἦδη καὶ φθινόπωρον πυρετοὶ πολλοὶ συνεχεῖς οὐ βιαῖως, μακρὰ δὲ νοσέουσιν οὐδὲ περὶ τὰ ἄλλα δυσφόρως διάγοισιν ἐγένοντο· κοιλίαι τε γὰρ 1 τοῖσι πλείστοισι πάνω εὐφόρως καὶ οὐδ' ἕξιον λόγον προσεβλαπτον. οὗρα τε τοῖσι πλείστοισιν εὐχρω μὲν καὶ καθαρά, λεπτὰ δὲ καὶ μετὰ χρόνου περὶ κρίσιν πεπαυμόμενα. 

βηχώδεις οὐ λίπην. οὐδ' τὰ βησσόμενα δυσκόλως· οὖδ' ἀπόσιτιν, ἀλλὰ καὶ διδόναι πάνυ ἐνεδέχετο. τὸ μὲν ὦλον ὑπενώσεον, 2 οὐ τὸν φθινόδεα τρόπον

1 γὰρ most MSS.: ταραχώδες V.
2 After ὑπενώσεον the MSS. have οἱ φθινοντες, which Kühlewein deletes.
were continual, but not all over the body. Severe chill in the extremities, which with difficulty recovered their warmth. Bowels disordered, with bilious, scanty, unmixed, thin, smarting stools, causing the patient to get up often. Urine either thin, colourless,¹ unconcocted and scanty, or thick and with a slight deposit, not settling favourably, but with a crude and unfavourable deposit. The patients frequently coughed up small, concocted sputa, brought up little by little with difficulty. Those exhibiting the symptoms in their most violent form showed no concoction at all, but continued spitting crude sputa. In the majority of these cases the throat was throughout painful from the beginning, being red and inflamed. Fluxes slight, thin, pungent. Patients quickly wasted away and grew worse, being throughout averse to all food and experiencing no thirst. Delirium in many cases as death approached. Such were the symptoms of the consumption.

III. But when summer came, and during autumn occurred many continuous but not violent fevers, which attacked persons who were long ailing without suffering distress in any other particular manner; for the bowels were in most cases quite easy, and hurt to no appreciable extent. Urine in most cases of good colour and clear, but thin, and after a time near the crisis it grew concocted. Coughing was slight, and caused no distress. No lack of appetite; in fact it was quite possible even to give food. In general the patients did not sicken, as did the consumptives,

¹ Throughout Epidemics ἄχρως may mean, not merely "without colour," but "of bad colour." It certainly has this meaning in Airs Waters Places, VII, 1. ii. See p. 85.
πυρετοίσι φρικώδεσι, σμικρά ύφιδρούντες, ἄλλοτε ἀλλοίως παροξυνόμενοι πεπλανημένως. 1 ἔκρινε τούτων οἷς τὰ βραχύτατα γίνοιτο περὶ εἰκοστῆν, τοῖς δὲ πλείστοισι περὶ τεσσαρακοστῆν, τολλοῖσι δὲ περὶ τὰς ὁγδοίκοντα. ἔστι δ’ οἷςν οὗτοι οὕτως, ἀλλὰ πεπλανημένως καὶ ἀκρίτως ἔξελιπον τούτων δὲ τοῖς πλείστοισι οὐ πολὺν διαλιπόντες χρόνον ὑπέστρεψαν οἱ πυρετοὶ πάλιν, ἐκ δὲ τῶν ὑποστροφέων ἐν τῷ οὕτω καὶ τῆς εἰκοστῆς περίοδος ἐκρίνοντο. πολλοῖσι δὲ αὐτῶν ἀνήγαγον, ὡστε καὶ ὑπὸ χειμώνα νοσεῖν.

Ἐκ πάντων δὲ τῶν ὑπογεγραμμένων ἐν τῇ καταστάσει ταύτῃ μοῦνοι τοῖς φθινώδεσι βανατόδεα συνέπεσεν ἐπεὶ τοῖς γε ἀλλοίσι πᾶσιν εὐφόρως, καὶ βανατόδεες ἐν τοῖς ἀλλοίσι 20 πυρετοίσιν οὐκ Ἥγινοντο.

κατάστασις δευτέρη

IV. Ἐν Θάσῳ προὶ τοῦ φθινοπώρου χειμώνας οὐ κατὰ καιρὸν, ἀλλὰ ἐξαίφνης ἐν βορείοις καὶ νοτίοις πολλοῖς ύγροῖ καὶ προεκρηγκύμενοι. ταῦτα δὴ ἐγένετο τοιαύτα μέχρι πληθύνοντος δύσιος καὶ ὑπὸ πληθύνα. χειμῶν δὲ βόρειος: ὕδατα πολλά, λάβρα, μεγάλα, χιόνες: μειξαίθρια τὰ πλείστα. ταῦτα δὲ ἐγένετο μὲν πάντα, οὐ λίθῳ δὲ ἀκαίρως τὰ τῶν ψυχέων. ἡδὴ δὲ μεθ’ ἡλίου τροπῶς χειμερινᾶς καὶ ἣνικα ξέφυρος πιείν 10 ἅρχεται, ὅπισθοχειμώνες μεγάλοι, βόρεια πολλά, χιῶν καὶ ὕδατα πολλά συνεχέως, οὐρανὸς λαι-

1 After πεπλανημένως the MSS. have τὸ μὲν ὅλον οὐκ ἐκλειποντες, παροξυνόμενοι δὲ τρισαυφύεα τρόπον, which Kühlewein thinks an interpolation from Chapter VII.
with shivering fevers, but with slight sweats, the paroxysms being variable and irregular. The earliest crisis was about the twentieth day; in most cases the crisis was about the fortieth day, though in many it was about the eightieth. In some cases the illness did not end in this way, but in an irregular manner without a crisis. In the majority of these cases the fevers relapsed after a brief interval, and after the relapse a crisis occurred at the end of the same periods as before. The disease in many of these instances was so protracted that it even lasted during the winter. Out of all those described in this constitution only the consumptives showed a high mortality-rate; for all the other patients bore up well, and the other fevers did not prove fatal.

Second Constitution

IV. In Thasos early in autumn occurred unseasonable wintry storms, suddenly with many north and south winds bursting out into rains. These conditions continued until the setting of the Pleiades and during their season. Winter was northerly; many violent and abundant rains; snows; generally there were fine intervals. With all this, however, the cold weather was not exceptionally unseasonable. But immediately after the winter solstice, when the west wind usually begins to blow, there was a return of severe wintry weather, much north wind, snow and

1 The words omitted by Kühlewein mean "not intermitting altogether, but with exacerbations after the manner of tertians."
λαπώδης καὶ ἐπινέφελος. ταῦτα δὲ συνέτεινε καὶ οὐκ ἀνέιε μέχρι ἵσημερίης· ἔαρ δὲ ψυχρόν, βόρειον, υδατῶδες, ἔπινεφελον. θέρος οὐ λίθω
καυματῶδες ἐγένετο· ἐτησία συνεχέες ἐπνευσαν.
tαχὺ δὲ περὶ ἀρκτοὺρον ἐν βορείοις πολλὰ
πάλιν ύδατα.

V. Γενομένου δὲ τοῦ ἔτεος ὅλου ύγροῦ καὶ ψυχροῦ καὶ βορείου κατὰ χειμῶνα μὲν ύγινῶσ
εἰχον ταῖς πλείστα, πρωὶ δὲ τοῦ ἦρος πολλοὶ τινες
καὶ οἱ πλεῖστοι δήγον ἐπινόσως. ἦρξαντο μὲν
οὖν τὸ πρῶτον ὥθελεν μοίρας, ὀδυνώδες, ἕγαρ
ἀπέπτως: σμικρὰ ημία δυσκόλως πολ-
λοίσιν ἐκρηγγύμενα· τοίσι πλεῖστοισιν ὑπέ-
στρεφον· ἀπέλιπον ὅσε πρὸς τὸ φθινόπωρον.
cata δὲ θέρος καὶ φθινόπωρον δυσεντερώδεις καὶ
tεινεσμοὶ καὶ λειεντερώδεις. καὶ διάρροιαν
χολώδεις, πολλοίσι λεπτοίσιν, ὕμοισι καὶ δακνώ-
desin, ἐστι δ' οἶσι καὶ υδατώδεις. πολλοῖσι δὲ
καὶ περίρροια μετὰ πόνου χολώδεις, υδατώδεις,
ξυσματώδεις, πυώδεις, στραγγωριώδεις· οὐ
υεφριτικά, ἀλλὰ τούτοισιν ἄντ' ἄλλων ἄλλα.
ἐμετοι φλεγματώδεις, χολώδεις καὶ σιτίων
ἀπέπτων ἀναγωγαί. ίδρωτες πάσι πάντοθεν
πολὺς πλάδος. ἐγίνετο δὲ ταῦτα πολλοίσιν
ὁθουστάδην ἀπύροις, πολλοῖσι δὲ πυρετοῖ, περὶ
δὲν γεγράψεται. ἐν οἶσι δὲ ύπεφαινετο πάντα τὰ
ὕπογεγραμμένα, μετὰ πόνου φθινώδεις. ἤδη δὲ
φθινοπώρον καὶ ὑπὸ χειμῶνα πυρετοὶ συνεχέες—
καὶ τισὶν αὐτῶν ὁλίγοις καυσώδεις—ἡμερινοὶ,
νυκτερινοὶ, ἡμιτριταῖοι, τριταῖοι ἄκριβες, τεταρ-
tαῖοι, πλάνητες. ἐκαστοὶ δὲ τῶν ὑπογεγραμ-
μένων πυρετῶν πολλοίσιν ἐγίνοντο.

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copious rains continuously, sky stormy and clouded. These conditions lasted on, and did not remit before the equinox. Spring cold, northerly, wet, cloudy. Summer did not turn out excessively hot, the Etesian winds blowing continuously. But soon after, near the rising of Arcturus, there was much rain again, with northerly winds.

V. The whole year having been wet, cold and northerly, in the winter the public health in most respects was good, but in early spring many, in fact most, suffered illnesses. Now there began at first inflammations of the eyes, marked by rheum, pain, and unconcocted discharges. Small gummy sores, in many cases causing distress when they broke out; the great majority relapsed, and ceased late on the approach of autumn. In summer and autumn dysenteric diseases, tenesmus and lientery; bilious diarrhoea, with copious, thin, crude, smarting stools; in some cases it was also watery. In many cases there were also painful, bilious defluxions, watery, full of thin particles, purulent and causing strangury. No kidney trouble, but their various symptoms succeeded in various orders. Vomitings of phlegm, bile, and undigested food. Sweats; in all cases much moisture over all the body. These complaints in many cases were unattended with fever, and the sufferers were not confined to bed; but in many others there was fever, as I am going to describe. Those who showed all the symptoms mentioned above were consumptives who suffered pain. When autumn came, and during winter, continuous fevers—in some few cases ardent—day fevers, night fevers, semitertians, exact tertians, quartans, irregular fevers. Each of the fevers mentioned found many victims.
VI. Οί μὲν οὖν καῦσοι ἔλαχιστοις τε ἐγένοντο καὶ ἤκιστα τῶν καμψοντων οὔτοι ἐπονήσαν. οὔτε γὰρ ἡμορράγει, εἰ μὴ πάνυ σμικρὰ καὶ ὀλίγοισιν, οὔτε οἱ παράληροι. τά τε ἄλλα πᾶντ᾿ εὐφόρως. ἔκρινε τούτοις πάνω εὐτάκτως, τοῖς πλείστοις σὺν τῇ διαλειπούσησιν ἐν ἐπτακαίδεκα ἤμηρησιν οὔδε ἀποθανόντα οὐδένα οἶδα τότε καῦσῳ οὐδὲ φρενιτικὰ τότε γενόμενα. οί δὲ τριταῖοι πλείους μὲν τῶν καῦσων καὶ ἐπιπουώτεροι εὐτάκτως δὲ τούτοις πᾶσιν ἀπὸ τῆς πρώτης λήψεως τέσσαρας περιόδους· ἐν ἐπτὰ δὲ τελέως ἔκριναν οὔδ’ ὑπέστρεψαν οὐδενὶ τούτων. οἱ δὲ τεταρταῖοι πολλοῖσι μὲν ἐξ ἀρχῆς ἐν τάξει τεταρταίου ἡρξαντο, ἐστὶ δὲ οἷς οὐκ ὀλίγοισιν ἐξ ἄλλων πυρετῶν καὶ νοσημάτων ἀποστάσει τεταρταίοι ἐγένοντο· μακρὰ δὲ καὶ ὡς εἴθισται τούτοις καὶ ἐτί μακρότερα συνέπιπτεν. ἁμφιμερινοὶ δὲ καὶ νυκτερινοὶ καὶ πλάνητες πολλοῖσι πολλοὶ καὶ πολὺν χρόνον παρέμεινον ὀρθοστάδην τε καὶ κατακεμένοις. τοῖς πλείστοις τούτων υπὸ πληνίαδα καὶ μέχρι χειμώνως οἱ πυρετοὶ παρεῖποντο. σπασμοὶ δὲ πολλοῖσι, μᾶλλον δὲ παιδίοις, ἐξ ἀρχῆς καὶ ὑπεπύρρεσσον, καὶ ἐπὶ πυρετοῖσιν ἐγίνοντο σπασμοὶ· χρόνια μὲν τοῖς πλείστοις τούτων, ἀβλαβέα δὲ, εἰ μὴ τοῖς καὶ ἐκ τῶν ἄλλων πάντων ὀλέθριως ἔχουσιν.

VII. Οἱ δὲ δὴ συνεχέες μὲν τὸ ὅλον καὶ οὔδὲν ἐκλείπουσι, παροξυνόμενοι δὲ πάσι τριταιοφυέα
VI. Now the ardent fevers attacked the fewest persons, and these were less distressed than any of the other sick. There was no bleeding from the nose, except very slight discharges in a few cases, and no delirium. All the other symptoms were slight. The crises of these diseases were quite regular, generally in seventeen days, counting the days of intermission, and I know of no ardent fever proving fatal at this time, nor of any phrenitis. The tertians were more numerous than the ardent fevers and more painful. But all these had four regular periods from the first onset, had complete crises in seven, and in no case relapsed. But the quartans, while in many instances they began at first with quartan periodicity, yet in not a few they became quartan by an abscession from other fevers or illnesses.\(^1\) They were protracted, as quartans usually are, or even more protracted than usual. Many fell victims to quotidiens, night fevers, or irregular fevers, and were ill for a long time, either in bed or walking about. In most of these cases the fevers continued during the season of the Pleiades or even until winter. In many patients, especially children, there were convulsions and slight feverishness from the beginning; sometimes, too, convulsions supervened upon fevers. Mostly these illnesses were protracted, but not dangerous, except for those who from all other causes were predisposed to die.

VII. But those fevers which were altogether continuous and never intermitted at all, but in all cases

\(^1\) There are often mixed infections in malaria. If the quartan be one of these, being the longest it outlasts the others. So the disease appears to have turned into a quartan.
τρόπου, μίαν υποκουφίζοντες καὶ μίαν παροξυνόμενου, πάντων βιαίωται τῶν τότε γενόμενων καὶ μακρότατοι καὶ μετὰ πόνων μεγίστων γενόμενοι· πρηέως ἀρχόμενοι, τὸ δ' ὅλον ἐπιδιδόντες αἰεὶ καὶ παροξυνόμενοι καὶ ἀνάγοντες ἔπὶ τὸ κάκιον· σμικρὰ διακουφίζοντες καὶ ταχύ πάλιν ἢ ἐπὶ σπείροντος βιαστέρως παροξυνόμενοι, ἐν κρίσι-μοις ὡς ἔπὶ τὸ πολὺ κακούμενοι. ῥίγεα δὲ πᾶσι μὲν ἀτάκτως καὶ πεπλανημένως ἐγίνετο, ἐλάχιστα δὲ καὶ ἦκιστα τοῦτοις, ἀλλὰ ἐπὶ τῶν ἀλλων πυρετῶν μέζω. ἱδρῶτες πολλοί, τοῦτοις δὲ ἐλάχιστοι, κουφίζοντες οὐδέν, ἀλλὰ ὑπεναντίων βλάβας φερόντες. ψύξις δὲ πολλὴ τοῦτοις ἁκρέων καὶ μόγις ἀναθερμαινόμενα. ἄγρυπνοι τὸ σύνολον καὶ μάλιστα οὔτοι καὶ πάλιν κωματώδεις. κοιλιαὶ δὲ πᾶσι μὲν ταραχόδεις καὶ κακαί, πολὺ δὲ τοῦτοις κάκισται. οὕρα δὲ τοῖς πλείονοις 20 τοῦτον ἢ λεπτὰ καὶ ὦμα καὶ ἄχρω καὶ μετὰ χρόνου σμικρὰ πεπανόμενα κρισίμως ἢ πάχος μὲν ἔχοντα, θολερὰ δὲ καὶ οὐδέν καθιστάμενα, οὐδ' υφιστάμενα, ἢ σμικρὰ καὶ κακὰ καὶ ὦμα τὰ υφιστάμενα· κάκιστα δὲ ταῦτα πάντων. βῆχες δὲ παρεῖποντο μὲν τοῖς πυρετοῖς, γράψαι δὲ οὐκ ἔχω βλάβην οὐδ' ὑφελεῖν γενομένην διὰ βηχὸς 27 τότε.

VIII. Χρόνια μὲν οὖν καὶ δυσχερέα καὶ πάνυ ἀτάκτως καὶ πεπλανημένως καὶ ἀκρίτως τὰ πλείστα τούτων διετέλει γενόμενα καὶ τοῖς πάνω 158
grew worse after the manner of semitertians, with remission during one day followed by exacerbation during the next, were the most severe of all the fevers which occurred at this time, the longest and the most painful. Beginning mildly, and on the whole increasing always, with exacerbation, and growing worse, they had slight remissions followed quickly after an abatement by more violent exacerbations, generally becoming worse on the critical days. All patients had irregular rigors that followed no fixed law, most rarely and least in the semitertians, but more violent in the other fevers. Copious sweats, least copious in the semitertians; they brought no relief, but on the contrary caused harm. These patients suffered great chill in the extremities, which grew warm again with difficulty. Generally there was sleeplessness, especially with the semitertians, followed afterwards by coma. In all the bowels were disordered and in a bad state, but in the semitertians they were far the worst. In most of them urine either (a) thin, crude, colourless, after a time becoming slightly concocted with signs of crisis, or (b) thick enough but turbid, in no way settling or forming sediment, or (c) with small, bad, crude sediments, these being the worst of all. Coughs attended the fevers, but I cannot say that either harm or good resulted from the coughing on this occasion.

VIII. Now the greatest number of these symptoms continued to be protracted, troublesome, very disorderd, very irregular, and without any critical signs, both in the case of those who came very near death

1 I take the pronoun ὁδὺς throughout this chapter to refer to the remittent semitertian, or to sufferers from it.
ΕΠΙΔΗΜΙΩΝ Α

όλεθριως ἔχουσι καὶ τοῖσι μῆ. εἴ γὰρ τινας αὐτῶν καὶ διαλίποι σμικρά, ταχὺ πάλιν ὑπέστρεφεν. ἔστι δ’ οἴσιν ἐκριμένιν αὐτῶν ὄλγοισιν, οἴσι τὰ βραχύτατα γένοιτο, περὶ ὁγδοκόστην ἐοῦσι, καὶ τούτων ἐνίοις ὑπέστρεφεν, ὥστε κατὰ χειμῶνα τοὺς πλείστους αὐτῶν ἐτὶ νοσεῖν. τοῖσι δὲ πλείστοισιν ἀκρίτως ἡξέλειπεν. ὁμοίως δὲ ταῦτα συνέπιπτεν τοῖς περιγινομένοισιν καὶ τοῖσιν οὐ. πολλῆς δὲ τινος γινομένης ἀκρισίας καὶ ποικιλῆς ἐπὶ τῶν νοσημάτων καὶ μεγίστου μὲν σημείον καὶ κακίστον διὰ τέλεος παρεπομένου τοῖσι πλείστοισιν ἀποσίτοις εἶναι πάντων γευμάτων, μάλιστα δὲ τούτων, οἴσι καὶ τάλλα ὀλεθρίως ἔχοι, διψώδεις οὐ λίνη ἀκαίρως ἦσαν ἐπὶ τοῖσι πυρετοῖσι τούτοισι. γενομένων δὲ χρόων μακρῶν καὶ πόνων πολλῶν καὶ κακῆς συντήξιος, ἐπὶ τούτοισιν ἀποστάσιες ἐγίνοντο ἣ μέξους, ὡστε ὑποφέρειν μὴ δύνασθαι, ἢ μείους, ὡστε μηδὲν ὄφελεῖν, ἄλλα ταχὺ πάλινδρομεῖν καὶ συνεπείγειν ἐπί τὸ κάκιον.

IX. Ἡν δὲ τούτοισι τὰ γινόμενα δυσεντεριώδεα καὶ τεύνεσμοι, καὶ λειεντερικοί· καὶ ῥοώδεις. ἔστι δ’ οἴσι καὶ ὑδρωπεῖς μετὰ τούτων καὶ ἄνευ τούτων. ὦ τι δὲ παραγενόντο τούτων βιαιῶς ταχὺ συνήρει, ἢ πάλιν ἐπὶ τὸ μηδὲν ὄφελεῖν. ἔξανθήματα σμικρὰ καὶ οὐκ ἄξιως τῆς περιβολῆς τῶν νοσημάτων καὶ ταχὺ πάλιν ἄφαντόμενα ἢ παρὰ τὰ ὃτα οἰδήματα μωλυνόμενα καὶ οὐδὲν

1 If this be the true reading, and not λειεντερικοὶ, it cannot possibly be an adjective in agreement with τεύνεσμοί, which would give an absurd sense. It must agree with some such word as οἱ νοσόντες.

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and in the case of those who did not. For even if some patients enjoyed slight intermissions, there followed a quick relapse. A few of them experienced a crisis, the earliest being about the eightieth day, some of the latter having a relapse, so that most of them were still ill in the winter. The greatest number had no crisis before the disease terminated. These symptoms occurred in those who recovered just as much as in those who did not. The illnesses showed a marked absence of crisis and a great variety; the most striking and the worst symptom, which throughout attended the great majority, was a complete loss of appetite, especially in those whose general condition exhibited fatal signs, but in these fevers they did not suffer much from unseasonable thirst. After long intervals, with many pains and with pernicious wasting, there supervened abscessions either too severe to be endured, or too slight to be beneficial, so that there was a speedy return of the original symptoms, and an aggravation of the mischief.¹

IX. The symptoms from which these patients suffered were dysenteries and tenesmus, lienteries also and fluxes. Some had dropsies also, either with or without these. Whenever any of these attacked violently they were quickly fatal, or, if mild, they did no good. Slight eruptions, which did not match the extent of the diseases and quickly disappeared again, or swellings by the ears that grew smaller ² and

¹ That is, the abscessions did not carry off the morbid humours, which spread again throughout the system.
² μωλυόμενα would mean "remained crude."

² μωλυόμενα Foces; μη λυόμενα A; μολυνόμενα V.
ΕΠΙΔΗΜΙΩΝ Α

ἀποσημαίνοντα, ἐστὶ δ' οἷς ἐσ ἄρθρα, μάλιστα δὲ κατὰ ἰσχίον, ὀλίγοις κρισίμως ἀπολείποντα καὶ ταχὺ πάλιν ἐπικρατεύμενα ἐπὶ τὴν ἑξ ἄρχης ἔξιν.

Χ. 'Εθνησκον δ' ἐκ πάντων μέν, πλείστοι δ' ἐκ τούτων, καὶ τούτων παίδια, ὅσα ἀπὸ γάλακτος ἦδη, καὶ πρεσβύτερα, ὀκταετέα καὶ δεκαετέα, καὶ ὅσα πρὸ ἡβης. ἐγίνετο δὲ τούτοις ταῦτα οὐκ ἀνευ τῶν πρώτων γεγραμμένων, τὰ δὲ πρῶτα πολλοίσιν ἀνευ τούτων. μοῦν δὲ χρηστὸν καὶ μέγιστον τῶν γενομένων σημείων καὶ πλείστους ἐρρύσατο τῶν ἐόντων ἐπὶ τοῖς μεγίστοις κινδύνοις, οἷς ἐπὶ τὸ στραγγουριῶδες ἐτράπετο καὶ ἐς τοῦτο ἀποστάσιες ἐγίνοντο. συνέπιπτε δὲ καὶ τὸ στραγγουριῶδες τῆς ἡλικίας ταύτης γίνεσθαι μάλιστα. ἐγίνετο δὲ καὶ τῶν ἄλλων πολλοίσιν ὄρθοστάδην καὶ ἐπὶ τῶν νοσημάτων. ταχὺ δὲ καὶ μεγάλῃ τις ἡ μεταβολὴ τούτους πάντων ἐγίνετο. κοιλιά τε γάρ, καὶ εἰ τύχοιεν ἐφυγραμμόμεναι κακοήθεα τρόπον, ταχὺ συνιστάντο, γεύμασιν τε πᾶσιν ἤδεως εἶχον, οὐ τε πυρετοὶ πρῆσες μετὰ ταῦτα. χρόνια δὲ καὶ τούτοις τὰ περὶ τὴν στραγγούριην καὶ ἐπιυπόνως.

οὕρα δὲ τούτους ἦς πολλὰ παχέα καὶ ποικίλα καὶ ἑρυθρά, μειξότα μετ᾽ ὀδύνης. περιεγένοντο δὲ πάντος οὕτω, καὶ οὐδένα τούτων οἶδα ἀπὸ-

θανόντα.

XI. "Ὅσα διὰ κινδύνων, πεπασμοῖς τῶν ἀπιόντων πάντας πάντοθεν ἐπικαίρους ἢ καλὰς καὶ κρισίμους ἀποστάσιας σκοπεῖσθαι. πεπασμοὶ
tαχυτήτα κρίσιος καὶ ἀσφάλειαν ὑγιείας σημαί-
signified nothing, in some cases appearing at the joints, especially the hip-joint, in few instances leaving with signs of crisis, when they quickly re-established themselves in their original state.

X. From all the diseases some died, but the greatest number from these fevers, especially children—those just weaned, older children of eight or ten years, and those approaching puberty. These victims never suffered from the latter symptoms without the first I have described above, but often the first without the latter. The only good sign, the most striking that occurred, which saved very many of those who were in the greatest danger, was when there was a change to strangury, into which abscessions took place. The strangury, too, came mostly to patients of the ages mentioned, though it did happen to many of the others, either without their taking to bed or when they were ill. Rapid and great was the complete change that occurred in their case. For the bowels, even if they were perniciously loose, quickly recovered; their appetite for everything returned, and hereafter the fever abated. But the strangury, even in these cases, was long and painful. Their urine was copious, thick, varied, red, mixed with pus, and passed with pain. But they all survived, and I know of none of these that died.

XI. In all dangerous cases you should be on the watch for all favourable coctions of the evacuations from all parts, or for fair and critical abscessions. Coctions signify nearness of crisis and sure recovery

1 It is not clear to what πάντων and τοῦτων refer. Probably πάντων refers to all the semitertians, and τοῦτων to the special type of them described in Chapter IX.
νουσιν, ὡμᾶ δὲ καὶ ἀπεπτα καὶ ἐς κακὰς ἀποστάσιας τρεπόμενα ἀκρισίας ὁ πόνους ὁ χρόνους ὁ θανάτους ὁ τῶν αὐτῶν ὑποστροφάς. ὁ τὶ δὲ τούτων ἔσται μάλιστα, σκεπτέον εἷς ἄλλων. λέγειν τὰ προγενόμενα, γινώσκειν τὰ παρεόντα, προλέγειν τὰ ἐσόμενα: μελετάν ταῦτα. ἀσκείν περὶ τὰ νοσήματα δύο, ὁφελεῖν ἡ μὴ βλάπτειν. ᾗ τέχνη διὰ τριῶν, τὸ νόσημα καὶ ὁ νοσέων καὶ ὁ ἰητρός· ὁ ἰητρὸς ὑπηρέτης τῆς τέχνης· ὑπεναντιοῦσθαι τὸ νοσήματος τῶν νοσέοντα μετὰ τοῦ ἰητροῦ.

XII. Τὰ περὶ κεφαλῆς καὶ τράχηλου ἁλγήματα καὶ βάρεα μετ’ ὀδύνης ἀνεν πυρετῶν καὶ ἐν πυρετοῖσιν, φρενιτικοῖσι μὲν σπασμοί, καὶ ἰώδεα ἐπανεμέδωσιν, ἐνοὶ ταχυθανατοὶ τούτων. ἐν καύσοις δὲ καὶ τοῖς ἄλλοις πυρετοῖσι, οἴσι μὲν τραχήλου πόνος καὶ κροτάφων βάρος καὶ σκοτώδεα περὶ τὰς ὀψιας καὶ ὑποχονδρίου σύντασις οὐ μετ’ ὀδύνης γίνεται, τούτωσιν αἱμορραγεῖ διὰ ῥινῶν· οἴσι δὲ βάρεα μὲν ὅλης τῆς κεφαλῆς, καρδιώγμοι δὲ καὶ ἁσῶδεῖς εἰσιν, ἐπανεμένουσιν χολόωδεα καὶ φλεγματώδεα. τὸ πολὺ δὲ παῖδοισιν ἐν τοῖς τοιοῦτοισιν οἱ σπασμοῖ μάλιστα, γυναιξὶ δὲ καὶ ταῦτα καὶ ἀπὸ υστερέων πόνοι, πρεσβυτέροις δὲ καὶ ὅσοις ἡδή τὸ θερμὸν κρατεῖται, παραπληγικὰ ἡ μανικὰ ἡ στερησίες ὄφθαλμῶν.

κατάστασις τρίτη

XIII. Ἐν Θάσῳ πρὸ ἀρκτούρου ὁλίγον καὶ ἐπ’ ἀρκτούρου ὑδατα πολλὰ μεγάλα ἐν βορείοις. περὶ δὲ ἰσημερίην καὶ μέχρι πληνάδος νότια
of health, but crude and unconcocted evacuations, which change into bad abscessions, denote absence of crisis, pain, prolonged illness, death, or a return of the same symptoms. But it is by a consideration of other signs that one must decide which of these results will be most likely. Declare the past, diagnose the present, foretell the future; practise these acts. As to diseases, make a habit of two things—to help, or at least to do no harm. The art has three factors, the disease, the patient, the physician. The physician is the servant of the art. The patient must co-operate with the physician in combating the disease.

XII. Pains about the head and neck, and heaviness combined with pain, occur both without and with fever. Sufferers from phrenitis have convulsions, and eject verdigris-coloured vomit; some die very quickly. But in ardent and the other fevers, those with pain in the neck, heaviness of the temples, dimness of sight, and painless tension of the hypochondrium, bleed from the nose; those with a general heaviness of the head, cardialgia, and nausea, vomit afterwards bile and phlegm. Children for the most part in such cases suffer chiefly from the convulsions. Women have both these symptoms and pains in the womb. Older people, and those whose natural heat is failing, have paralysis or raving or blindness.

Third Constitution

XIII. In Thasos a little before and at the season of Arcturus many violent rains with northerly winds. About the equinox until the setting of the Pleiades
ophysata oliga. cheimonov boreios, authmoi,ypsyexe, pneumata megalna, xionves. peri de isomerian cheimwnies megiystoi. ear boreiou, authmoi, ophysata oliga, psyexe. peri de ilioi tropas therian odata oliga, megalna psyexe mekri kuvos eplesias.1 metad de kiva mekri arktoyn theros thermon:

kaumata megalna kai ouk ek prosoavgis, alla sunexea kai biaia. udor ouk egenveto. etosiai eptneusav. peri arkoyn ophysata nitia mekri

ISOHMERIES.

XIV. 'En tis katastasei taute kata cheimovna men herxant paraapleniai kai polloisiv egynvito, kai tines auton evthnikov dia tachewn kai gar allous to vosoma eptidymov hyn tada ali dietelevon anosoi. proi de toun heros herxanto kauso kai dietelevon mekri isomerian kai prros to theros. osoi men oun heros kai theres arxamenv autika vosiein herxanto, oi pleistoi diesfozontos, oliga de tines evthnikov. hde de toun fthivopworou kai tov ophysatov evnomenvo thanaatodes hasan kai pleious apolllyanto.

'Hen de ta padoimatow tov kaouw, oisi men kalos kai daphielos ek riono a Moorraghisa,2 dia toouton malista sofzesthai, kai oudena oida, ei kalos a Moorraghisa,3 en tis katastasei taute apobaionta. Philisko gar kai Empaeinov kai Silnfo tetartaiw kai peumptaiw smikron atopo riono estahven atopethanov. oj men oun pleistoi tov vosiosaitov peri krisin epperigoun kai

1 I suspect the MSS. reading, as odata and psyexe can scarcely be the subjects of eplesias. I think that eplesias 166
slight, southerly rains. Winter northerly, droughts, cold periods, violent winds, snow. About the equinox very severe storms. Spring northerly, droughts, slight rains, periods of cold. About the summer solstice slight showers, periods of great cold until near the Dog Star. After the Dog Star, until Arcturus, hot summer. Great heat, not intermittent but continuous and severe. No rain fell. The Etesian winds blew. About Arcturus southerly rains until the equinox.

XIV. In this constitution during winter began paralyses which attacked many, a few of whom quickly died. In fact, the disease was generally epidemic. In other respects the public health continued good. Early in spring began ardent fevers which continued until the equinox and on to summer. Now those who began to be ill at once, in spring or the beginning of summer, in most cases got well, though a few died; but when autumn and the rains came the cases were dangerous, and more died.

As to the peculiarities of the ardent fevers, the most likely patients to survive were those who had a proper and copious bleeding from the nose, in fact I do not know of a single case in this constitution that proved fatal when a proper bleeding occurred. For Philiscus and Epaminon and Silenus, who died, had only a slight epistaxis on the fourth and fifth days. Now the majority of the patients had rigors near the

either is part of a gloss, or has replaced a verb meaning "persisted."

2 αἰμορραγήσας Κühlewein: αἰμορραγήσας Α V.
3 αἰμορραγήσας Κühlewein: αἰμορραγήσας Α: αἰμορραγήσει V.
μάλιστα οἰσι μὴ αἴμορραγήσαι.¹ ἐπερρίγουν δὲ 20  ἡ καὶ ² οὐτοί καὶ ἐφίδρουν.

ΧV. "Εστὶ δὲ οἰσιν ἱκτεροι εἴκταιοι, ἀλλὰ 21  τούτοις ἡ κατὰ κύστιν κάθαρσις ἡ κοιλή ἐκταρα—
χθεῖσα ὕφελει ἡ δαψιλῆς αἴμορραγῆ, οἴον Ἡρακλείδη, ὃς κατέκειτο παρὰ Ἀριστοκύδει. 22  καίτοι τούτῳ καὶ ἐκ ῥινῶν ἕμορράγησε καὶ ἡ 23  κοιλή ἑπεταράχθη, καὶ κατὰ κύστιν ἑκαθήρατο—
ἐκρίθη εἰκοστάιος. οὐχ οἴον ὁ Φαναγόρεως οἰκέτης, 24  ὃ οὐδὲν τούτων ἐγένετο ἀπέθανεν. ἕμορράγει 25  δὲ τοῖς πλείστοισι, μάλιστα δὲ μειρακίοισι καὶ 26  ἀκμάζουσι, καὶ ἔθυμσκον πλείστοι τούτων, οἴσι 27  μὴ αἴμορραγήσαι.³ πρεσβυέροις δὲ ἐς ἱκτέρους 28  ἡ κοιλίαι ταραχώδεις, οἴον Βίων τῷ παρὰ 29  Σιληνοῦ κατακειμένῳ. ἐπεδήμησαν δὲ καὶ δυσ—
ευερία κατὰ θέρος, καὶ τις καὶ τῶν διανοη—
σάντων, οἴσι καὶ αἴμορραγαί ἐγένοντο, ἐς 30  δυσευερίωδεα ἑτελεύτησεν, οἴον τῷ Ἐράτωνος 31  παιδί καὶ Μύλλων πολλῆς αἴμορραγῆς γενομένης 32  ἐς δυσευερίωδεα κατέστη περιεγένοντο.

Πολὺς μὲν οὖν μάλιστα οὐτοὶ ὁ χυμὸς ἐπε—
πόλασεν, ἐπεὶ καὶ οὐσὶ περὶ κρίσιν οὐχ ἕμορ—
ράγησεν, ἀλλὰ παρὰ τὰ ὁτα ἑπαναστάντα 34  ἱφανίσθη—τούτων δὲ ἀφανισθέντων παρὰ τὸν 35  κενεδῶνα βάρος τὸν ἀριστερὸν καὶ ἐς ἄκρον ἵσχιον 36  —ἀλγήματος μετὰ κρίσιν γενομένου καὶ οὐρων 37  λεπτῶν διεξόντων, αἴμορραγεῖν σμικρὰ ἤρξατο 38  περὶ τετάρτην καὶ εἰκοστήν, καὶ ἐγένοντο ἐς

1 aἴμορραγήσαι Kühlewein: aἴμορραγῆσαι A: aἴμορραγησει V.
2 καὶ before οὐτοὶ is contrary to the sense. One MS. (D) omits it. Galen read οἱ αὐτὸς for καὶ οὐτοὶ. The omission of καί is the simplest remedy.

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crisis, especially such as had no epistaxis, but these had sweats also as well as rigors.

XV. Some had jaundice on the sixth day, but these were benefited by either a purging through the bladder or a disturbance of the bowels or a copious hemorrhage, as was the case with Heraclides, who lay sick at the house of Aristocycles. This patient, however, who had a crisis on the twentieth day, not only bled from the nose, but also experienced disturbance of the bowels and a purging through the bladder. Far otherwise was it with the servant of Phanagoras, who had none of these symptoms, and died. But the great majority had hemorrhage, especially youths and those in the prime of life, and of these the great majority who had no hemorrhage died. Older people had jaundice or disordered bowels, for example Bion, who lay sick at the house of Silenus. Dysenteries also were general in summer, and some too of those who had fallen ill, and also suffered from hemorrhage, finally had dysentery; for example, the slave of Erato and Myllus, after copious hemorrhage, lapsed into dysentery. They recovered.

This humour,¹ then, especially was in great abundance, since even those who had no hemorrhage near the crisis, but swellings by the ears which disappeared—and after their disappearance there was a heaviness along the left flank up to the extremity of the hip—after the crisis had pain and passed thin urine, and then began to suffer slight hemorrhage about the twenty-fourth day, and

¹ That is, blood.

³ αἷμορραγήσαι Kühlewein: αἵμορραγήσαι AV; ἥμορράγησεν Λ⁴.
αἱμορραγίην ἀποστάσιας. Ἀντιφόντι Κριτο-
βούλου ἀπεπαύσατο καὶ ἑκρίθη τελέως περὶ
tεσσαρακοστῆν.

XVI. Γυναίκες δὲ ἐνόσησαν μὲν πολλαῖ, ἐλάσ-
σους δὲ ἡ ἀνδρεῖς καὶ ἑθνησκον ἦσσουν. ἐδυστόκεοι
δὲ αἱ πλείσται καὶ μετὰ τοὺς τόκους ἐπενόσεον,
καὶ ἑθνησκον αὐταί μάλιστα, οἷον ἡ Τελεβούλου
θυγάτηρ ἀπέθανεν ἐκταῖς ἐκ τόκου. τῇς μὲν
οἷς πλείστης εὖ τοῖς πυρετοῖς γυναίκεια
ἐπεφαίνετο καὶ παρθένοις πολλῆς τότε πρῶτον
ἐγένετο. ἔστι δ’ ἦσσιν ἡμορράγησεν ἐκ ῥινῶν. ¹
ἔστι δ’ ὅτε καὶ ἐκ ῥινῶν καὶ τὰ γυναίκεια τῆς

10 αὐτῆς ἐπεφαίνετο, οἷον τῇ Δαιθάρσεος θυγατρὶ
παρθένῳ ἐπεφάνη τότε πρῶτον καὶ ἐκ ῥινῶν
λάβρον ἐρρήνη, καὶ οὐδεμιᾶν οἶδα ἀποθανόουσαν,
ἵνα τούτων τί καλῶς γένοιτο. ἦσι δὲ συνεκύρης
ἐν γαστρὶ ἐχούσης νοσῆσαι, πᾶσαι ἀπέφθειραν,
ὡς καὶ ἐγὼ οἶδα.

XVII. Οὔρα δὲ τοῖς πλείστοις εὔχρω μὲν,
λεπτὰ δὲ καὶ ὑποστάσιας ὅλιγας ἔχοντα, κοιλία
δὲ ταραχόδεες τοῖς πλείστοις διαχωρήμασι
λεπτοῦσι καὶ χολώδεσι. πολλοῖς δὲ τῶν ἄλλων
κεκριμένων ἐς δυσεντερίας ἐπελεύστα, οἷον Ξενο-
φάνει καὶ Κριτία. οὔρα δὲ ὑδατόδεα πολλὰ
καθαρὰ καὶ λεπτὰ καὶ μετὰ κρίσιν καὶ ὑπο-
στάσιος καλῆς γενομένης καὶ τῶν ἄλλων καλῶς
κεκριμένων ἀναμνήσομαι οἶς ἐγένετο. Βίωνι, ὃς
κατέκειτο παρὰ Σιληνῶν, Κριτίδι ² τῇ παρὰ
Ξενοφάνεος, Ἀρέτωνος παιδί, Μνησιστράτου
γυναικ. μετὰ δὲ δυσεντεριώδεις ἐγένοντο οὕτοι
πάντες.

Περὶ δὲ ἀρκτοῦρον ἐνδεκαταϊοὶς πολλοῖσιν

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abscessions into hemorrhage occurred. In the case of Antipho, son of Critobulus, the illness ceased and came to a complete crisis about the fortieth day.

XVI. Though many women fell ill, they were fewer than the men and less frequently died. But the great majority had difficult childbirth, and after giving birth they would fall ill, and these especially died, as did the daughter of Telebulus on the sixth day after delivery. Now menstruation appeared during the fevers in most cases, and with many maidens it occurred then for the first time. Some bled from the nose. Sometimes both epistaxis and menstruation appeared together; for example, the maiden daughter of Daitharses had her first menstruation during fever and also a violent discharge from the nose. I know of no woman who died if any of these symptoms showed themselves properly, but all to my knowledge had abortions if they chanced to fall ill when with child.

XVII. Urine in most cases was of good colour, but thin and with slight sediments, and the bowels of most were disordered with thin, bilious excretions. Many after a crisis of the other symptoms ended with dysentery, as did Xenophanes and Critias. I will mention cases in which was passed copious, watery, clear and thin urine, even after a crisis in other respects favourable, and a favourable sediment: Bion, who lay sick at the house of Silenus, Cratis, who lodged with Xenophanes, the slave of Areto, and the wife of Mnesistratus. Afterwards all these suffered from dysentery.

About the season of Arcturus many had crisis on

1 MSS. place ἐστι δ' ἡσυ . . . ῥινῶν after ἐπεφαίνετο. The words were first transposed by Ermerins.

2 Κράτιδο Meineke: Κρατίγ V: Κρατιάτη Α.
ἔκρινε καὶ τούτοις υminating ψυχῆς των γνώμων εὐποροκρατοῦσα ἡσαν δὲ καὶ κωματώδες περὶ τῶν χρόνων τούτων, πλείω δὲ παιδία, καὶ ἔθυμσκον ἥκιστα οὕτωι πάντων.

XVIII. Περὶ δὲ ἱσημερίην καὶ μέχρι πληώδος καὶ ὑπὸ χειμῶνα παρείπουντο μὲν οὶ καῦσοι, ἀτὰρ καὶ οἱ φρευτικοὶ τηνικαίτα πλεῖστοι ἐγένοντο καὶ ἔθυμσκον τούτων οἱ πλείστοι. ἐγένοντο δὲ καὶ κατὰ θέρος ὀλίγοι. τοῖσι μὲν οὖν καυσώδεσιν ἄρχομενοις ἐπεσήμαινεν, οἰσὶ τὰ ὀλέθρια συνεπιττεν ἀυτίκα γὰρ ἄρχομενοις πυρετὸς ὡς, σμικρὰ ἐπερρίγουν, ἀγρυπνοί,1 διψώδεσι, ἀσώδεσι, σμικρὰ ἐφίδρουν περὶ μέτωπον καὶ κληδας, οὐδεὶς δὲ ὀλος, πολλὰ παρέλεγον, φόβοι, δυσθυμίαι, ἀκρεα περίψυχρα, πόδες ἄκροι, μάλλον δὲ τὰ περὶ χείρας: οἱ παροξυσμοὶ ἐν ἀρτίῃσι τοῖσι δὲ πλεῖστοις τεταρταίοισιν οἱ πόνοι μέγιστοι καὶ ἱδρώς ἐπὶ πλεῖστον ὑπόψυχρος καὶ ἁκρεα οὐκ ἐπὶ ἀνεθερμαίοντο, ἀλλὰ πελιδάνα καὶ ψυχρά, οὐδὲ ἐδυσγόν ἐπὶ τούτοις οὐρα τούτως ὀλίγα, μέλανα, λεπτὰ καὶ κοιλία ἐφισταυτο. οὐδὲ ἡμορράγησεν ἐκ μινῶν οὐδενί, οἰσὶ ταῦτα συμπίπτον, ἀλλὰ ἡ σμικρὰ ἔσταξεν οὐδὲ ἐστὶ υποστροφήν οὐδενὶ τούτως ἠλθεύει, ἀλλ' ἐκταῖοι ἀπέθυμσκον σὺν ἱδρώτι. τοῖσι δὲ φρευτικοὶσυ συνεπιττε μὲν καὶ τὰ υπογεγραμμένα πάντω, ἔκρινε δὲ τούτοις ως ἐπὶ τὸ πολὺ ἐνδεκαταιοίσιν: ἐστὶ δ' οἰσὶ καὶ εἰκοσταῖοι, οἰσὶν οὐκ εὔθυς 2 ἐξ ἀρχῆς ἡ φρευτίς ἡξατο ἡ 3 περὶ τρίτην ἡ τετάρτην ἡμέρην, ἀλλὰ μετρίως ἔχουσιν ἐν τῷ

1 After ἀγρυπνοί: Galen adds ἀδύμονες.
the eleventh day, and these did not suffer even the normal relapses. There were also comatose fevers about this time, usually in children, and of all patients these showed the lowest mortality.

XVIII. About the equinox up to the setting of the Pleiades, and during winter, although the ardent fevers continued, yet cases of phrenitis were most frequent at this time, and most of them were fatal. In summer, too, a few cases had occurred. Now the sufferers from ardent fever, when fatal symptoms attended, showed signs at the beginning. For right from the beginning there was acute fever with slight rigors, sleeplessness, thirst, nausea, slight sweats about the forehead and collar-bones, but in no case general, much delirium, fears, depression, very cold extremities, toes and hands, especially the latter. The exacerbations on the even days; but in most cases the pains were greatest on the fourth day, with sweat for the most part chilly, while the extremities could not now be warmed again, remaining livid and cold; and in these cases the thirst ceased. Their urine was scanty, black, thin, with constipation of the bowels. Nor was there hemorrhage from the nose in any case when these symptoms occurred, but only slight epistaxis. None of these cases suffered relapse, but they died on the sixth day, with sweating. The cases of phrenitis had all the above symptoms, but the crises generally occurred on the eleventh day. Some had their crises on the twentieth day, namely those in whom the phrenitis did not begin at first, or began about the third or fourth day, but

\[2 \text{ ov} \kappa \epsilon \iota \delta \upsilon \upsilon \text{ Kühlewein}; \epsilon \iota \delta \upsilon \upsilon \text{ ovk most MSS.; } \alpha \iota \sigma \iota \upsilon \ldots . \mu \epsilon \tau \epsilon \iota \pi \epsilon \sigma \sigma \epsilon \nu \text{ omitted by AV.} \]

\[8 \text{ } \chi \text{ added by Kühlewein.} \]
πρώτω χρόνῳ περὶ τῆν ἐβδόμην ἐς δεξύτητα τὸ νόσημα μετέπεσεν.

Χ. Πλήθος μὲν οὖν τῶν νοσημάτων ἐγένετο. ἐκ δὲ τῶν καμαόντων ἀπέθνησκον μάλιστα μειράκια, νέοι, ἀκμάζοντες, λείοι, ὑπολευκόχρωτες, ἰθύτριχες, μελανότριχες, μελανόθηλαμοι, οἱ εἰκῆ καὶ ἐπὶ τὸ ῥάθυμον βεβιωκότες, ἵσχυόφωνοι, τρη-χύφωνοι, τραυλοὶ, ὄργάιοι. καὶ γυναικὲς πλείσται ἐκ τούτων τοῦ εἴδεος ἀπέθνησκον. ἐν δὲ ταύτῃ τῇ καταστάσει ἐπὶ σημείων μάλιστα τεσσάρων διεσώζοντο: οἶσι γὰρ ἢ διὰ ρινῶν καλῶς αἰμορραγήσαι 1 ἢ κατὰ κυστὶν οὐρὰ πολλὰ καὶ πολλὰν καὶ καλὴν ὑπόστασιν ἤχουτα ἠλθοὶ ἢ κατὰ κοιλίην ταραχώδεα χολόδεσιν ἐπικαίρως, ἢ δυσεντρεικοὶ γενοιατό. πολλοὶ δὲ συνέπιπτε μὴ ἐφ’ ἐνὸς κρίνοσθαι τῶν ὑπογεγραμμένων σημείων, ἀλλὰ διεξιέναι διὰ πάντων τοῦτο πλείστοις καὶ δοκεῖν μὲν ἔχειν ὀχληροτέρως: διεσώζοντο δὲ πάντες, οἰσι ταῦτα συμπίπτον. γυναῖξι δὲ καὶ παρθένοις συνέπιπτε μὲν καὶ τὰ ὑπογεγραμμένα σημεία πάντα, ὑσι δὲ ἢ τούτων τι καλῶς γένοιτο ἢ τὰ γυναικεῖα δαφιλεῖς ἐπιφανεῖς, διὰ τούτων ἐσώζοντο καὶ ἔκρινε, καὶ οὐδεμίαν οἶδα ἀπολομένην, ὑσι τούτων τι καλῶς γένοιτο. Φίλωνος γὰρ θυγάτηρ, 2 ἐκ ρινῶν λάβρου ἐρρύη, ἐβδομαίη ἐοῦσα ἐδεῖτησεν ἀκαρποτέρως: ἀπέθανεν.

Οἶσιν ἐν πυρετοῖσιν ἡξέσι, μᾶλλον δὲ καυσώδεσιν, ἀέκουσιν διάκρινα παραρρεῖ, τούτοισιν ἀπὸ ρινῶν αἰμορραγήν προσδέχεσθαι, ἤν καὶ τάλλα

1 αἰμορραγήσαι Kühlewein: αἰμορραγήσαi V: ἕμορράγησεν A, with en in lltura.
though these fared tolerably at the beginning, yet the disease assumed an acute form about the seventh day.

XIX. Now the number of illnesses was great. And of the patients there died chiefly striplings, young people, people in their prime, the smooth, the fair-skinned, the straight-haired, the black-haired, the black-eyed, those who had lived recklessly and carelessly, the thin-voiced, the rough-voiced, the lispers, the passionate. Women too died in very great numbers who were of this kind. In this constitution there were four symptoms especially which denoted recovery:—a proper hemorrhage through the nostrils; copious discharges by the bladder of urine with much sediment of a proper character; disordered bowels with bilious evacuations at the right time; the appearance of dysenteric characteristics. The crisis in many cases did not come with one only of the symptoms described above, but in most cases all symptoms were experienced, and the patients appeared to be more distressed; but all with these symptoms got well. Women and maidens experienced all the above symptoms, but besides, whenever any took place properly, and whenever copious menstruation supervened, there was a crisis therefrom which resulted in recovery; in fact I know of no woman who died when any of these symptoms took place properly. For the daughter of Philo, who died, though she had violent epistaxis, dined rather unseasonably on the seventh day.

In acute fevers, more especially in ardent fevers, when involuntary weeping occurs, epistaxis is to be

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2 After θυγατηρ Kühlewein adds ἤ.
διεθρίως μὴ ἔχωσιν, ἐπεὶ τοῦτο γε φλαύρως ἔχουσιν οὐχ οἷος ἀιμορραγήν, ἀλλὰ θάνατον
30 σημαίνει.¹

XX. Τὰ παρὰ τὰ ὅτα ἐν πυρετοῖσιν ἔπαιρομενα μετ’ ὀδύνης ἔστιν οἷοι ἐκλείποντος τοῦ πυρετοῦ κρισίμως οὐτε καθίστατο οὐτε ἔξεπυει: τούτοις διάρροιαι χολωδέων ἢ δυσεντερῆ ἢ παχέων οὐρων ὑπόστασις γενομένη ἐλυσεν, οἰον 'Ερμίππῳ τῷ Κλαζομενίῳ. τὰ δὲ περὶ τὰς κρίσιας, ἡ ὁμοία ἢ ἀνομοία, οἷον οἱ δύο ἀδελφοί, οἱ ἢρξαντο ὁμοῖ τὴν αὐτὴν ὄρνην: κατέκειτο παρὰ τὸ θέρετρον Ἑπιγένεος.²

10 τούτων τῷ πρεσβυτέρῳ ἔκρινεν ἑκταῖῳ, τῷ δὲ νεωτέρῳ ἐβδομαίῳ. ὑπεστρεψεν ἀμφοτέροισιν ὁμοὶ τὴν αὐτὴν ὄρην καὶ διέλιπεν ἡμέρας πέντε. ἐκ δὲ τῆς ὑποστροφῆς ἔκριθα ἀμφοτέροισιν ὁμοὶ τὸ σύμπαν ἐπτακαιδεκαταῖοισιν. ἔκρινε δὲ τοῖς πλείστοισιν ἑκταῖοις. διελείπεν ἐξ. ἐκ δὲ τῶν ὑποστροφέων ἔκρινε πεμπταῖοι. οἴοι δ' ἔκρινεν ἐβδομαίοις, διελείπεν ἐπτά. ἐκ δὲ τῆς ὑποστροφῆς ἔκρινε τριταῖοι. οἴοι δ' ἔκρινεν ἐβδομαίοις, διαλείποντα τρεῖς ἐκρίνεν ἐβδομαίοις. οἴοι δ' ἔκρινεν ἑκταῖοις, διαλείποντα ἐξ ἐλάμβανε τρισίν, διελείπε μίαν, μίαν ἐλάμβανεν ἔκρινεν, οἴοιν Ἐυάγοντι τῷ Δαιθάρσεος. οἴοι δ' ἔκρινεν ἑκταῖοις, διελείπεν ἐπτά, ἐκ δὲ τῆς ὑποστροφῆς ἔκρινε τετάρτη, οἴον τῇ 'Αγλαίδου θυγατρί. οἱ μὲν οὖν πλείστοι τῶν νοσησάντων ἐν τῇ καταστάσει ταύτῃ τούτῳ τῷ τρόπῳ διενόησαν, καὶ

¹ Ermerins would omit οἴοιν to σημαίνει.
² After Ἑπιγένεος the MSS. add ἀδελφοῖ.
expected if the patient have no fatal symptoms besides; for when he is in a bad way such weeping portends not hemorrhage but death.

XX. The painful swellings by the ears in fevers in some cases neither subsided nor suppurated when the fever ceased with a crisis. They were cured by bilious diarrhoea, or dysentery, or a sediment of thick urine such as closed the illness of Hermippus of Clazomenae. The circumstances of the crises, from which too I formed my judgments, were either similar or dissimilar; for example, the two brothers, who fell sick together at the same time, and lay ill near the bungalow of Epigenes. The elder of these had a crisis on the sixth day, the younger on the seventh. Both suffered a relapse together at the same time with an intermission of five days. After the relapse both had a complete crisis together on the seventeenth day. But the great majority had a crisis on the sixth day, with an intermission of six days followed by a crisis on the fifth day after the relapse. Those who had a crisis on the seventh day had an intermission of seven days, with a crisis on the third day after the relapse. Others with a crisis on the seventh had an intermission of three days, with a crisis on the seventh day after the relapse. Some who had a crisis on the sixth day had an intermission of six and a relapse of three, an intermission of one and a relapse of one, followed by a crisis; for example, Euagon the son of Daitharses. Others with a crisis on the sixth had an intermission of seven days, and after the relapse a crisis on the fourth; for example, the daughter of Aglaïdas. Now most of those who fell ill in this constitution went through their illness in this manner, and none of
οὐδένα οἶδα τῶν περιγενομένων, ὡςιν οὐχ ὑπέστρεψαν αἱ κατὰ λόγον ὑποστροφαὶ γενόμεναι, καὶ διεσώζοντο πάντες, οὐς κἀγὼ οἶδα, οἶσιν αἱ ὑποστροφαὶ διὰ τοῦ εἴδεος τούτου γενοίατο. οὐδὲ τῶν διανοησάντων διὰ τούτου τοῦ τρόπου οὐδενὶ

32 οἶδα ὑποστροφῆν γενομένην πάλιν.

XXI. Ἔθνησκοι δὲ τοῖσι νοσήμασι τούτοις οἱ πλείστοι ἐκταίοι, οἴον Ἐπαμεινώνδας καὶ Σιληνὸς καὶ Φιλίσκος ὁ Ἀνταγόρεως. οἴσι δὲ τὰ παρὰ τὰ ὅτα γενοίατο, ἐκρίνε μὲν εἰκοσταίοις, κατέσβη δὲ πᾶσι καὶ οὐκ ἐξεπτύσσεν, ἀλλ' ἐπὶ κῦστιν ἐτράπετο. Κρατιστώνακτί, ὁς παρ' Ἰρακλεὶ ὦκει, καὶ Σκύμνου τοῦ γναφέως θεραπαίνῃ ἐξεπτύσσεν ὑπέθανον οἴσι δ' ἐκρίμεν ἐβδομαίοις, διέλειπεν ἐννέα, ὑπέστρεφεν, ἐκρίμεν ἐκ τῆς ὑποστροφῆς τεταρταίοις — Παντάκλεῖ, ὃς ὦκει παρὰ Διονύσιον —. οἴσι δ' ἐκρίμεν ἐβδομαίοις, διέλειπεν ἐξ' ὑποστροφῆς ἐκ δὲ τῆς ὑποστροφῆς ἐκρίμεν ἐβδομαίοις — Φανοκρίτῳ, ὃς κατέκειτο

14 παρὰ Γνάθων τῷ γναφεὶ.

XXII. Ἄπτο δὲ χειμῶνα περὶ ἦλιον τροπᾶς χειμερινᾶς καὶ μέχρι ἱσημερίης παρέμενοι μὲν καὶ οἱ καύσοι καὶ τὰ φρενιτικα, καὶ Ἐθνησκον πολλοί αἱ μέντοι κρίσεις μετέπεσον, καὶ ἐκρίνε τοῖσι πλείστοισιν ἐξ ἀρχῆς πεμπταῖοισι, διέλειπε τέσσαρας, ὑπέστρεφεν, ἐκ δὲ τῆς ὑποστροφῆς ἐκρίνε πεμπταῖοισι, τὸ σύμπαν τεσσαρεσκαί- δεκαταίοις. ἐκρίνε δὲ παίδιοισιν οὕτω τοῖσι πλείστοισιν, ἀτὰρ καὶ πρεσβυτέροισιν. ἔστι δὲ

1 Here some editors would add οἴον.
those who recovered, so far as I know, failed to suffer the relapses which were normal in these cases, but all, so far as I know, recovered if their relapses took place after this fashion. Further, I know of none who suffered a fresh relapse after going through the illness in the manner described above.

XXI. In these diseases most died on the sixth day, as did Epaminondas, Silenus and Philiscus the son of Antagoras. Those who had the swellings by the ears had a crisis on the twentieth day, but these subsided in all cases without suppuration, being diverted to the bladder. There were two cases of suppuration, both fatal, Cratistonax, who lived near the temple of Heracles, and the serving-maid of Scymnus the fuller. When there was a crisis on the seventh day, with an intermission of nine days followed by a relapse, there was a second crisis on the fourth day after the relapse—in the case of Pantacles, for example, who lived by the temple of Dionysus. When there was a crisis on the seventh day, with an intermission of six days followed by a relapse, there was a second crisis on the seventh day after the relapse—in the case of Phanocritus, for example, who lay sick at the house of Gnathon the fuller.

XXII. During winter, near the time of the winter solstice, and continuing until the equinox, the ardent fevers and the phrenitis still caused many deaths, but their crises changed. Most cases had a crisis on the fifth day from the outset, then intermitted four days, relapsed, had a crisis on the fifth day after the relapse, that is, after thirteen days altogether. Mostly children experienced crises thus, but older people did so too. Some had a crisis
10 οἶσιν ἐκρινεν ἐνδεκαταῖοις, ὕποστροφῆς τεσσαρεσκαὶδεκαταῖοις, ἐκρινε τελεῶς εἰκοστῇ. εἰ δὲ τινες ἐπερρίγουν περὶ τὴν εἰκοστήν, τούτοις ἐκρινε τεσσαρακοσταῖοις. ἐπερρίγουν δ' οἱ πλείστοι περὶ κρίσιν τὴν ἐξ ἀρχῆς. οἱ δ' ἐπιρρίγωσαντες ἐξ ἀρχῆς περὶ κρίσιν, καὶ ἐν τῇς ὑποστροφῆς ἀμα κρίσει. ἐρρίγουν δ' ἐλάχιστοι μὲν τοῦ ἡρος, θέρεος πλείους, φθινοπώρου ἐτε πλείους, ὕπο δὲ χειμῶνα πολὺ πλείστοι. αἰ δὲ αἱμορραγίαι ὑπέληγον.

XXIII. Τὰ δὲ περὶ τὰ νοσήματα, ἐξ ὧν διεγεινόσκομεν, μαθόντες ἐκ τῆς κοινῆς φύσιος ἀπάντων καὶ τῆς ἑδύς ἐκάστου, ἐκ τοῦ νοσήματος, ἐκ τοῦ νοσέοντος, ἐκ τῶν προσφερομένων, ἐκ τοῦ προσφέροντος — ἐπὶ τὸ ῥάον γὰρ καὶ χαλεπώτερον ἐκ τούτων — ἐκ τῆς καταστάσεως ὅλης καὶ κατὰ μέρεα τῶν οὐρανίων καὶ χώρης ἐκάστης, ἐκ τοῦ ἑθεος, ἐκ τῆς διαίτης, ἐκ τῶν ἐπιτηδευμάτων, ἐκ τῆς ἕλικίνης ἐκάστου, λόγοις, τρόποισι, συγη, διανοήμασιν, ὑπνοισιν, οὐχ ὑπνοισιν, ἐνυπνοισι, οἰοίσι καὶ ὅτε, τιλμοίσι, κυνησμοίσι, δάκρυσιν, ἐκ τῶν παροξυσμῶν, διαχωρήμασιν, οὐροισιν, πτυάλοισιν, ἐμέτοισι, καὶ ὅσι εξ οἰων ἔς οία διαδοχαί νοσημάτων καὶ ἀποστάσιες ἐπὶ τὸ ὀλέθριον καὶ κρίσιμου, ἱδρῶς, ρίγοις, ψύξις, βήξ, πταρμοί, λυγμοί, πνεύματα, ἐρεύξιες, φύσαι, σιγώσαι, ψοφώδεις, αἱμορραγίαι, αἱμορροῖδες. ἐκ τούτων καὶ ὅσα διὰ τούτων σκεπτέον.

XXIV. Πυρετοὶ οἱ μὲν συνεχέες, οἱ δ' ἡμέρην ἔχουσι, νύκτα διαλείπουσι, νύκτα ἔχουσιν, ἡμέρην διαλείπουσιν ἡμιτριταῖοι, τριταῖοι, τεταρταῖοι,
on the eleventh day, a relapse on the fourteenth, and a complete crisis on the twentieth. But if rigor came on about the twentieth day the crisis came on the fortieth. Most had rigors near the first crisis, and those who had rigors at first near the crisis, had rigors again in the relapses at the time of the crisis. Fewest experienced rigors in the spring, more in summer, more still in autumn, but by far the most during winter. But the hemorrhages tended to cease.

XXIII. The following were the circumstances attending the diseases, from which I framed my judgments, learning from the common nature of all and the particular nature of the individual, from the disease, the patient, the regimen prescribed and the prescriber—for these make a diagnosis more favourable or less; from the constitution, both as a whole and with respect to the parts, of the weather and of each region; from the custom, mode of life, practices and ages of each patient; from talk, manner, silence, thoughts, sleep or absence of sleep, the nature and time of dreams, pluckings, scratchings, tears; from the exacerbations, stools, urine, sputa, vomit, the antecedents and consequents of each member in the successions of diseases, and the abscessions to a fatal issue or a crisis, sweat, rigor, chill, cough, sneezes, hiccoughs, breathing, belchings, flatulence, silent or noisy, hemorrhages, and hemorrhoids. From these things must we consider what their consequents also will be.

XXIV. Some fevers are continuous, some have an access during the day and an intermission during the night, or an access during the night and an intermission during the day; there are semitertians,
πεμπταίοι, ἐβδομαίοι, ἐναταίοι. εἰσὶ δὲ ὄξυταται μὲν καὶ μέγισται καὶ χαλεπώταται νοθσοί καὶ θανατωδέσταται ἐν τῷ συνεχεῖ πυρετῷ. ἀσφαλέστατος δὲ πάντων καὶ ῥήστως καὶ μακρότατος πάντων ὁ τεταρταιός· οὐ γὰρ μοῦνον αὐτὸς ἐφ' ἑωντον τοιούτος ἐστιν, ἀλλὰ καὶ νοσημάτων ἐτέρων μεγάλων ῥύεται. εἰν δὲ τῷ ῥηματίσκοι καλεομένῳ συμπίπτει μὲν καὶ ὄξεα νοσήματα γίνεσθαι, καὶ ἐστὶ τῶν λυπῶν οὕτως θανατωδέστατος· ἀτὰρ καὶ φθινώδεις καὶ ὁσιοί ἀλλὰ μακρότερα νοσήματα νοσέουσιν, ἐπὶ τούτῳ μάλιστα νοσέουσιν. νυκτερινὸς οὐ λίθηθα θανατώδης, μακρὸς δὲ. ἡμερινὸς μακρότερος· ἐστὶ δ' ὁσιοί ῥέπει καὶ ἐπὶ τὸ φθινώδες. ἐβδομαίος μακρός, οὐ θανατώδης. ἐναταῖος ἐτί μακρότερος, οὐ θανατώδης. τριταῖος ἀκριβὴς ταχυκρίσιμος καὶ οὐ θανατώδης. ὁ δὲ πεμπταῖος πάντων μὲν κάκιστος· καὶ γὰρ πρὸ φθίσιος καὶ ἡδὴ φθίνουσιν ἐπιγινόμενος κτείνει.

XXV. Εἰσὶ δὲ τρόποι καὶ καταστάσεις καὶ παροξυσμοὶ τῶν ἔκάστων τῶν πυρετῶν. αὐτικα γὰρ συνεχὴς ἐστὶν οἷσιν ἀρχόμενοι ἀνθεὶ καὶ ἀκμάζει μάλιστα καὶ ἀνάγει ἐπὶ τὸ χαλεπώτατον, περὶ δὲ κρίσιν καὶ ἀμα κρίσει λεπτύνεται· ἐστὶ δ' οἷσιν ἀρχεται μαλακῶς καὶ ὑποβρύχια, ἐπαναδιδοῖ δὲ καὶ παροξύνεται καθ' ἠμέρην ἐκάςιν, περὶ δὲ κρίσιν ὁ λεγελαμψεν ἐστὶ δ' οἷσιν ἀρχόμενος πρηέως ἐπιδίδοι καὶ παροξύνεται καὶ μέχρι τινὸς ἀκμάσας πάλιν ὑφίστι μέχρι κρίσιος καὶ περὶ κρίσιν. συμπίπτει δὲ ταῦτα γίνεσθαι ἐπὶ παντὸς πυρετοῦ καὶ νοσημάτως. δεῖ δὲ καὶ τὰ διαιτήματα σκοπεύμενον ἐκ τούτων
tertians, quartans, quintans, septans, nonans. The most acute diseases, the most severe, difficult and fatal, belong to the continuous fevers. The least fatal and least difficult of all, but the longest of all, is the quartan. Not only is it such in itself, but it also ends other, and serious, diseases. In the fever called semitertian, which is more fatal than any other, there occur also acute diseases, while it especially precedes the illness of consumptives, and of those who suffer from other and longer diseases. The nocturnal is not very fatal, but it is long. The diurnal is longer still, and to some it also brings a tendency to consumption. The septan is long but not fatal. The nonan is longer still but not fatal. The exact tertian has a speedy crisis and is not fatal. But the quintan is the worst of all. For if it comes on before consumption or during consumption the patient dies.

XXV. Each of these fevers has its modes, its constitutions and its exacerbations. For example, a continuous fever in some cases from the beginning is high and at its worst, leading up to the most severe stage, but about and at the crisis it moderates. In other cases it begins gently and in a suppressed manner, but rises and is exacerbated each day, bursting out violently near the crisis. In some cases it begins mildly, but increases and is exacerbated, reaching its height after a time; then it declines again until the crisis or near the crisis. These characteristics may show themselves in any fever and in any disease. It is necessary also to consider the patient's mode of life and to take it

1 After κρίσιν V adds καὶ ἄμα κρίσει.
προσφέρειν. πολλά δὲ καὶ ἄλλα ἐπίκαιρα σημεῖα τούτων ἐστὶν ἡ ἑλέφθισμένα, περὶ ὧν τὰ μέν ποὺ γέγραφται, τὰ δὲ καὶ γεγράψεται. πρὸς ἃ δὲ καὶ διαλογιζόμενον δοκιμάζειν καὶ σκοπεῖσθαι, τίνι τούτων ὃς καὶ θανατῶδες ἡ περιεστικὸν καὶ τίνι μακρὸν καὶ θανατῶδες ἡ περιεστικὸν καὶ τίνι προσαρτέου ἡ οὖ καὶ πότε καὶ πόσον καὶ τί τὸ προσφερόμενον ἐσται.

XXVI. Τὰ δὲ παροξυνόμενα ἐν ἀρτίσμι κρίνεται ἐν ἀρτίσμι ὃν καὶ οἱ παροξυσμοὶ ἐν περισσῆς, κρίνεται ἐν περισσῆς. ἐστὶ δὲ πρώτη περίοδος τῶν ἐν τῆσιν ἀρτίσμι κρινότων τετάρτη, ἐκτη, ὑγιότη, δεκάτη, τεσσαρεσκαίδεκάτη, εἰκοστή, τετάρτη καὶ εἰκοστή, τριακοστή, τεσσαρακοστή, ἕξικοστή, ὑγιοκοστή, εἰκοστή καὶ ἑκατοστή τῶν δ' ἐν τῇ περισσῆς κρινότων περίοδος πρώτη, τρίτη, πέμπτη, ἐβδόμη, ἐνάτη, ἑνδεκάτη, ἕπτακαιδεκάτη, εἰκοστή πρώτη, εἰκοστή ἐβδόμη, τριακοστή πρώτη. εἰδέναι δὲ χρῆ ἔτι, ἢν ἄλλως κριθῇ ἐξ ὑπογραμμένων, ἐσομένας ὑποστροφάς γένοιτο δὲ ἃν καὶ ὀλέθριαι. δεῖ δὴ προσέχειν τόν νόμον καὶ εἰδέναι ἐν τούτῳ Χρόνῳ τούτωσι τὰς κρίσιας ἐσομένας ἐπὶ σωτηρίην ἢ ὀλέθρον ἢ ῥοπᾶς ἔπε τὸ ἄμεινον ἢ τὸ χεῖρον. πλάνητες δὲ πυρετοὶ καὶ τεταρταῖοι καὶ πεμπταῖοι καὶ ἐβδομαίοι καὶ ἑναταῖοι, ἐν ὑσι περιόδοις κρίνονται, σκεπτέον.
into account when prescribing. Many other important symptoms there are which are akin to these, some of which I have described, while others I shall describe later. These must be duly weighed when considering and deciding who is suffering from one of these diseases in an acute, fatal form, or whether the patient may recover; who has a chronic, fatal illness, or one from which he may recover; who is to be prescribed for or not, what the prescription is to be, the quantity to be given and the time to give it.

XXVI. When the exacerbations are on even days, the crises are on even days. But the diseases exacerbated on odd days have their crises on odd days. The first period of diseases with crises on the even days is the fourth day, then the sixth, eighth, tenth, fourteenth, twentieth, twenty-fourth, thirtieth, fortieth, sixtieth, eightieth, hundred and twentieth. Of those with a crisis on the odd days the first period is the third, then the fifth, seventh, ninth, eleventh, seventeenth, twenty-first, twenty-seventh, thirty-first. Further, one must know that, if the crises be on other days than the above, there will be relapses, and there may also be a fatal issue. So one must be attentive and know that at these times there will be the crises resulting in recovery, or death, or a tendency for better or worse. One must also consider in what periods the crises occur of irregular fevers, of quartans, of quintans, of septans and of nonans.
α'. Φιλίσκος φίκει παρὰ τὸ τείχος· κατεκλίνη, τῇ πρώτῃ πυρετὸς ὅξυς, ἵδρωσεν, ἐς νύκτα ἐπιπόνως· δευτέρῃ πάντα παρῳξύνθη, ὅψε δὲ ἀπὸ κλυσματίου καλῶς διήλθε· νύκτα δὲ ἡ συχίης.

τρίτῃ πρωὶ καὶ μέχρι μέσου ἡμέρης ἔδοξε γενέσθαι ἄπυρος, πρὸς δείλῃν δὲ πυρετὸς ὅξυς μετὰ ἱδρῶτος, διψώδης, γλῶσσα ἐπεξηραίνετο, μέλανα οὐρήσε· νύκτα δυσφόρως, ὁὐκ ἐκοιμήθη, πάντα παρέκρουσε. τετάρτῃ πάντα παρῳξύνθη, οὐρα μέλανα· νύκτα εὑφορωτέρην, οὐρα εὐχροώτερα. πέμπτῃ περὶ μέσου ἡμέρης σμικρὸν ἀπὸ ρίνων ἐσταξεν ἄκρητον· οὐρα δὲ πουκίλα, ἔχοντα ἐναιωρήματα στρογγύλα, γονοείδεα, διεσπασμένα, οὐχ ἱδρύετο· προσθεμένω δὲ Βάλανον φυσώδεα σμικρὰ διήλθε. νύκτα ἐπιπόνως, ὑπνοὶ σμικροί, λόγοι, λῆρος, ἀκρα πάντοθεν ψυχρὰ καὶ οὐκέτι ἀναθερμαίνόμενα, οὐρήσε μέλανα, ἐκοιμήθη σμικρὰ πρὸς ἡμέρην, ἀφώνος, ἱδρωτε ψυχρῷ, ἀκρα πελιδνά. περὶ δὲ μέσου ἡμέρης ἑκταῖος ἀπέθανεν. τούτῳ πνεῦμα διὰ τέλεος, ὥσπερ ἀνακαλεομένῳ, ἀραίον μέγα· σπλῆν ἐπήρθη περιφερεὶ κυρτώματι, ἱδρῶτες ψυχρῷ διὰ τέλεος. οἱ παροξυσμοὶ ἐν ἀρτίῃσιν.

β'. Σιλήνος φίκει ἐπὶ τοῦ πλαταμῶνος πλησίον τῶν Εὐαλκίδεω. ἐκ κόπων καὶ πότων καὶ

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1 The patient seemed to forget the necessity of breathing, and then to remember it and to breathe consciously.
EPIDEMICS I, CASES I.–II.

FOURTEEN CASES

Case I

Philiscus lived by the wall. He took to his bed with acute fever on the first day and sweating; night uncomfortable.

Second day. General exacerbation, later a small clyster moved the bowels well. A restful night.

Third day. Early and until mid-day he appeared to have lost the fever; but towards evening acute fever with sweating; thirst; dry tongue; black urine. An uncomfortable night, without sleep; completely out of his mind.

Fourth day. All symptoms exacerbated; black urine; a more comfortable night, and urine of a better colour.

Fifth day. About mid-day slight epistaxis of unmixed blood. Urine varied, with scattered, round particles suspended in it, resembling semen; they did not settle. On the application of a suppository the patient passed, with flatulence, scanty excreta. A distressing night, snatches of sleep, irrational talk; extremities everywhere cold, and would not get warm again; black urine; snatches of sleep towards dawn; speechless; cold sweat; extremities livid. About mid-day on the sixth day the patient died. The breathing throughout, as though he were re-collecting to do it, was rare and large. Spleen raised in a round swelling; cold sweats all the time. The exacerbations on even days.

Case II

Silenus lived on Broadway near the place of Eualcidas. After over-exertion, drinking, and exer-
Epidemics A

γυμνασίων ἀκαίρων πῦρ ἔλαβεν. ὡρξάτο δὲ πονεῖν κατ᾽ ὀσφύν καὶ κεφαλῆς βάρος καὶ τραχύσων σύντασις. ἀπὸ δὲ κοιλίης τῇ πρώτῃ χολόδεα, ἄκρητα, ἐπαφρα, κατακορέα πολλὰ διήλθεν' οὐρα μέλανα, μέλαιναν ὑπόστασιν ἔχοντα, διψώδης, ὑλώσασα ἐπίξηρος, νυκτὸς οὐδὲν ἐκοιμήθη. δευτέρῃ πυρετὸς ὄξυς, διαχωρίματα πλεῖον, λεπτότερα, ἐπαφρα, οὐρα μέλανα, νῦκτα δυσφόρως, σμικρὰ παρέκρουσε. τρίτῃ πάντα παροξύνθη ὑποχονδρίῳ σύντασις ἐξ ἀμφοτέρων παραμήκης πρὸς ὁμφαλόν, ὑπολάπαρος: διαχωρίματα λεπτὰ, ὑπομέλανα, οὐρα θολερά, ὑπομελανα, νυκτὸς οὐδὲν ἐκοιμήθη, λόγοι πολλοὶ, γέλως, άδην, κατέχειν οὐκ ἠδύνατο. τετάρτῃ διὰ τῶν αὐτῶν. πέμπτῃ διαχωρίματα ἄκρητα, χολόδεα, λεῖα, λιπαρὰ, οὐρα λεπτὰ, διαφανεῖ σμικρὰ κατενῶει. ἐκτῇ περὶ κεφαλῆς σμικρὰ ἐφίδρωσεν, ἀκρεα ψυχρᾶ, πελισνᾶ, πολὺς βληστρίσμος, ἀπὸ κοιλίης οὐδὲν διήλθεν, οὐρα ἐπέστη, πυρετὸς ὄξυς. ἐβόδημη ἄφωνος, ἀκρεα οὐκέτι ἀνεθερμαίνετο, οὐρησεν οὐδέν. ὀγδόν ἰδρωσεν δι᾽ ὅλον ψυχρῶ. ἐξανθήματα μετὰ ἰδρῶτος ἐρυθρᾶ, στρογγυλὰ, σμικρὰ οἶνον ἰουνθοί, παρέμενεν, οὐ καθίστατο: ἀπὸ δὲ κοιλίης ἑρεθισμὸ σμικρῶ

1 The word ὑπολάπαρος is often applied to σύντασις or ἕντασις of the hypochondria. Galen (see Littré on Epidemics III, Case II, Vol. III, p. 34) says that it means "without bulk," or "without swelling." This is possible if the word is etymologically connected with λαπάξω. The translators are not very precise. Littré has "sans beaucoup de résistance," "sans tumeur," "sans gonflement," "sans grand gonflement;" Adams has "empty," "loose," "softish." In Epidemics I, Case xii, occurs the phrase φλεγμονῆ ὑπολά-
cises at the wrong time he was attacked by fever. He began by having pains in the loins, with heaviness in the head and tightness of the neck. From the bowels on the first day there passed copious discharges of bilious matter, unmixed, frothy, and highly coloured. Urine black, with a black sediment; thirst; tongue dry; no sleep at night.

Second day. Acute fever, stools more copious, thinner, frothy; urine black; uncomfortable night; slightly out of his mind.

Third day. General exacerbation; oblong tightness of the hypochondrium, soft underneath, extending on both sides to the navel; stools thin, blackish; urine turbid, blackish; no sleep at night; much rambling, laughter, singing; no power of restraining himself.

Fourth day. Same symptoms.

Fifth day. Stools unmixed, bilious, smooth, greasy; urine thin, transparent; lucid intervals.

Sixth day. Slight sweats about the head; extremities cold and livid; much tossing; nothing passed from the bowels; urine suppressed; acute fever.

Seventh day. Speechless; extremities would no longer get warm; no urine.

Eighth day. Cold sweat all over; red spots with sweat, round, small like acne, which persisted without subsiding. From the bowels with slight stimulus

παρος εκ τον έσω μέρεος, from which it seems that the prefix ὑπο- means "underneath," not "rather." "Empty underneath" seems the primary meaning, and suggests a tightness, or inflammation, with nothing hard and bALKY immediately beneath the surface to cause the tightness or inflammation. Perhaps the word also suggests the tenderness often found in the hypochondria of malaria patients.
κοπρανά λεπτά, οία ἀπέπτα, πολλά διήει μετά
τόνον. οὖρει μετ' ὀδύνης δακρώδεα: ἀκρεα σμικρά ἀνεθερμαίνετο, ὑπνοι λεπτοὶ, κωματώδης, ἄφωνος, οὖρα λεπτά διαφανέα. ἐνάτη διὰ τῶν αὐτῶν. δεκάτη ποτὰ οὖκ ἐδέχετο, κωματώδης, ὑπνοι λεπτοῦ: ἀπὸ δὲ κοιλίης ὄμοια, οὐρησεν ἀθρόον ὑπόπαχυς κειμένος ὑπόστασις κρυμνώδης λευκή, ἀκρεα πάλιν ψυχρά. ἐνδεκάτη ἀπέθανεν. ἐξ ἀρχῆς τούτω καὶ διὰ τέλεος πνεύμα ἀραιόν, μέγα. ὑποχονδρίου παμμὸς συνεχής, ἴλικι ὡς περὶ ἠτα έκκοσιν.

γ. Ἦρωφωντι πυρετὸς δόξα, ἀπὸ κοιλίης ὀλύγα, τευνεσμώδεα κατ' ἀρχάς, μετὰ δὲ λεπτά διήει χολώδεα, ὑπόσυχα: ὑπνοι οὖκ ἐνήσαν, οὖρα μέλαια λεπτά. πέμπτη πρωὶ κωφωσις, παρωξύνθη πάντα, σπλήν ἐπηρθῆ, ὑποχονδρίου σύντασις, ἀπὸ κοιλίης ὀλύγα διήλθε μέλαια, παρεφρόνησεν. ἐκτῇ ἐλήρηε, ἐς νύκτα ἱδρῶς, ψύξις, παράληπρος παρέμενεν. ἐβδόμῃ περιπάγα, διψώδης, παρέκρουσε. νύκτα κατενεί, κατεκοιμήθη. ὄγδος ἐπύρεσεν, σπλήν ἐμειωῦτο, κατενεί πάντα, ἡλιγναν τὸ πρῶτον κατὰ

βουβῶνα, σπλήνος κατ' ἰξίν, ἐπείτα δὲ πόνοι ἐς ἀμφοτέρας κυήμας. νύκτα εὐφόρως, οὖρα εὐχρο-ώτερα, ὑπόστασιν εἶχε σμικρῆν. ἐνάτη ἰδρωσεν,

1 I take ἀπεπτός here to mean "thinner than usual, than might have been expected," a meaning it has once or twice in the Hippocratic Corpus. It might also mean "consisting of small pieces." See on Epidemics III, Case II (first series).
there came a copious discharge of solid stools, thin, as it were unconcocted, painful. Urine painful and irritating. Extremities grow a little warmer; fitful sleep; coma; speechlessness; thin, transparent urine.

Ninth day. Same symptoms.
Tenth day. Took no drink; coma; fitful sleep. Discharges from the bowels similar; had a copious discharge of thickish urine, which on standing left a farinaceous, white deposit; extremities again cold.
Eleventh day. Death.
From the beginning the breath in this case was throughout rare and large. Continuous throbbing of the hypochondrium; age about twenty years.

Case III

Herophon had acute fever; scanty stools with tenesmus at the beginning, afterwards becoming thin, bilious and fairly frequent. No sleep; urine black and thin.
Fifth day. Deafness early in the day; general exacerbation; spleen swollen; tension of the hypochondrium; scanty black stools; delirium.
Sixth day. Wandering talk; at night sweat and chill; the wandering persisted.
Seventh Day. Chill all over; thirst; out of his mind. During the night he was rational, and slept.
Eighth day. Fever; spleen lessened; quite rational; pain at first in the groin, on the side of the spleen; then the pains extended to both legs. Night comfortable; urine of a better colour, with a slight deposit.
Ninth day. Sweat, crisis, intermission.
ΕΠΙΔΗΜΙΩΝ Α

ἐκρίθη, διέλιπεν. πέμπτη ὑπέστρεψεν. αὐτίκα δὲ σπλήν ἐπήρθη, πυρετὸς ὀξύς, κώφωσις πάλιν· μετὰ δὲ τὴν ὑποστροφὴν τρίτη σπλὴν ἐμειοῦτο, κώφωσις ἤσσον, σκέλεα ἐπωδύνως· νῦκτα ἱδρώσεν. ἐκρίθη περὶ ἐπτακαιδεκάτην· οὔδε παρέκρουσεν ἐν τῇ ὑποστροφῇ.

100 δ'. Ἐν Θάσῳ Φιλίνου γυναῖκα θυγατέρα τεκούσαν κατὰ φύσιν καθάρσιος γενομένης καὶ τὰ ἄλλα κούφως διάγρουσαν, τεσσαρεσκαιδεκαταίην ἐσώρασαν μετὰ τὸν τόκον, πῦρ ἔλαβε μετὰ ἰέγγες· ἠλευθερώσε τὸν ὄρχηστον καὶ ὑποχώνδριον δεξίων· γυναικεῖοις πόνοι κάθαρσις ἐπαύσατο. προσθεμένη δὲ ταῦτα μὲν ἐκουφίσθη, κεφαλής δὲ καὶ τραχῆλου καὶ ὁσφύος πόνοι παρέμενον, ὑπνοί οὐκ ἔνησαν, ἀκραία ψυχρᾶ, δυσώδης, κοιλίη συνεκαύθη, σμικρὰ διηζε, οὕρα λεπτά, ἄχρω κατ' ἀρχὰς. ἐκταῖὴ ἐς νῦκτα παρέκρουσε πολλὰ καὶ πάλιν κατενόει. ἐβδόμη διψώδης, διαχωρήματα ὀλίγα χολῶδεα κατακορέα. όγδοι ἐπερρίγωσαν, πυρετὸς ὀξύς, σπασμοὶ πολλοὶ μετὰ πόνου, πολλὰ παρέλεγεν· ἕξανίστατο βάλανον προσθεμένη· πολλὰ διήλθε μετὰ περιρρόου χολῶδεος· ὑπνοὶ οὐκ ἔνησαν. ἐνατὴ σπασμοὶ· δεκάτη σμικρὰ κατενόει. ἐνδεκάτη ἐκοιμήθη, πάντων ἀνεμνήσθη, ταχὺ δὲ πάλιν παρέκρουσεν·

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On the fifth day after the crisis the patient relapsed. Immediately the spleen swelled; acute fever; return of deafness. On the third day after the relapse the spleen grew less and the deafness diminished, but there was pain in the legs. During the night he sweated. The crisis was about the seventeenth day. There was no delirium during the relapse.

Case IV

In Thasos the wife of Philinus gave birth to a daughter. The lochial discharge was normal, and the mother was doing well when on the fourteenth day after delivery she was seized with fever attended with rigor. At first she suffered in the stomach and the right hypochondrium. Pains in the genital organs. The discharge ceased. By a pessary these troubles were eased, but pains persisted in the head, neck and loins. No sleep; extremities cold; thirst; bowels burnt; scanty stools; urine thin, and at first colourless.

Sixth day. Much delirium at night, followed by recovery of reason.

Seventh day. Thirst; stools scanty, bilious, highly coloured.

Eighth day. Rigor; acute fever; many painful convulsions; much delirium. The application of a suppository made her keep going to stool, and there were copious motions with a bilious flux. No sleep.

Ninth day. Convulsions.

Tenth day. Lucid intervals.

Eleventh day. Slept; complete recovery of her memory, followed quickly by renewed delirium.
οὐρεῖ δὲ μετὰ σπασμῶν ἄθρόον πολὺ ὀλιγάκις ἀναμιμησκόντων παχὺ λευκὸν, οἶον γίνεται ἐκ τῶν καθισταμένων, ὅταν ἀναταραχθῇ κείμενον πολὺν χρόνον οὐ καθίστατο χρῶμα καὶ πάχος ἰκελοῦ οἶον γίνεται ὑποζυγίου. τοιαύτα οὐρεῖ, οῖα κἂν ἔδον. περὶ τεσσαρεσκαιδεκάτην ἐούση παλμὸς δι’ ὅλου τοῦ σώματος, λόγοι πολλοί, σμικρὰ κατενοεῖ διὰ ταχέων δὲ πάλιν παρ-έκρουσεν. περὶ δὲ ἐπτακαιδεκάτην ἐούσα ἄφωνος. εἰκοστῇ ἀπέθανε.

ε’. Ἐπικράτεος γυναίκα, ἢ κατέκειτο παρὰ ἀρχηγότην, περὶ τόκου ἤδη ἐοῦσαν ὅνεος ἔλαβεν ἱσχυρῶς, οὐκ ἑθερμάνθη, ὡς ἔλεγον, καὶ τῇ υστεραίῃ τὰ αὐτά. τρίτη δὲ ἔτεκεν θυγατέρα καὶ τάλλα πάντα κατὰ λόγον ἠλθε. δευτεραίην μετὰ τὸν τόκον ἔλαβε πυρετός ὁξὺς, καρδίας πόνος καὶ γυναικεῖων. προσθεμένη δὲ ταῦτα μὲν ἐκουφίσθη, κεφαλῆς δὲ καὶ τραχύλου καὶ ὀσφύος πόνος: ὑπνοῖ οὐκ ἐνήσαν· ἀπὸ δὲ κοιλίας ὀλίγα χολόδεα λεπτὰ διήει ἀκρητα· οὔρα λεπτὰ ὑπομέλανα. ἀφ’ ᾧς δὲ ἔλαβε τὸ πῦρ, ἐς νύκτα ἐκταῖν ἐπαρέκρουσεν. ἐβδομαίη πάντα παρωξύνθη, ἄγρυπνος, παρέκρουσεν, διψώδης, διαχωρήματα χολόδεα κατακορέα. ὄγδοι ἐπερρίγωσεν καὶ ἐκοιμήθη πλείω. ἐνάτη διὰ τῶν αὐτῶν. δεκάτη

1 I. c. near the statue of the founder of the city, or near the temple of the god who presided over the founding of the city.
A copious passing of urine with convulsions—her attendants seldom reminding her—which was white and thick, like urine with a sediment and then shaken; it stood for a long time without forming a sediment; colour and consistency like that of the urine of cattle. Such was the nature of the urine that I myself saw.

About the fourteenth day there were twitchings over all the body; much wandering, with lucid intervals followed quickly by renewed delirium. About the seventeenth day she became speechless.

_Twentieth day._ Death.

**Case V**

The wife of Epicrates, who lay sick near the founder, when near her delivery was seized with severe rigor without, it was said, becoming warm, and the same symptoms occurred on the following day. On the third day she gave birth to a daughter, and the delivery was in every respect normal. On the second day after the delivery she was seized with acute fever, pain at the stomach and in the genitals. A pessary relieved these symptoms, but there was pain in the head, neck and loins. No sleep. From the bowels passed scanty stools, bilious, thin and unmixed. Urine thin and blackish. Delirium on the night of the sixth day from the day the fever began.

_Seventh day._ All symptoms exacerbated; sleeplessness; delirium; thirst; bilious, highly-coloured stools.

_Eighth day._ Rigor; more sleep.

_Ninth day._ The same symptoms.
σκέλεα ἐπιτόνως ἦλγει, καρδίς πάλιν ὀδύνη, καρηβαρή, οὐ παρέκρουεν, ἐκοιμάτω μᾶλλον, κοιλίῃ ἐπέστη. ἐνδεκάτη οὕρησεν εὐχρωώτερα συχνὴν ὑπόστασιν ἔχοντα: δῆγε κοινότερον. τεσσαρεσκαιδέκατη ἐπερρίγωσεν, πυρετός ὄξυς. πεντεκαιδεκάτῃ ἦμεσε χολώδεα ἐπιθα ὑπόσυγχα, ὑδρωσεν ἄπυρος, ἐς νύκτα δὲ πυρετός ὄξυς, οὐρα πάχος ἔχοντα, ὑπόστασις λευκή. ἐκκαὶδεκάτῃ παρωξύνθη· νύκτα δυσφόρως· οὐχ ὑπνωσεν παρέκρουσεν. ὁκτωκαιδεκάτῃ διψόδης, γλώσσα ἐπεκαύθη, οὐχ ὑπνωσεν, παρέκρουσε πολλά, σκέλεα ἐπωδύνως εἶχεν. περὶ δὲ εἰκοστὴν πρωί σμικρὰ ἐπερρίγωσεν, κωματώδης, δι’ ἡσυχίας ὑπνωσεν, ἦμεσε χολώδεα ὀλίγα μέλανα, ἐς νύκτα κόψωσις. περὶ δὲ πρώτῃ καὶ εἰκοστὴν πλευροῦ ἀμιντεροῦ βάρους δι’ ὀλον μετ’ ὀδύνης, σμικρὰ ὑπέβησεν. οὐρα. δὲ πάχος ἔχοντα, θολερά, ὑπέρυθρα· κείμενα οὐ καθίστατο· τὰ δ’ ἄλλα κοινότερως· οὐκ ἄπυρος. αὕτη ἐξ ἀρχῆς φάρμαγα ἐπώδυνος· ἐρευθὸς· κίων ἀνεσπασμένος· ῥεῦμα δριμύ, δακνώδες, ἄλμυρώδες διὰ τέλεος παρέμενεν. περὶ δὲ εἰκοστὴν ἐβδόμην ἄπυρος, οὐροσιν ὑπόστασις, πλευρὸν ὑπῆλγει. περὶ δὲ πρώτῃ καὶ τριακοστῆν πῦρ ἔλαβεν, κοιλὶς χολώδεσιν ἐπεταράχθη. τεσσαρακοστῇ ἦμεσεν ὀλίγα χολώδεα. ἐκρίθη τελέως ἄπυρος ὀγδοη-
170 κοστῇ.

5’. Κλεανακτίδην, ὃς κατέκειτο ἐπάνω τοῦ Ἡρακλείου, πῦρ ἔλαβε πεπλανημένως· ἦλγει δὲ

1 For αὕτη Littré reads αὖθις (with a colon) and deletes the stop at ἄπυρος.

196
Tenth day. Severe pains in the legs; pain again at the stomach; heaviness in the head; no delirium; more sleep; constipation.

Eleventh day. Urine of better colour, with a thick deposit; was easier.

Fourteenth day. Rigor; acute fever.

Fifteenth day. Vomited fairly frequently bilious, yellow vomit; sweated without fever; at night, however, acute fever; urine thick, with a white sediment.

Sixteenth day. Exacerbation; an uncomfortable night; no sleep; delirium.

Eighteenth day. Thirst; tongue parched; no sleep; much delirium; pain in the legs.

About the twentieth day. Slight rigors in the early morning; coma; quiet sleep; scanty, bilious, black vomits; deafness at night.

About the twenty-first day. Heaviness all over the left side, with pain; slight coughing; urine thick, turbid, reddish, no sediment on standing. In other respects easier; no fever. From the beginning she had pain in the throat; redness; uvula drawn back; throughout there persisted an acrid flux, smarting, and salt.

About the twenty-seventh day. No fever; sediment in urine; some pain in the side.

About the thirty-first day. Attacked by fever; bowels disordered and bilious.

Fortieth day. Scanty, bilious vomits.

Eightieth day. Complete crisis with cessation of fever.

Case VI

Cleanactides, who lay sick above the temple of Heracles, was seized by an irregular fever. He had
κεφαλῆς εξ ἀρχῆς καὶ πλευρῶν ἀριστερῶν, καὶ τῶν ἄλλων πόνοι κοπιώδεα τρόπον: οἱ πυρετοὶ παροξυνόμενοι ἄλλοτ᾽ ἄλλοιώς, ἀτάκτως ἵδρωτες ὅτε μὲν, ὅτε δ᾽ οὐ: τὰ μὲν πλεῖστα ἔπεσήμαινον οἱ παροξυσμοὶ ἐν κρίσιμοις μάλιστα. περὶ δὲ εἰκοστὴν τετάρτην χεῖρας ἄκρας ἐπόνησεν, ἢμεσε χολώδεα ξαυθά, ὑπόσυχνα, μετ᾽ ὀλίγον
dὲ ἱώδεα: πάντων ἐκουφίσθη. περὶ δὲ τριακοστήν ἔστι ὡρίζατο ἀπὸ ρινῶν αἰμωρραγεῖν εξ ἀμφοτέρων καὶ ταῦτα πεπλανημένως κατ᾽ ὀλίγον μέχρι κρίσιος: οὐκ ἀπόσιτος οὐδὲ διψόδης παρὰ πάντα τὸν χρόνον οὐδ᾽ ἅγρυπνος: οὐρα δὲ λεπτά, οὐκ ἅχρω. περὶ δὲ τεσσαρακοστήν ἐὼν οὐρησεν ὑπέρυθρα ὑπόστασιν πολλήν ἑρυθρῆν ἑχουτα: ἐκουφίσθη. μετὰ δὲ ποικίλως τὰ τῶν οὐρων ὅτε μὲν ὑπόστασιν εἰχεν, ὅτε δ᾽ οὐ. ἐξηκοστὴ οὐροίσιν ὑπόστασις πολλή καὶ λευκὴ καὶ λείη,
180 συνέδωκε πάντα, πυρετοὶ διελποῦν, οὐρα δὲ πάλιν λεπτὰ μὲν, εὔχρω δὲ. ἐβδομηκοστή πυρετῶς, διέλειπεν ἢμέρας δέκα. ὄγδοηκοστή ἐρρίγωσε, πυρετὸς οὔς ἐλαβεν ἵδρωσεν πολλῷ οὔροισιν ὑπόστασις ἑρυθρῆ, λείη. τελέως ἐκρίθη.
ζ. Μέτωνα πῦρ ἐλαβεν, ὅσφύος βάρος ἐπώδυνον. δευτέρῃ ὑδωρ πίνοτι ὑπόσυχυν οὐκ θελήθη. τρίτη κεφαλῆς βάρος, διαχωρήματα λεπτά, χολώδεα, ὑπέρυθρα. τετάρτη

1 For ἐπόνησεν V has ἐψύχετο.
2 For διέλειπεν V has διέλιπεν.
at the beginning pains in the head and the left side, and in the other parts pains like those caused by fatigue. The exacerbations of the fever were varied and irregular; sometimes there were sweats, sometimes there were not. Generally the exacerbations manifested themselves most on the critical days.

About the twenty-fourth day. Pain in the hands; bilious, yellow vomits, fairly frequent, becoming after a while like verdigris; general relief.

About the thirtieth day. Epistaxis from both nostrils began, and continued, irregular and slight, until the crisis. All the time he suffered no thirst, nor lack of appetite or sleep. Urine thin, and not colourless.

About the fortieth day. Urine reddish, and with an abundant, red deposit. Was eased. Afterwards the urine varied, sometimes having, sometimes not having, a sediment.

Sixtieth day. Urine had an abundant sediment, white and smooth; general improvement; fever intermitted; urine again thin but of good colour.

Seventieth day. Fever, which intermitted for ten days.

Eightieth day. Rigor; attacked by acute fever; much sweat; in the urine a red, smooth sediment. A complete crisis.

Case VII

Meton was seized with fever, and painful heaviness in the loins.

Second day. After a fairly copious draught of water had his bowels well moved.

Third day. Heaviness in the head; stools thin, bilious, rather red.
πάντα παρωξύνθη, ἔρρη ἀπὸ δεξιοῦ δίς κατ’ ὀλίγον. νῦκτα δυσφόρως, διαχωρήματα ὁμοία τῇ τρίτῃ, οὔρα ύπομέλανα: εἰ̣ χεν ἐναιωρήμα ύπόμελαν ἐόν, διεσπασμένον οὐχ ἱδρύετο. πέμπτῃ ἔρρη λάβρον ἐξ ἀριστεροῦ ἄκρητον, ἱδρωσεν, ἐκρίθη. μετὰ κρίσιν ἄγρυπνος, παρέλεγεν, οὔρα λεπτὰ ύπομέλανα. οὐντροϊσιν ἔχρισατο κατὰ κεφαλῆς, ἐκοιμήθη, κατενόει. τούτῳ οὖν ὑπέστρεψεν, ἀλλ’ ἦμορράγει πολλάκις μετὰ κρίσιν.

η’. Ἐρασίνος ὄκει παρὰ Βοώτεω χαράδρην. 210 πῦρ ἐλαβεν μετὰ δειπνου, νῦκτα ταραχώδης. ἡμέρην τὴν πρῶτην δὲ ἡσυχής, νῦκτα ἐπιπόνως. δευτέρῃ πάντα παρωξύνθη, ἐς νῦκτα παρέκρουσε. τρίτῃ ἐπιπόνως, πολλὰ παρέκρουσε. τετάρτῃ δυσφορώτατα: ἐς δὲ τὴν νῦκτα οὔδεν ἐκοιμήθη· ἐνύπνια καὶ λογισμοί. 1 ἐπείτα χεῖρω, μεγάλα καὶ ἐπίκαιρα, φῶσος, δυσφορίς. πέμπτῃ προὶ κατήρτητο κατενόει πάντα: πολὺ δὲ πρὸ μέσου ἡμέρης ἐξεμάνη, κατέχειν οὐκ ἠδύνατο, ἦκρεα ψυχρὰ ύποτέλια, οὔρα ἐπέστη. 2 ἀπέθανε περὶ ἡλίου δυσμᾶς. τοῦτῳ πυρετὸ διὰ τέλεος σὺν ἱδρώτη, ύποχονδρία μετέωρα, σύντασις μετ’ ὀδύνης· οὔρα μέλανα ἐχοντα ἐναιωρήματα στρογγύλα· οὐχ ἱδρύετο· ἀπὸ δὲ κοιλίης κὸπρανα διήει· δίψα

1 For λογισμοί Kühlewein suggests λόγοι πολλοί. The meaning must be delirium, and there is no instance of λογισμοί in this sense.
2 ἐπέστη D: ὑπέστη A: ἀπέστη V.

200
Fourth day. General exacerbation; slight epistaxis twice from the right nostril. An uncomfortable night; stools as on the third day; urine rather black; had a rather black cloud floating in it, spread out, which did not settle.

Fifth day. Violent epistaxis of unmixed blood from the left nostril; sweat; crisis. After the crisis sleeplessness; wandering; urine thin and rather black. His head was bathed; sleep; reason restored. The patient suffered no relapse, but after the crisis bled several times from the nose.

Case VIII

Erasinus lived by the gully of Boötes. Was seized with fever after supper; a troubled night.

First day. Quiet, but the night was painful.

Second day. General exacerbation; delirium at night.

Third day. Pain and much delirium.

Fourth day. Very uncomfortable; no sleep at night; dreams and wandering. Then worse symptoms, of a striking and significant character; fear and discomfort.

Fifth day. Early in the morning was composed, and in complete possession of his senses. But long before mid-day was madly delirious; could not restrain himself; extremities cold and rather livid; urine suppressed; died about sunset.

In this patient the fever was throughout accompanied by sweat; the hypochondria were swollen, distended and painful. Urine black, with round, suspended particles which did not settle. There were solid discharges from the bowels. Thirst
διὰ τέλεος οὐ λίγην σπασμοὶ πολλοὶ σὺν ἱδρώτι περὶ θάνατον.

θ’. Κρίτων ἐν Θάσῳ ποδὸς ὁδύνη ἦρξατο ἵσχυρὰ ἀπὸ δακτύλου τοῦ μεγάλου ὀρθοστάδην περιόντι. κατεκλίνη αὐθημερῶν, φρικώδης, ἀσώδης, σμικρὰ ὑποθερμαίνομενος, ἐς νύκτα 230 παρεφρώσεν. δευτέρη οἴδημα δι᾽ ὅλου τοῦ ποδὸς καὶ περὶ σφυρὸν ὑπέρυθρον μετὰ συντάσσος, φλυκταινίδια μέλανα, πυρετὸς ὤξυς, ἐξεμάνη ἀπὸ δὲ κοιλίης ἁκρίτα, χολόδεα, ὑπόσυχια. ἀπέθανεν ἀπὸ τῆς ἀρχῆς δευτεραῖος.

ι’. Τὸν Κλαξομένιον, ὅς κατέκειτο παρὰ τὸ Φρυνιχίδεω φρέαρ, πῦρ ἑλαβε. ἤλγει δὲ κεφαλῆς, τράχηλον, ὀσφύν ἐξ ἀρχῆς, αὐτίκα δὲ κόψωσιν ὑπὸ οὐκ ἑνήσαν, πυρετὸς ὤξυς ἑλαβεν, ὑποχόνδριον ἐπῆρτο μετ' ὄγκου οὐ λίγην, σύντασις, 240 γλώσσα ξηρῆ. τετάρτη ἐς νύκτα παρεφρώνει. πέμπτη ἐπισώνως. ἐκτὴ πάντα παρῳδύνηθη. περὶ δὲ ἐνδεκάτην σμικρὰ συνέδωκεν. ἀπὸ δὲ κοιλίης ἀπ' ἀρχῆς καὶ μέχρι τεσσαρεσκαιδεκάτης λεπτᾶ, πολλά, ὑδατόχολα¹ δεύει εὐφόρως τὰ περὶ διαχώρησιν διήγειν. ἔπειτα κοιλίῃ ἐπέστη. οὗρα διὰ τέλεος λεπτὰ μὲν, ἐὔχρω δὲ καὶ πολὺ εἴχεν ἐναιώρημα ὑποδιεσπασμένον· οὐχ ἱδρύετο. περὶ δὲ ἐκτὴν καὶ δεκάτην οὐρῆσεν ὅλιγω παρώ- τερα· εἰχε σμικρὴν ὑπόστασιν· ἐκούφισεν ὕλιγὸν·

¹ ὑδατόχολα most MSS.: ὑδατόχροα V.
throughout not very great. Many convulsions with sweating about the time of death.

Case IX

Crito, in Thasos, while walking about, was seized with a violent pain in the great toe. He took to bed the same day with shivering and nausea; regained a little warmth; at night was delirious.

Second day. Swelling of the whole foot, which was rather red about the ankle, and distended; black blisters; acute fever; mad delirium. Alvine discharges unmixed, bilious and rather frequent. He died on the second day from the commencement.

Case X

The man of Clazomenae, who lay sick by the well of Phrynichides, was seized with fever. Pain at the beginning in head, neck and loins, followed immediately by deafness. No sleep; seized with acute fever; hypochondrium swollen, but not very much; distension; tongue dry.

Fourth day. Delirium at night.

Fifth day. Painful.

Sixth day. All symptoms exacerbated.

About the eleventh day slight improvement. From the beginning to the fourteenth day there were from the bowels thin discharges, copious, of a watery biliousness; they were well supported by the patient. Then the bowels were constipated. Urine throughout thin, but of good colour. It had much cloud spread through it, which did not settle in a sediment. About the sixteenth day the urine was a little thicker, and had a slight sediment.
250 κατενόει μᾶλλον. ἐπτακαίδεκάτη πάλιν λεπτά, 
παρὰ δὲ τὰ ὅτα ἀμφότερα ἐπήρθη σὺν ὀδύνης, ἕπει 
έπωποι οὐκ ἐνήσαν, παρελήφει, σκέλεα ἐπῳδώνως 
εἴχεν. εἰκοστῇ ἀπυρος ἐκρίθη, οὐχ ἱδρωσε, 
πάντα κατενόει. περὶ δὲ εἰκοστήν ἐβδόμην 
ἰσχίον ὀδύνη δέξιοι ἵσχυρώς· διὰ ταχέων 
ἐπαύσατο. τὰ δὲ παρὰ τὰ ὅτα οὔτε καθίστατο 
οὔτε ἐξεπεύει, ἤλγει δὲ. περὶ πρώτην καὶ τριτη- 
κοστὴν διάρροια πολλοίσιν ὕδατῶδεσιν μετὰ 
δυσεντερωδέων· οὕρα παχέα οὔρει· κατέστη τὰ 
260 παρὰ τὰ ὅτα. τεσσαρακοστῇ ὑθάλαμῳ δέξιοι 
 hton, ἀμβλύτερον εὕρα· κατέστη.

ια'. Τὴν Δρομεάδων γυναῖκα θυγατέρα τεκοῦσαν 
καὶ τῶν ἄλλων πάντων γενομένων κατὰ λόγον 
δευτεραίην έοῦσαν ρίγοις ἔλαβεν· πυρετὸς δέξιος, 
ήρξατο δὲ πονεῖν τῇ πρώτῃ περὶ ὕποχονδρίουν, 
ἀσώδης, φρικώδης, ἐλύνουσα καὶ τὰς ἐχομένας 
οὐχ ὑπνωσε. πνεῦμα ἄραιον, μέγα, αὐτίκα 
ἀνεσπασμένον. δευτέρη ἄφ' ἡς ἐρρίγωσεν, ἀπὸ 
κοιλίης καλῶς κόπτρανα διήλθεν· οὕρα παχέα, 
270 λευκά, θολερά, οἷα γίνεται ἐκ τῶν καθισταμένων, 
ὅταν ἀναταραχθῇ κείμενα χρόνον πολύν· οὐ 
καθίστατο. νῦκτα οὐκ ἐκοιμήθη. τρίτῃ περὶ 
μέσον ἡμέρης ἐπερρίγωσε, πυρετὸς δέξιος, οὕρα 
ὁμοία, ὑποχονδρίου πόνος, ἀσώδης, νῦκτα δυσ- 
φόρως, οὐκ ἐκοιμήθη· ἱδρωσε δὲ ὄλου ψυχρά, 
ταχὺ δὲ πάλιν ἀνεθερμάνθη. τετάρτῃ περὶ ὑπο-
The patient became a little easier, and was more rational.

*Seventeenth day.* Urine thin again; painful swellings by both ears. No sleep; wandering; pain in the legs.

*Twentieth day.* A crisis left the patient free from fever; no sweating; quite rational. About the twenty-seventh day violent pain in the right hip, which quickly ceased. The swellings by the ears neither subsided nor suppurated, but continued painful. About the thirty-first day diarrhœa with copious, watery discharges and signs of dysentery. Urine thick; the swellings by the ears subsided.

*Fortieth day.* Pain in the right eye; sight rather impaired; recovery.

**Case XI**

The wife of Dromeades, after giving birth to a daughter, when everything had gone normally, on the second day was seized with rigor; acute fever. On the first day she began to feel pain in the region of the hypochondrium; nausea; shivering; restless; and on the following days did not sleep. Respiration rare, large, interrupted at once as by an inspiration.¹

*Second day from rigor.* Healthy action of the bowels. Urine thick, white, turbid, like urine which has settled, stood a long time, and then been stirred up. It did not settle. No sleep at night.

*Third day.* At about mid-day rigor; acute fever; urine similar; pain in the hypochondrium; nausea; an uncomfortable night without sleep; a cold sweat all over the body, but the patient quickly recovered heat.
χόνδριον σμικρὰ ἐκουφίσθη, κεφαλῆς δὲ βάρος μετ’ ὀδύνης ὑπεκαρώθη, σμικρὰ ἀπὸ ρινῶν ἐσταξεὶ. γλώσσα ἐπίξηρος· διψώδης· οὖρα σμικρὰ λεπτὰ έλαιώδεα· σμικρὰ ἐκοιμήθη. πέμπτη διψώδης, ἀσώδης, οὖρα ὁμοια, ἀπὸ κοιλίης οὔδεν, περὶ δὲ μέσον ἕμερης πολλὰ παρέκρουσε καὶ πάλιν ταχὺ σμικρὰ κατενόει· ἀνισταμένη ὑπεκαρώθη, ψύξις σμικρὰν, νυκτὸς ἐκοιμήθη, παρέκρουσεν. ἐκτῇ προὶ ἑπερρίγωσεν, ταχὺ διεθερμάνθη, ἱδρωσε δι’ ὦλου· ἀκρεα ψυχρά, παρέκρουσεν, πνεῦμα μέγα, ἀραιὸν· μετ’ ὀλύγον σπασμοὶ ἀπὸ κεφαλῆς ἥρξαυτο, ταχὺ ἀπέθανεν.

ιβ’. Ἀνθρωπος θερμαινόμενος ἐδείπνησεν καὶ ἐπιεί πλέον. ἦμεσε πάντα νυκτὸς, πυρετὸς ὀξὺς, ύποχονδρίου δεξιοῦ πόνος, φλεγμονὴ ὑπολάπαρος ἐκ τοῦ ἔσω μέρους, νύκτα δυσφόρως· οὖρα δὲ κατ’ ἀρχὰς πάχος ἐχοντα, ἐρυθρά· κείμενα οὐ καθιστατο· γλώσσα ἐπίξηρος, οὐ λίθη διψώδης. τετάρτη πυρετὸς ὀξὺς, πόνοι πάνων. πέμπτη οὐρησε λείων ἐλαιώδες πολύ· πυρετὸς ὀξὺς. ἐκτῇ δείλης πολλὰ παρέκρουσεν. οὔδε νύκτα ἐκοιμήθη. ἐβδόμη πάντα παρωξύνθη· οὐρα ὁμοια, λόγοι πολλοὶ, κατέχειν οὐκ ἥδυνατο· ἀπὸ δὲ κοιλίης ἐρεθισμῷ ὑγρὰ ταραχώδεα διήλθεν μετὰ ἐλμίγγων. νύκτα ἐπιπόνως, πρωὶ δ’ ἐρρίγωσε. πυρετὸς ὀξὺς. ἱδρωσε θερμῷ, ἀπροσ ἐδοξε γενέσθαι· οὐ

1 See note, p. 188.
Fourth day. Slight relief of the pains about the hypochondrium; painful heaviness of the head; somewhat comatose; slight epistaxis; tongue dry; thirst; scanty urine, thin and oily; snatches of sleep.

Fifth day. Thirst; nausea; urine similar; no movement of the bowels; about mid-day much delirium, followed quickly by lucid intervals; rose, but grew somewhat comatose; slight chilliness; slept at night; was delirious.

Sixth day. In the morning had a rigor; quickly recovered heat; sweated all over; extremities cold; was delirious; respiration large and rare. After a while convulsions began from the head, quickly followed by death.

Case XII

A man dined when hot and drank too much. During the night he vomited everything; acute fever; pain in the right hypochondrium; inflammation, soft underneath, from the inner part; an uncomfortable night; urine at the first thick and red; on standing it did not settle; tongue dry; no great thirst.

Fourth day. Acute fever; pains all over.

Fifth day. Passed much smooth, oily urine; acute fever.

Sixth day. In the afternoon much delirium. No sleep at night.

Seventh day. General exacerbation; urine similar; much rambling; could not restrain himself; on stimulation the bowels passed watery, disturbed discharges, with worms. An uncomfortable night, with rigor in the morning. Acute fever. Hot sweat, and the patient seemed to lose his fever;
πολύ ἐκοιμήθη, ἐξ ὑπνοῦ ψύξις: πτυαλισμός. δείλης πολλὰ παρέκρουσε, μετ᾽ ὀλίγον δὲ ἦμεσε μέλανα, ὀλίγα, χολώδεα. ἐνάτη ψύξις, παρελήρει πολλά, οὐχ ὑπνώσεν. δεκάτη σκέλεα ἐπωδύνως, πάντα παρῳξύνθη, παρελήρει. ἐυδεκάτη ἀπέθανεν.

ιγ'. Γυναίκα, ἣ κατέκειτο ἐν ἀκτῇ, τρίμηνον πρὸς ἐωτῇ ἔχουσαν πῦρ ἔλαβεν· αὐτίκα δὲ ἱρξατο πονεῖν ὀσφῦν. τρίτῃ πόνος τραχύλου καὶ κεφαλῆς καὶ 1 κατὰ κληῖδα 2 δεξὶν· διὰ ταχέων δὲ γλῶσσα ἴηώνει, δεξίῃ χεῖρ παρελύθη μετὰ σπασμὸν παραπληγικὸν τρόπον, παρελήρει πάντα. νῦκτα δυσφόρως, οὐκ ἐκοιμήθη, κοιλὴ ἐπεταράχθη χολώδεσιν ἀκρίτοισιν ὀλίγοισιν. τετάρτῃ γλῶσσα ὑσαφῆς ἢν, ἐλύθη, σπασμοῖ πόνοι τῶν αὐτῶν παρέμενον, κατὰ ὑποχούδριον ἐπαρμα σὺν ὀδύνη, οὐκ ἐκοιμᾶτο, παρέκρουσε πάντα, κοιλὴ ταραχώδης, οὐρα λεπτά, οὐκ εὐχρω. πέμπτῃ πυρετὸς ψύς, ὑποχούδριον πόνος, παρέκρουε πάντα, διαχωρήματα χολώδεα. ἐς νῦκτα ἱδρώσεν, ἀπυρός. ἐκτῇ κατενόει, πάντα ἐκουφίσθη, περὶ δὲ κληῖδα ἄριστερὴν πόνος παρέμενε· διψώδης, οὐρα λεπτά, οὐκ ἐκοιμήθη. ἐβδόμῃ τρόμος, ὑπεκαρώθη, σμικρὰ παρέκρουσεν, ἀλγη-ματα κατὰ κληῖδα καὶ βραχίωνα ἄριστερὸν παρέμενε, τὰ δ' ἄλλα διεκούφισεν, πάντα κατενόει.

1 καὶ added by Blass.
2 After κληῖδα the MSS. add χεῖρα. It is deleted by Kühlewein.
little sleep, followed by chilliness; expectoration. In the evening much delirium, and shortly afterwards he vomited black, scanty, bilious vomits.

Ninth day. Chill; much wandering; no sleep.
Tenth day. Legs painful; general exacerbation; wandering.
Eleventh day. Death.

Case XIII

A woman lying sick by the shore, who was three months gone with child, was seized with fever, and immediately began to feel pains in the loins.

Third day. Pain in the neck and in the head, and in the region of the right collar-bone. Quickly she lost her power of speech, the right arm was paralyzed, with a convulsion, after the manner of a stroke; completely delirious. An uncomfortable night, without sleep; bowels disordered with bilious, unmixed, scanty stools.

Fourth day. Her speech was recovered, but was indistinct; convulsions; pains of the same parts remained; painful swelling in the hypochondrium; no sleep; utter delirium; bowels disordered; urine thin, and not of good colour.

Fifth day. Acute fever; pain in the hypochondrium; utter delirium; bilious stools. At night sweated; was without fever.

Sixth day. Rational; general relief, but pain remained about the left collar-bone; thirst; urine thin; no sleep.

Seventh day. Trembling; some coma; slight delirium; pains in the region of the collar-bone and left upper arm remained; other symptoms
τρεῖς διέλιπεν ἄπυρος. ἐνδεκάτη ὑπέστρεψεν, ἐπερ- 330 ρίγωσεν, πῦρ ἔλαβεν. περὶ δὲ τεσσαρεσκαιδεκά- την ἦμεσε χολώδεα ξανθὰ ὑπόσυνχα, άδρωσεν · ἄπυρος ἐκρίθη.

ιδ'. Μελιδίη, ἢ κατέκειτο παρὰ Ὁρῆς ιρόν, ἦρξατο κεφαλῆς καὶ τραχύλου καὶ στίθεος πόνος ἱσχυρὸς· αὐτίκα δὲ πυρετὸς οξὺς ἔλαβεν· γυναικεία δὲ σμικρὰ ἐπεφαίνετο· πόνοι τούτων πάντων συνεχέες. ἐκτή κωματώδης, ἀσώδης, φρικώδης, ἐρύθημα ἐπὶ γυνάθων, σμικρὰ παρέκρουσεν. ἐβδόμη άδρωσε, πυρετὸς διέλιπεν, οἱ πόνοι παρέμενον, 340 ὑπέστρεψεν, ὑπνοι σμικροὶ ὀφρα διὰ τέλεος εὔχρω μὲν, λεπτὰ δὲ· διαχωρῆματα λεπτά, χολώδεα, δακνώδεα, ὄλιγα, μέλαινα, δυσώδεα διήλθεν, οὐροῖς ὑπόστασις λευκὴ, λείη. άδρωσεν. 344 ἐκρίθη τελέως ἐνδεκάτη.
relieved; quite rational. For three days there was an intermission of fever.

Eleventh day. Relapse; rigor; attack of fever. But about the fourteenth day the patient vomited bilious, yellow matter fairly frequently; sweated; a crisis took off the fever.

Case XIV

Melidia, who lay sick by the temple of Hera, began to suffer violent pain in the head, neck and chest. Immediately she was attacked by acute fever, and there followed a slight menstrual flow. There were continuous pains in all these parts.

Sixth day. Coma; nausea; shivering; flushed cheeks; slight delirium.

Seventh day. Sweat; intermittence of fever; the pains persisted; relapse; snatches of sleep; urine throughout of good colour but thin; stools thin, bilious, irritating, scanty, black and of bad odour; sediment in the urine white and smooth; sweating.

Eleventh day. Perfect crisis.
EPIDEMICS III

THE CHARACTERS

Some MSS., the most important being V, have certain characters at the end of the medical histories in Book III of the Epidemics. These characters were known to Galen, who wrote, or contemplated writing, a treatise about them. There is no doubt, therefore, that they are ancient; Galen indeed in his commentary tells us that his predecessors had been much exercised over them. Zeuxis, he says, had written a history of them in which they were traced back to Mnemon, who either added them to a manuscript in the Library at Alexandria or else brought to the Library a copy with the characters inserted.

These characters are of no real value for the interpretation of the text, but they bear witness to the interest taken in the "medical histories" from very early times. Somebody or other invented a shorthand script in order to summarize these histories, or rather the main teaching of them. For some reason they were only applied to the histories of the third book, and Galen says that the older manuscripts of his time had no characters inserted until the seventh case (woman with angina).

Galen gives the following explanation of the characters:

'Ἡγεῖται μὲν οὖν, ὡς ἔφην, ἀπάντων τὸ τὴν διάμετρον γραμμὴν ἔχον Π, σημαίνον ἅεὶ τὸ πιθανὸν. τελευταίον δ'
THE CHARACTERS

ητοι τὸ Υ γράμμα φαίνεται γεγραμμένον ἢ τὸ Θ, τὸ μὲν ὑγείαν, τὸ δὲ θάνατον σημαίνον. ἐμπροσθεν δ’ αυτῶν ὁ τῶν ἡμερῶν ἀριθμός, ἐν αἷς ἐνόσησεν ἢ ἀπέθανεν δ’ κάμινων. οὐ δὲ ἐν τῷ μεταξὺ τούτων χαρακτήρες ἀπαντεῖς μὲν εἰσι διὰ τῶν γραμμάτων, ἢ σημαίνει τὰ στοιχεία τῆς φωνῆς πλήν τοῦ κάτωθεν ἀπεστιγμένου δέλτα. τίνα δὲ διάνοιαν ἐκαστὸς αὐτῶν ἔχει, δηλώσω. μεμνημένων οὐν ἡμῶν, ὅτι τὰ πρὸ τοῦ τελευταίου τῶν χαρακτήρων, ὃς οὐθέν τῷ ὑγείᾳ ἐφαμεν δηλοῦσθαι, γεγραμμένα τὸν ἀριθmob τῶν ἡμερῶν σημαίνει, περὶ τῶν ἄλλων, ὅσα μεταξὺ τούτων τε καὶ τῆς ἀρχῆς γέγραπται, ποιήσωμαι τὸν λόγον. τὸ μὲν Α δηλοῖ ἀποθοράν, ἀπώλειαν, τὸ δὲ Γ γονοειδές οὐρον, τὸ δ’ ἀπεστιγμένον, οὐάπερ ἔστιν ᾧ κάτωθεν ἔχει, τρόπῳ τούτῳ γεγραμμένον Δ διαχωρούμενα δι’ ἰδρώτων καὶ διάφοροι καὶ διαφόρησιν καὶ συνελόντι φάναι κένωσιν ἤντι

Kaun XVII, Α 611–613.

1 This sentence is evidently corrupt.
2 Littre would read diaχωρήσων.
3 Littre would read πυρρῶν.
THE CHARACTERS

Now the first character, as I said, is always the letter II with the intersecting line, meaning in all cases "probable." At the end we see written either Y or Ø, meaning "recovery" and "death" respectively. Before them is the number of the days at the end of which the patient recovered or died. The characters in the middle are in all cases (except the delta with a mark below it) the letters indicating the elements of the word.¹ I will now state the meaning of each. Remember that the last character was said to signify recovery or death, and the last but one the number of the days, and I will now give a list of the others written between the number and the beginning. A signifies "miscarriage," "destruction"; Γ "urine like semen"; the letter with the mark underneath,² written thus Δ, means "evacuations by sweets," "diarrhoea" and "perspiration,"³ and in general any evacuation; E "retention," "seat"; Z "object of search"; Ø "death," as I said before; Ι "sweat"; K "crisis" or "condition of the bowels"; M "madness" or "womb"; N "youth" or "mortification"; Ξ "yellow bile," "something strange and rare," "irritation," "dryness"; O "pains" or "urine," though some say it means urine only when it has the Y placed above, written as the word ωυτως is generally written; H means "abundance," "sputum," "wheat," ⁴ "fever."

¹ That is, each middle character except one is a letter of the alphabet, and that letter is significant, being the initial of a word, or of several alternative words.
² The text is probably mutilated, but the general meaning is clear.
³ Surely this is wrong. Littré's suggestion ("stools") may possibly be correct.
⁴ This again can surely not be correct. Littré's emendation is unconvincing.
"affection of the lung"; with a vertical stroke in the centre it means as I said "probable"; P means "flux," "rigor"; Φ "phrenitis" or "consumption"; Σ "convulsion" or "morbid condition of oesophagus or mouth"; T "delivery"; Υ "recovery of health" or "hypochondrium"; X "bile" or "bilious"; ψ "chill"; Ω "crudity."

For more information about the characters see Littré, III. pp. 28–33, and various notes at the end of the cases, and also Ilberg in Kühlewein's edition, p. 245.

As might have been expected, there is considerable doubt as to the right readings of these characters. Thus in V the characters at the end of Case 1 (first series) are:

ΠΙΣΜΟΝ

where the first character is obviously another form of Galen's Π. Ilberg emends to:

ΜΖΚΜΟΝ<Υ>

Galen reads:

ΜΠΟΥΜΥ

i.e. πιθανόν.
πλήθος.
ούρα.
tεσσαράκοντα.
ύγεια.

"It is probable that abundance of urine caused recovery in forty days."

Galen's reading makes it necessary to take the words of the text, μετὰ δὲ κρίσιν, τεσσαράκοντα
THE CHARACTERS

ημέρησιν ὑστερον, in the unnatural sense of "after the crisis, forty days from the beginning of the illness." So Littré and Adams, but the Greek scarcely allows it.

It appears certain that there were varieties of this shorthand, and that Galen's account deals with one only.
ΕΠΙΔΗΜΙΩΝ Γ

I. α'. Πυθίων, ὃς ὀκεὶ παρὰ Γῆς ἵρων, ἦρξατο τρόμος ἀπὸ χειρῶν· τῇ πρώτῃ πυρετὸς ὀξὺς· λῆρος. δευτέρη πάντα παρωξύνθη. τρίτη τὰ αὐτά. τετάρτη ἀπὸ κοιλίης ὀλίγα, ἀκρητα, χολώδεα διήλθε. πέμπτῃ πάντα παρωξύνθη· ὕπνοι λεπτοὶ· κοιλίη ἔστη. ἐκτῇ πτύσαλα ποικίλα, ὑπέρυθρα. ἐβδόμη στόμα παρειρύσθη. ὁγόνη πάντα παρωξύνθη, τρόμοι παρέμενον· οὕρα δὲ κατ' ἀρχὰς μὲν καὶ μέχρι τῆς ὁγόνης λεπτά, ἄχρω· ἐναιώρημα εἶχον ἐπινεφέλον. δεκάτη ἱδρωσε, πτύσαλα ύποπέπονα, ἐκρίθη· οὕρα ύπόλεπτα περὶ κρίσιν. μετὰ δὲ κρίσιν, τεσσαράκοντα ἡμέρησιν ύστερον, ἐμπύημα περὶ ἐδρην, καὶ στραγγουριώδης ἐγένετο ἀπόστασις.1

β'. Ἐρμοκράτηι, ὃς κατέκειτο παρὰ τὸ καίνων τεῖχος, πῦρ ἔλαβεν. ἦρξατο δὲ ἀληθῶν κεφαλῆι, όσφύν· ύποχονδρίου ἐντασις λαπαρῶς· γλῶσσα

1 V has here ΠΙΖΣΜΟΝ.

1 The third book of the Epidemics has always been regarded as a continuation of the first book. Even a casual glance will convince any reader that the two books are really one work. The Paris manuscript called A, which breaks off after the opening words of Epidemics III, nevertheless joins these words without interruption to the end of the first book.
EPIDEMICS III

Case I

Python, who lived by the temple of Earth, was seized with trembling which began in the hands.

First day. Acute fever; wandering.
Second day. General exacerbation.
Third day. Same symptoms.
Fourth day. Stools scanty, uncompounded and bilious.
Fifth day. General exacerbation; fitful sleep; constipation.
Sixth day. Varied, reddish sputa.
Seventh day. Mouth drawn awry.
Eighth day. General exacerbation; tremblings persisted; urine from the beginning to the eighth day thin, colourless, with a cloudy substance floating in it.
Tenth day. Sweat; sputa somewhat concocted; crisis; urine somewhat thin about the time of the crisis. After the crisis, forty days subsequent to it, abscess in the seat, and an abscession through strangury.

Case II

Hermocrates, who lay sick by the new wall, was seized with fever. He began to feel pain in the head and loins; tension of the hypochondrium with-
ΕΠΙΔΗΜΙΩΝ Γ

δε ἀρχομενος ἐπεκαύθη: κύριος αὐτίκα: ὑπνοι
οὐκ ἐνήσαν: διηθώδης οὐ λίην: οὐρα παχέα, ἐρυθρα,
20 κείμενα οὐ καθίστατο: ἀπὸ δε κοιλής οὐκ ὀλύμα
συγκεκαυμένα διήλ. πέμπτη ύπρισε λεπτά, εἰχεν
ἐναιώρημα, οὐχ ἰδρυτο,1 εἰς νύκτα παρέκρουσεν,
ἐκτη ἰκτεριώδης, πάντα παρωξύνθη, οὐ κατενόει.
ἐβδόμη δυσφόρως, οὐρα λεπτά, ὀμοια. τὰς ἐπο-
μένας παραπλησίως. περὶ δὲ ἐνδεκάτην ἐνντὶ
πάντα ἐδοξε κουφισθήναι: κώμα ἱρξατο, οὔρει
παχύτερα, ύπέρυθρα, κάτω λεπτᾶ: οὐ καθίστατο:
ὑπυχῇ κατενόει. τεσσαρεσκαιδέκατη ἄπυρος, οὐχ
ἰδρωσεν, ἐκοιμήθη, κατενόει πάντα, οὐρα παρα-
πλήσια. περὶ δὲ ἐπτακαιδεκάτην ἐνντὶ ὑπέ-
στρεψεν, ἐθερμάνθη. τὰς ἐπομένας πυρετὸς ὅξυς,
οὐρά λεπτά, παρέκρουσεν.2 πάλιν δὲ εἰκοστῇ
ἐκρίθη, ἄπυρος, οὐχ ἰδρωσεν. ἀπόσιτος παρά
πάντα τὸν χρόνον, κατενόει πάντα,3 διαλέγεσθαι
οὐκ ἥδυνατο, γλώσσα ἐπίξηρος, οὐκ ἐδύψη: κατε-
κομμάτο σμικρά, κωματώδης. περὶ δὲ εἰκοστὴν
καὶ τετάρτην ἐπεθερμάνθη, κοιλίη ὑγρή πολλοίς
λεπτοῖς. καὶ τὰς ἐπομένας πυρετὸς ὅξυς, γλώσσα
συνεκαύθη. ἐβδόμη καὶ εἰκοστῇ ἀπέθανε. τούτω
κύριος διὰ τέλεος παρέμενεν, οὐρα παχέα καὶ
ἐρυθρά, οὐ καθιστάμενα, ἥ λεπτὰ καὶ ἄχρω καὶ
ἐναιώρημα ἔχοντα: γεύεσθαι δὲ οὐκ ἥδυνατο.4

1 ἰδρυτο MSS.: ἰδρύτητο Kühlewein.
2 V omits παρέκρουσεν.
3 V omits πάντα: Littre restores from Galen.
4 V has here ΠΙ.Ε.Ζ.ΑΓ.ΙΔ.ΙΖ.ΚΔ.ΚΖ.Θ.

1 But see note on p. 188.
2 Galen says that the meaning of λεπτὰ is here "small,"

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out swelling; tongue at the beginning parched; deafness at once; no sleep; no great thirst; urine thick, red, with no sediment on standing; stools not scanty, and burnt.

*Fifth day.* Urine thin, with particles floating in it, without sediment; at night delirium.

*Sixth day.* Jaundice; general exacerbation; not rational.

*Seventh day.* Discomfort; urine thin, and as before. The following days similar. About the eleventh day there seemed to be general relief; coma began; urine thicker, reddish, thin at the bottom, without sediment; by degrees grew more rational.

*Fourteenth day.* No fever; no sweat; sleep; reason quite recovered; urine as before.

About the seventeenth day there was a relapse, and the patient grew hot. On the following days there was acute fever; urine thin; delirium.

*Twentieth day.* A fresh crisis; no fever; no sweat. All the time the patient had no appetite; was perfectly collected but could not talk; tongue dry; no thirst; snatches of sleep; coma. About the twenty-fourth day he grew hot; bowels loose with copious, thin discharges. On the following days acute fever; tongue parched.

*Twenty-seventh day.* Death.

In this case deafness persisted throughout; urine thick, red, without settling, or thin, colourless, with substances floating in it. The patient had no power to take food.

*i. e.* he thinks that there were small particles at the bottom. Such is not the meaning of the word in Hippocrates when applied to urine.
ΕΠΙΔΗΜΙΩΝ Γ

γ'. Ὅ κατακείμενος ἐν τῷ Δελεάρκεος ¹ κῆπῳ κεφαλῆς βάρος καὶ κρόταφον δεξιόν ἐπώδυνον ἐχεὶ χρόνον πολὺν. μετὰ δὲ προφάσιος πῦρ ἔλαβε, κατεκλίθη. δευτέρη ἐξ ἀριστεροῦ ὀλίγον ἀκριτον ἐρρύῃ ἀπὸ δὲ κοιλίης κόπρανα καλῶς διήλθεν, οὕρα λεπτᾶ ποικίλα, ἐναιωρήματα ἐχοῦτα κατὰ σμικρὰ οἰον κρίμανα, γονοειδέα. τρίτη

50 πυρετὸς ὅξυς, διαχωρήματα μέλανα, λεπτά, ἐπαφρα, ὑπόστασις πελίδνῃ διαχωρήμασιν, ὑπεκαρώτο, ἐδυσφόρει περὶ τὰς ἀναστάσιας, οὕροις ὑπόστασις πελίδνῃ, ὑπόγλυσχροι. τετάρτη ἤμεσε χολώδεα ξανθὰ ὀλίγα, διαλιπὼν ὀλίγον ἱώδεα, ἐξ ἀριστεροῦ ὀλίγον ἀκριτον ἐρρύῃ, διαχωρήματα ὁμοία, οὕρα ὁμοία, ἐφίδρωσε περὶ κεφαλῆς καὶ κληδᾶς, σπῆν ἐπήρθη, μηροῦ ὄδυνω κατ' ἕξιν, ὑποχονδρίου δεξιῶν σύντασις ὑπολάπαρος, νυκτὸς οὐκ ἐκοιμήθη, παρέκρουσε σμικρά. πέμπτη δια-

60 χωρήματα πλεῖω, μέλανα, ἐπαφρα, ὑπόστασις μέλαινα διαχωρῆμασι, νῦκτα οὐχ ὑπνώσε, παρέκρουσεν. ἕκτη διαχωρῆματα μέλαινα, λιπαρά, γλύσχρα, δυσώδεα, ὑπνώσε, κατενόει μᾶλλον. ἐβδόμη γλώσσα ἐπίξηρος, διψώδης, οὐκ ἐκοιμήθη, παρέκρουσεν, οὕρα λεπτὰ, οὐκ εὐχρω. ὁγδόη δια-
χωρήματα μέλαινα ὀλίγα, συνεστηκότα, ὑπνώσε, κατενόει, διψώδης οὐ λίνην. ἐνάτη ἐπερρίγωσε, πυρετὸς ὅξυς, ἵδρωσε, ψύξει, παρέκρουσε, δεξιῶ ἐλλαίνε, γλώσσα ἐπίξηρος, διψώδης, ἀγρυπνος.

¹ Δελεάρκεος Meineke from Galen: δεάλδεος V; other MSS. have δεόλκους or διάλκους.
EPIDEMICS III, CASE III.

Case III

The man lying sick in the garden of Delearces had for a long time heaviness in the head and pain in the right temple. From some exciting cause he was seized with fever, and took to his bed.

Second day. Slight flow of unmixed blood from the left nostril. The bowels were well moved; urine thin and varied, with particles in small groups, like barley-meal or semen, floating in it.

Third day. Acute fever; stools black, thin, frothy, with a livid sediment in them; slight stupor; getting up caused distress; in the urine a livid, rather viscous sediment.

Fourth day. Vomited scanty, bilious, yellow vomits, and after a short interval, verdigris-coloured ones; slight flow of unmixed blood from the left nostril; stools unaltered and urine unaltered; sweat about the head and collar-bones; spleen enlarged; pain in the direction of the thigh; tension, soft underneath, of the right hypochondrium;¹ no sleep at night; slight delirium.

Fifth day. Stools more copious, black, frothy; a black sediment in the stools; no sleep at night; delirium.

Sixth day. Stools black, oily, viscid, foul-smelling; slept; was more rational.

Seventh day. Tongue dry; thirsty; no sleep; delirium; urine thin, not of a good colour.

Eighth day. Stools black, scanty, compact; sleep; was collected; not very thirsty.

Ninth day. Rigor, acute fever; sweat; chill; delirium; squinting of the right eye; tongue dry; thirsty; sleepless.

¹ See note, p. 188.
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70 δεκάτη περὶ τὰ αὐτὰ. ἐνδεκάτη κατενόει πάντα, ἀπυρος, ὑπνωσεν, οὐρα λεπτὰ περὶ κρίσιν. δύο διέλιπεν ἄπυρος, ὑπέστρεψεν τεσσαρεσκαίδεκάτη, αὐτίκα δὲ νῦκτα οὐκ ἐκοιμήθη, πάντα παρέκρουσεν. πεντεκαίδεκάτη οὖρον θολερόν, οἶνον ἐκ τῶν καθεστηκότων γίνεται, ὅταν ἀναταραχθῇ, πυρετὸς ὄξὺς, πάντα παρέκρουσεν, οὐκ ἐκοιμήθη, γοῦνατα καὶ κνήμας ἐπώδυνα εἰχεν· ἀπὸ δὲ κοιλίης βάλανον προσθημένῳ μέλανα κόπρανα διήλθεν. ἔξκαι-
δεκάτη οὖρα λεπτὰ, εἰχεν ἐναιόρημα ἐπινέφελον, παρέκρουσεν. ἐπτακαιδεκάτη πρωὶ ἄκρα Ψυχρά, περιστέλλετο, πυρετὸς ὄξυς, ἱδρωσε δι’ ὅλον, ἐκουφίσθη, κατενόει μᾶλλον, οὐκ ἀπυρος, διψώδης, ἤμεσε χολόδεα, ἕανθα, ὁλίγα, ἀπὸ δὲ κοιλίης κόπρανα διήλθε, μετ’ ὀλίγον δὲ μέλανα, ὁλίγα, λεπτὰ· οὖρα λεπτὰ, οὐκ εὐχρω. ὀκτωκαιδεκάτη οὐ κατενόει, κωματώδης. ἐννεακαιδεκάτη διὰ τῶν αὐτῶν. εἰκοστῇ ὑπνωσε, κατενόει πάντα, ἱδρωσεν, ἀπυρος, οὐκ ἐδίψη, οὖρα δὲ λεπτὰ. εἰκοστῇ πρώῃ σμικρὰ παρέκρουσεν, ὑπεδίψη, ὑπο-
χουδρίου πόνος καὶ περὶ ὀμφαλὸν παλμὸς διὰ τέλεος. εἰκοστῇ τετάρτῃ οὖροισιν ὑπόστασις, κατενόει πάντα. εἰκοστῇ ἐβδόμῃ ἰσχίου δεξιοῦ ὀδύνη, τὰ δ’ ἄλλα ἔσχεν ἐπιεικέστατα, οὐροισιν ὑπόστασις. περὶ δὲ εἰκοστῆν ἐνάτην ὀφθαλμοῦ
EPIDEMICS III, CASE III.

Tenth day. Symptoms about the same.

Eleventh day. Quite rational; no fever; slept, urine thin about the time of the crisis.

The patient remained free from fever for two days, relapsed on the fourteenth day, and immediately had no sleep at night and was completely delirious.

Fifteenth day. Urine muddy, like that which has been stirred up after settling; acute fever; completely delirious; no sleep; pain in knees and legs. On the application of a suppository, black, solid motions were passed.

Sixteenth day. Urine thin, with a cloudy substance floating in it; delirium.

Seventeenth day. Extremities cold in the early morning; would wrap himself up; acute fever; sweated all over; was relieved; more rational; some fever; thirst; vomited bilious matters, yellow and scanty; solid motions from the bowels; after a while they became black, scanty and thin; urine thin, and not of a good colour.

Eighteenth day. Was not rational; comatose.

Nineteenth day. The same symptoms.

Twentieth day. Slept; completely rational; sweated; no fever; no thirst; urine thin.

Twenty-first day. Slightly delirious; rather thirsty; pain in the hypochondrium and throbbing about the navel continuously.

Twenty-fourth day. Sediment in urine; completely rational.

Twenty-seventh day. Pain in the right hip, but in other respects very comfortable; sediment in the urine.

About the twenty-ninth day pain in the right eye; urine thin.
ΕΠΙΔΗΜΙΩΝ Γ

dεξιοῦ ὀδύνη, οὐρα λεπτά. τεσσαρακοστῇ διεχώρησε φλεγματώδεα, λευκά, ὑπόσυχα, ὑδρωσε πολλῷ δι’ ὄλου, τελέως ἐκρίθη.¹

δ’. Ἐν Θαύσῳ Φιλιστῆς ² κεφαλὴν ἐπόνει χρόνων πολὺν καὶ ποτε καὶ ὑποκαρώθεις κατεκλίθη. εκ δὲ πότων πυρετῶν συνεχέων γενομένων ὁ πόνος παρωξύνθη. νυκτὸς ἐπεδερμάνθη τὸ πρῶτον. τῇ πρώτῃ ὑμεσε χολώδεα, ὀλίγα, ξανθὰ τὸ πρῶτον, μετὰ δὲ ταύτα ἰώδεα πλεῖον, ἀπὸ δὲ κοιλίης κόπρανα διῆλθεν νύκτα δυσφόρως. δευτέρη κο-φωσις, πυρετὸς ὅξυς, ὑποχόνδριον δεξιόν συνε-τάθη, ἔρρεπεν ἐς τὰ ἐσω. οὔρα λεπτὰ, διαφανέα, εἰχὲν ἑναφόρημα γενοειδές, σμικρὸν ἐξεμάνη περὶ μέσον ἡμέρης. τρίτη δυσφόρως. τετάρτη σπασμοὶ, παρωξύνθη. πέμπτῃ προὶ ἀπέθανεν.³

100 ἕ. Χαιρίωνα, ὃς κατέκειτο παρὰ †Δημαινέτῳ, †⁴ εκ πότου πῦρ ἐλαβεν. αὐτίκα δὲ κεφαλῆς βάρος ἐπώδυνον, οὐκ ἐκοιμᾶτο, κοιλίη ταραχώδης λεπτοί-σιν, ὑποχολώδεσι. τρίτῃ πυρετὸς ὅξυς, κεφαλῆς τρόμος, μάλιστα δὲ χεῖλεος τοῦ κάτω: μετ’ ὀλίγον δὲ ρύγοις, σπασμοὶ, πάντα παρέκρουσε, νύκτα δυσφόρως. τετάρτῃ δι’ ἑσυχίης, σμικρά ἐκοιμήθη.

¹ V has here ΠΙΚΔΟΔΜΤ.
² Φιλιστῆς Blass: φιλιστῆς MSS.
³ V has here ΠΙΦΔΕΘΚΚ.
⁴ Δηλιάν V: Δημαινέτῳ Littré and some MSS.

¹ The variants indicate corruption. Can Δηλιάν be “Delian goddess” or “Delias”? The form is not Ionic.

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Fortieth day. Passed motions full of phlegm, white and rather frequent; copious sweat all over; a perfect crisis.

Case IV

Philistes in Thasos had for a long time pain in the head, and at last fell into a state of stupor and took to his bed. Heavy drinking having caused continuous fevers the pain grew worse. At night he grew hot at the first.

First day. Vomited bilious matters, scanty, at first yellow, afterwards increasing and of the colour of verdigris; solid motions from the bowels; an uncomfortable night.

Second day. Deafness; acute fever; tension of the right hypochondrium, which fell inwards. Urine thin, transparent, with a small quantity of substance, like semen, floating in it. About mid-day became raving.

Third day. Uncomfortable.

Fourth day. Convulsions; exacerbation.

Fifth day. Died early in the morning.

Case V

Chaerion, who lay sick in the house of Demaenetus, was seized with fever after drinking. At once there was painful heaviness of the head; no sleep; bowels disturbed with thin, rather bilious stools.

Third day. Acute fever, trembling of the head, particularly of the lower lip; after a while rigor, convulsions, complete delirium; an uncomfortable night.

Fourth day. Quiet; snatches of sleep; wandering.

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παρέλευε. πέμπτη ἐπιτόνως, πάντα παρωξύνθη, λήρος, νύκτα δυσφόρως, οὐκ ἐκοιμήθη. ἐκτῇ διὰ τῶν αὐτῶν. ἐβδόμη ἐπερρίγωσε, πυρετός ὄξυς,

120 ἵδρωσε δι’ ὅλου, ἐκρίθη. τούτῳ διὰ τέλεος ἀπὸ κοιλίης διαχωρήματα χολώδεα, ὀλίγα, ἀκρητα· οὐρα λεπτά, οὐκ ἕγχρω, ἐναιώρημα ἐπινέφελον ἔχοντα. περὶ ὁγόνην οὐρησεν εὕχρωτερα, ἔχοντα ὑπόστασιν λευκῆν ὀλίγην, κατενάει, ἀπυρος· διέλιπεν. ἐνάτη ὑπέστρεψε. περὶ δὲ τεσσαρεσκαϊδεκάτην πυρετός ὄξυς. ἐκκαϊδεκάτη ἦμεσε χολώδεα, ξανθά, ὑπόσυχνα. ἐπτακαϊδεκάτη ἐπερρίγωσε, πυρετός ὄξυς, ἵδρωσεν, ἀπυρος ἐκρίθη. οὐρα μετὰ ὑποστροφήν καὶ κρίσιν

130 εὐχρω, ὑπόστασιν ἔχοντα, οὐδὲ παρέκρουσεν ἐν τῇ ὑποστροφῇ. ὀκτακαϊδεκάτη ἔθερμαινετο σμικρά, ὑπεδίψη, οὐρα λεπτά, ἐναιώρημα ἐπινέφελον, σμικρὰ παρέκρουσεν. ἐννεακαϊδεκάτη ἀπυρος, τράχηλον ἐπωδύνως εἶχεν, οὐροὶς ὑπόστασις. τελέως ἐκρίθη εἰκοστῇ. 2

5. Τὴν Εὐρυάνακτος θυγατέρα, παρθένου, πῦρ ἔλαβεν. ἦν δὲ ἅδιψος διὰ τέλεος· γεύματα οὐ προσεδέχετο. ἀπὸ δὲ κοιλίης σμικρὰ διήγει, οὐρα λεπτά, ὀλίγα, οὐκ εὐχρω. ἀρχομένου δὲ τοῦ

140 πυρετοῦ περὶ ἐδρην ἔπονει. ἐκταῖη δὲ ἠοῦσα

1 οὐκ restored by Littrō and Ermerins.
2 V has here ΠΙ. ΧΠΔΟΤΚΥ.
Fifth day. Pain; general exacerbation; irrational talk; uncomfortable night; no sleep.

Sixth day. The same symptoms.

Seventh day. Rigor; acute fever; sweating all over; crisis.

This patient's stools were throughout bilious, scanty and uncompounded. Urine thin, not of a good colour, with a cloudy substance floating in it. About the eighth day the urine had a better colour, with a slight, white sediment; quite rational and no fever; an intermission.

Ninth day. Relapse.

About the fourteenth day acute fever.

Sixteenth day. Vomited bilious, yellow matters rather frequently.

Seventeenth day. Rigor; acute fever; sweating; crisis ended the fever.

Urine after relapse and crisis of a good colour, with a sediment; no delirium during the relapse.

Eighteenth day. Slight heat; rather thirsty; urine thin, with cloudy substance floating in it; slight delirium.

Nineteenth day. No fever; pain in the neck; sediment in urine.

Twentieth day. Complete crisis.

Case VI

The maiden daughter of Euryanax was seized with fever. Throughout the illness she suffered no thirst and had no inclination for food. Slight alvine discharges; urine thin, scanty, and not of a good colour. At the beginning of the fever suffered pain in the seat. On the sixth day did not sweat, being
ΕΠΙΔΗΜΙΩΝ Γ

ἀπυρος οὖν ἵδρωσεν ἐκρίθη. τὸ δὲ περὶ τὴν ἐδρην σμικρὰ ἐξεπύησεν, ἐρράγη ἀμα κρίσει. μετὰ δὲ κρίσιν ἐβδομαίη ἑόνσα ἐρρίγωσε, σμικρὰ ἐπεθερμάνθη, ἵδρωσεν.1 ὕστερον δὲ ἑκρεα ψυχρά αἰεί. περὶ δὲ δεκάτην μετὰ τὸν ἱδρώτα τὸν γενόμενον παρέκρουσε καὶ πάλιν ταχὺ κατενεὶ ἐλεγον δὲ γευσαμένην βότρυνος.2 διαλιπόσα δὲ δωδεκάτη πάλιν πολλὰ παρελήρει, κοιλίη ἐπεταράξθη χολώδεσιν, ἀκρίτοισιν, ὀλύγοισι, λεπτοῖσι, δακνώδεσι, πυκνὰ ἀνίστατο. ἀφ’ ἓς δὲ παρέκρουσε τὸ ὕστερον, ἀπέθανε ἐβδόμη. αὕτη ἀρχομένου τοῦ νοσήματος ἥλγει ψάρνγγα, καὶ διὰ τέλεος ἔρευνθος εἰχε, γαρ γαρανθῶν ἀνεσπασμένος. βρέματα πολλά, σμικρά, δριμέα. ἐβησσε πέπονα, οὐδὲν ἄνήγεν.3 ἀπόσιτοι πάντων παρὰ πάντα τὸν χρόνον οὐδ’ ἐπεθύμησεν οὔδενος. ἄδιψος, οὐδ’ ἐπινευ οὐδὲν ἄξιον λόγου. σιγώσα, οὐδὲν διελέγετο. δυσθυμίη, ἄνελπιστος ἐωτής εἰχεν. ήν δὲ τι καὶ συγγενικὸν φθινώδες.4

150 ζ. Ἡ κυναγχικὴ ἡ παρὰ 5 Ἀριστίωνος, ἡ πρῶτον 6 ἡρέματο ἀσαφῆς φωνῆ. γλῶσσα ἑρυθρῆ, ἐπεξηράνθη. τῇ πρώτῃ φρικώδης, ἐπεθερμάνθη.

1 After ἵδρωσεν most MSS. have μετὰ δὲ κρίσιν ὀδοαίη ἑόνσα ἐρρίγωσεν οὐ πολλά: V omits.
2 After βότρυνος most MSS. have ταῦτα παθεῖν: V and R¹ omit.
3 Galen read πέπον δ’ οὐδὲν ἄνήγεν.
4 V has here ΠΙΕΑΠΑΣΦ.
5 The MSS. after παρὰ have τά, which is omitted by Kühlewein.
6 After πρῶτον most MSS. add ἀπὸ γλῶσσης: V omits.

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without fever; a crisis. The sore near the seat suppurred slightly, and burst at the crisis. After the crisis, on the seventh day, she had a rigor; grew slightly hot; sweated. Afterwards the extremities always cold. About the tenth day, after the sweating that occurred, she grew delirious, but was soon rational again. They said that the trouble was due to eating grapes. After an intermission, on the twelfth day she again wandered a great deal; the bowels were disturbed, with bilious, uncompounded, scanty, thin, irritating stools, which frequently made her get up. She died the seventh day from the second attack of delirium. This patient at the beginning of the illness had pain in the throat, which was red throughout. The uvula was drawn back. Many fluxes,¹ scanty and acrid. She had a cough with signs of coction, but brought up nothing.² No appetite for any food the whole time, nor did she desire anything. No thirst, and she drank nothing worth mentioning. She was silent, and did not converse at all. Depression, the patient despairing of herself. There was also some inherited tendency to consumption.

Case VII

The woman suffering from angina who lay sick in the house of Aristion began her complaint with indistinctness of speech. Tongue red, and grew parched.

First day. Shivered, and grew hot.

¹ Here ἰεύματα πολλὰ must mean "many fluxes," but in Epidemics III. iv. it means "copious fluxes."
² Or, with Galen's reading, "she had a cough, but brought up no concocted sputum."

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EPIDEMION Γ

τρίτη ρήγος, πυρετὸς ὦν, οἴδημα ὑπέρυθρον, σκληροῦ τραχύλου καὶ ἐπὶ στήθος ἐξ ἄμφοτέρων, ἀκρα ψυχρᾶ, πελεινα, πνεύμα μετέωρον, ποτὸν διὰ ρινῶν, καταπίνειν οὐκ ἦδύνατο, διαχωρίματα καὶ οὐρα ἐπέστη. τετάρτη πάντα παρωξύνθη. πέμπτη ἀπέθανε.¹

η'. Τὸ μειράκιον, ὃ κατέκειτο ἐπὶ ψευδῶν 170 ἁγορῆ, πῦρ ἔλαβεν ἐκ κόπων καὶ ρόου καὶ δρόμων παρὰ τὸ ἔθος. τῇ πρώτῃ κοιλῇ ταραχώδης χολῶδεσι, λεπτοῖς, πολλοίσιν, οὕρα λεπτά, ύπομέλανα, οὐχ ὑπνώσε, διψώδης. δευτέρη πάντα παρωξύνθη, διαχωρίματα πλεῖω, ἀκαιρότερα. οὐχ ὑπνώσε, τὰ τῆς γνώμης ταραχώδεα, σμικρὰ ύφίδροσε. τρίτῃ δυσφόρως, διψώδης, ἄσώδης, πολὺς βληστρισμός, ἀπορία, παρέκρουσεν, ἀκρα πελεινά καὶ ψυχρά, ὕποχονδρίου ἐντασις ύπολάπαρος ἐξ ἄμφοτέρων. τετάρτῃ οὐχ ὑπνώσευν ἐπὶ τὸ χείρον. ἐβδόμῃ ἀπέθανεν, ἡλικίᾳ περὶ ἑτεα εἰκοσιν.²

θ'. Ἡ παρὰ Τεισαμενοῦ γυνὴ κατέκειτο, ἣ τὰ εἰλεώδεα δυσφόρως ὤρμησεν. ἐμετοί πολλοῖ, ποτὸν κατέχειν οὐκ ἦδυνατο. πόνου περὶ ὑποχόνδρια. καὶ ἐν τοῖς κάτω κατὰ κοιλίην οἱ πόνοι. στρόφοι συνεχέες. οὐ διψώδης. ἐπεθερμαίνετο, ἀκρα ψυχρὰ διὰ τέλεος. ἄσώδης,

1 V has here ΠΙΤΔΕΘΩΙ.
2 V has here ΠΙΖΣΘ.

¹ The ancient commentators did not know the meaning of this word when applied to respiration, and a modern can only guess.
² See note, p. 188.
EPIDEMICS III, CASES VII.-IX.

Third day. Rigor; acute fever; a reddish, hard swelling in the neck, extending to the breast on either side; extremities cold and livid, breathing elevated; 1 drink returned through the nostrils—she could not swallow—stools and urine ceased.

Fourth day. General exacerbation.

Fifth day. Death.

Case VIII

The youth who lay sick by the Liars’ Market was seized with fever after unaccustomed fatigue, toil and running.

First day. Bowels disturbed with bilious, thin, copious stools; urine thin and blackish; no sleep; thirst.

Second day. General exacerbation; stools more copious and more unfavourable. No sleep; mind disordered; slight sweating.

Third day. Uncomfortable; thirst; nausea; much tossing; distress; delirium; extremities livid and cold; tension, soft underneath, of the hypochondrium 2 on both sides.

Fourth day. No sleep; grew worse.

Seventh day. Died, being about twenty years old.

Case IX

The woman who lodged with Tisamenus was in bed with a troublesome attack of inflammation of the upper bowel. Copious vomits; could not retain her drink. Pains in the region of the hypochondria. The pains were also lower, in the region of the bowels. Constant tormina. No thirst. She grew hot, though the extremities were cold all the time.
άγρυπνος. οὐρα ὀλίγα, λεπτὰ. διαχωρήματα ὑμᾶ, λεπτὰ, ὀλίγα. ὁφελεῖν οὐκέτι ἦδύνατο, 190 ἀπέθανεν.¹

1. Γυναίκα ἡ ἀποφθερής νηπίον τῶν περὶ Παντιμίδην τῇ πρώτῃ πῦρ ἔλαβε. γλώσσα ἐπίξηρος, δυσώδης, ἀσώδης, ἀγρυπνος. κοιλίη ταραχώδης λεπτοῖσι, πολλοῖσιν, ὀμοίσι. δευτέρη ἐπερρίγωσε, πυρετὸς ὀξύς, ἀπὸ κοιλίης πολλά, οὐχ ὑπνώσε. τρίτη μείζονς οἱ πόνοι. τετάρτη παρέκρουσεν ἐβδόμῃ ἀπέθανε. κοιλίη διὰ ποιτὸς υγρή διαχωρήμασι πολλοῖσι, λεπτοῖσιν, ὀμοίσιν οὐρα ὀλίγα λεπτά.²

290 τα. 'Ετέρην ἡ ἀποφθερής περὶ πεντάμηνον, Ἰκέτεω γυναίκα, πῦρ ἔλαβεν. ἀρχομένη κωματώδης ἦν, καὶ πάλιν ἀγρυπνος, ὀσφύος ὄδυνη, κεφαλής βάρος. δευτέρη κοιλίη ἐπεταράχθη ὀλίγοισι, λεπτοῖσιν, ἀκρίτουσι τὸ πρῶτον. τρίτη πλείω, χείρω νυκτὸς οὐδὲν ἐκοιμήθη. τετάρτῃ παρέκρουσε, φοβοὶ, ὁσθομίαι. δεξιῷ ὦλλανε, ἵδρωσε περὶ κεφαλῆς ὀλίγως ψυχρῶ, ἀκρεα ψυχρῶν πέμπτῃ πάντα παρωξύθη, πολλὰ παρέλεγε καὶ πάλιν ταχὺ κατενόει ἀδιψος, ἀγρυπνος, κοιλίη

¹ V has here ΠΙΡΕΘ.
² V has here ΠΙΘΔΑΤΑ. καῦσος occurs in the MSS. before the characters, and similar identifications are given at the end of other histories. Galen rejected them, and he is followed by modern editors. Such identifications are alien from the spirit of the Epidemics.

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Nausea; sleeplessness. Urine scanty and thin. Excreta crude, thin and scanty. It was no longer possible to do her any good, and she died.

**Case X**

A woman who was one of the house of Pantimides after a miscarriage was seized with fever on the first day. Tongue dry; thirst; nausea; sleeplessness. Bowels disordered, with thin, copious and crude stools.

*Second day.* Rigor; acute fever; copious stools; no sleep.

*Third day.* The pains greater.

*Fourth day.* Delirium.

*Seventh day.* Death.

The bowels were throughout loose, with copious, thin, crude stools. Urine scanty and thin.

**Case XI**

Another woman, after a miscarriage about the fifth month, the wife of Hieetas, was seized with fever. At the beginning she had alternations of coma and sleeplessness; pain in the loins; heaviness in the head.

*Second day.* Bowels disordered with scanty, thin stools, which at first were uncompounded.

*Third day.* Stools more copious and worse; no sleep at night.

*Fourth day.* Delirium; fears; depression. Squinting of the right eye; slight cold sweat about the head; extremities cold.

*Fifth day.* General exacerbation; much wandering, with rapid recovery of reason; no thirst; no
210 πολλοῖςιν ἀκαίροισι διὰ τέλεος· ὀὐρα ὀλίγα, λεπτά, 
υπομέλανα· ἀκρεά ψυχρά, ὑποπέλιδνα. ἐκτη 
diὰ τῶν αὐτῶν. ἐβδόμη ἀπέθανε. 1

ιβ’. Γυναικα, ἥτις κατέκειτο ἐπὶ ψευδέων 
ἀγορῆ, τεκούσαν τότε πρῶτον ἐπιπώνως ἄρσεν 
πῦρ ἔλαβεν. αὐτῖκα ἀρχομένη διψώδης, ἀσώδης, 
καρδίην ὑπῆλγει, γλώσσα ἐπίξηρος, κοιλίη ἐπε-
ταράχθη λεπτοίσιν ὀλίγοισιν, οὐχ ὑπνώσε. 

dευτέρη σμικρὰ ἐπερρύγωσε, πυρετὸς ὄξυς, σμικρὰ 
περὶ κεφαλῆς ἵδρωσε ψυχρῶ. τρίτη ἐπιπώνως· 
220 ἀπὸ κοιλίης ωμά, λεπτὰ πολλὰ διήει. 
τετάρτη ἐπερρύγωσε, πάντα παρῳζύνθη· ἀγρυπνώσ.
πέμπτη ἐπιπώνως. ἐκτη διὰ τῶν αὐτῶν· ἀπὸ 
κοιλίης ἤλθε ὑγρὰ πολλά. ἐβδόμη ἐπερρύγωσε, 2
πυρετὸς ὄξυς, δίψα, πολὺς βληστρισμός, περὶ 

dείλην ἵδρωσε δι’ ὄλου ψυχρῶ, ψύξις, ἀκρεά 
ψυχρά, οὐκέτι ἀνεθερμαίνετο· καὶ πάλιν ἐς νύκτα 
ἐπερρύγωσεν, ἀκρεά οὐκ ἀνεθερμαίνετο, οὐχ 
ὑπνώσε, σμικρὰ παρέκρουσε, καὶ πάλιν ταχὺ 
κατενώει. ὄγδοη περὶ μέσου ἡμέρης ἀνεθερμάνθη,
230 διψώδης, κωματώδης, ἀσώδης, ήμεσε χολώδεα 
σμικρὰ ὑπόξανθα. νύκτα δυσφόρως, οὐκ ἐκοιμήθη, 
οὐρησε πολὺ ἄθρόου οὐκ εἰδυία. ἐνάτη συνέδωκε

1 V has here ΠΙΘΑΔΑΖΘ. Before the characters most 
MSS. have φρενιτιαία· φρενῖτις Galen.
2 After ἐπερρύγωσε Galen adds γλώσσα ξηρῆ.
EPIDEMICS III, CASES XI.—XII.

sleep; stools copious and unfavourable throughout; urine scanty, thin and blackish; extremities cold and rather livid.

_Sixth day._ Same symptoms.

_Seventh day._ Death.

_CASE XII_

A woman who lay sick by the Liars' Market, after giving birth in a first and painful delivery to a male child, was seized with fever. From the very first there was thirst, nausea, slight pain at the stomach, dry tongue, bowels disordered with thin and scanty discharges, no sleep.

_Second day._ Slight rigor; acute fever; slight, cold sweating around the head.

_Third day._ In pain; crude, thin, copious discharges from the bowels.

_Fourth day._ Rigor; general exacerbation; sleepless.

_Fifth day._ In pain.

_Sixth day._ The same symptoms; copious, fluid discharges from the bowels.

_Seventh day._ Rigor; acute fever; thirst; much tossing; towards evening cold sweat all over; chill; extremities cold, and would not be warmed. At night she again had a rigor; the extremities would not be warmed; no sleep; slight delirium, but quickly was rational again.

_Eighth day._ About mid-day recovered her heat; thirst; coma; nausea; vomited bilious, scanty, yellowish matters. An uncomfortable night; no sleep; unconsciously passed a copious discharge of urine.
πάντα, κωματώδης. πρὸς δείλην σμικρὰ ἐπερρίγωσεν, ἥμεσε σμικρὰ χολώδεα. δεκάτη ρίγος, πυρετὸς παρωξύσθη, οὐκ ὑπνωσεν οὐδὲν· πρωὶ οὕρησε πολὺ ὑπόστασιν οὐκ ἔχουν, ἀκρεά ἀνεθερμάνθη. ἐνδεκάτη ἥμεσε χολώδεα, ἰώδεα. ἐπερρίγωσεν οὐ μετὰ πολὺ, καὶ πάλιν ἀκρεά ψυχρά, ἐς δείλην ἱδρῶς, ρίγος, ἥμεσε πολλά, νύκτα ἐπιπόνως. δωδεκάτη ἥμεσε πολλὰ μέλανα δυσώδεα, λυγμὸς πολὺς, δίψος ἐπιπόνως. τρισκαίδεκάτη μέλανα, δυσώδεα πολλὰ ἥμεσε, ρίγος· περὶ δὲ μέσον ἡμέρης ἄφωνος. τεσσαρεσκαίδεκάτη αἵμα διὰ ρυμῶν· ἀπέθανε. ταύτῃ διὰ τέλεος κοιλή ύγρῆ· φρικώδης· ἡλικία περὶ έτεα ἐπτακαίδεκα. 1

κατάστασις

Π. "Ετός νότιον ἐπομβρον ἀπνοια διὰ τέλεος· αὐχμῶν δὲ γενομένων τοὺς ὑπόπροσθεν χρόνους 2 ἐν νοτίοις περὶ ἀρκτούρον ὑδατά πολλά. φθινόπωρον σκιώδες, ἐπινέφελον, ὑδάτων πληθεῖα. χειμῶν νότιος, υγρός, μαλθακὸς μετὰ ἡλίου τροπάς· ύστερον πολλῷ, πλησίον ἵσημερίας, ὅπισθοχειμῶνες, καὶ ἡδὴ περὶ ἴσημερίαι βορεία, χιονώδεα, οὐ πολὺν χρόνον. ἢρ πάλιν νότιον, ἀπνοον· ὑδατά πολλὰ διὰ τέλεος μέχρι κυνὸς. θέρος αἴθριον, θερμῶν, πνίγεα μεγάλα· ἐτησίαι

1 V has here ΠΙΔΑΙΔΟΔΙΘ.
2 After χρόνους the MSS. have ἐπ' ἐνιαυτῶν. Littré queried the phrase and Ermerins deleted it.
Ninth day. General abatement of the symptoms; coma. Towards evening slight rigor; vomited scanty, bilious matters.

Tenth day. Rigor; exacerbation of the fever; no sleep whatsoever. In the early morning a copious discharge of urine without sediment; extremities were warmed.

Eleventh day. Vomited bilious matters, of the colour of verdigris. A rigor shortly afterwards, and the extremities became cold again; in the evening sweat, rigor and copious vomiting; a painful night.

Twelfth day. Vomited copious, black, fetid matters; much hiccoughing; painful thirst.

Thirteenth day. Vomited black, fetid, copious matters; rigor. About mid-day lost her speech.

Fourteenth day. Epistaxis; death.

The bowels of this patient were throughout loose, and there were shivering fits. Age about seventeen.

Constitution

II. The year was southerly and rainy, with no winds throughout. About the rising of Arcturus, while during the immediately preceding period droughts had prevailed, there were now heavy rains, with southerly winds. Autumn dark and cloudy, with abundance of rain. The winter southerly, humid, and mild after the solstice. Long after the solstice, near the equinox, wintry weather returned, and at the actual equinoctial period there were northerly winds with snow, but not for long. The spring southerly again, with no winds; many rains throughout until the Dog Star. The summer was clear and warm, with waves of stifling heat. The
ΕΠΙΔΗΜΙΩΝ Γ

σμικρὰ διεσπασμένως ἐπνευσαν’ πάλιν δὲ περὶ ἀρκτοῦρον ἐν βορείοισιν ύδατα πολλά.

Γενομένου δὲ τοῦ ἑτεος νοτίου καὶ ὑγροῦ καὶ μαλθακοῦ κατὰ μὲν χειμῶνα διήγγον ύγιηρῶς πλὴν
15 τῶν φθινωδέων, περὶ ὧν γεγράφεται.

III. Προὶ δὲ τοῦ ἡρος ἀμα τοῖς γενομένοις ψύχεσιν ἐρυσιτελάται πολλά, τοίσι μὲν μετὰ προφάσιος, τοίσι δ’ οὐ, κακοίθεα: πολλοὺς ἐκτεινε, πολλοὶ φάρνγγας ἐπόνησαν· φωναὶ κακοὺμεναι, καῦσοι, φρενιτικοὶ, στόματα ἀφθώδεα, αἰδοίωσι φύματα, ὀφθαλμαί, ἀνθρακεῖς, κοιλία ταραχώδεις, ἀπόσιτοι, διψώδεις οἱ μὲν, οἱ δ’ οὐ, οὐρα ταρα-
χώδεα, πολλά, κακά, κοματώδεις ἔπὶ πολὺ καὶ πάλιν ἀγρυπνοι, ἀκρισιαὶ πολλαί, δύσκριτα,
10 ύδρωπες, φθινώδεις πολλοί. τὰ μὲν ἐπιδημήσαντα νοσήματα ταῦτα. ἐκάστου δὲ τῶν ὑπογεγραμ-
μένων εἰδέων ἔσαν οἱ κάμνοντες καὶ ἐθνησκον
13 πολλοί. συνεπιπτε δ’ ἐφ’ ἐκάστοις τούτων ὄδε.

IV. Πολλοὶς μὲν τὸ ἐρυσίτελας μετὰ προ-
φάσιος ἐπὶ τοῖς τυχοῦσι καὶ πάνιν ἐπὶ σμικροῦς τρωματίους ἐφ’ ὀλὸ τὸ σώματι, μάλιστα δὲ τοῦσι
περὶ ἐξήκοντα ἔτεα καὶ 1 περὶ κεφαλῆς, εἰ καὶ
σμικρὸν ἀμεληθείη. πολλοὶς δὲ καὶ ἐν θεραπείᾳ
ἔσοι 2 μεγάλαι φλεγμοναὶ ἐγήνουτο, καὶ τὸ ἐρυ-
σίτελας πολὺ ταχὺ πώς ἐπενέμετο. τοῖσι
μὲν οὖν πλείστοισιν αὐτῶν ἀποστάσιες ἐς ἐμ-
πυήματα συνέπιπτον· σαρκῶν καὶ νεύρων καὶ

1 καὶ omitted by MSS., added by Littré from Galen.
2 Littré puts a comma at ἀμεληθείη and a colon at ἔσοι.

1 Or, “forms.”
2 With Littré’s punctuation the meaning is, “however
EPIDEMICS III, ii.–iv.

Etesian winds were faint and intermittent. But, on the other hand, near the rising of Arcturus there were heavy rains with northerly winds.

The year having proved southerly, wet and mild, in the winter the general health was good except for the consumptives, who will be described in due course.

III. Early in the spring, at the same time as the cold snaps which occurred, were many malignant cases of erysipelas, some from a known exciting cause and some not. Many died, and many suffered pain in the throat. Voices impaired; ardent fevers; phrenitis; aphthae in the mouth; tumours in the private parts; inflammations of the eyes; carbuncles; disordered bowels; loss of appetite; thirst in some cases, though not in all; urine disordered, copious, bad; long coma alternating with sleeplessness; absence of crisis in many cases, and obscure crises; dropsies; many consumptives. Such were the diseases epidemic. There were patients suffering from each of the above types, and fatal cases were many. The symptoms in each type were as follow.

IV. Many were attacked by the erysipelas all over the body when the exciting cause was a trivial accident or a very small wound; especially when the patients were about sixty years old and the wound was in the head, however little the neglect might have been. Many even while undergoing treatment suffered from severe inflammations, and the erysipelas would quickly spread widely in all directions. Most of the patients experienced abscessions ending in suppurations. Flesh, sinews and bones slight the neglect, and even when a patient was actually undergoing treatment. There were severe inflammations, etc.
ΕΠΙΔΗΜΙΩΝ Γ

10 ὀστέων ἐκπτώσεις μεγάλαι. ἦν δὲ καὶ τὸ ρέμα τὸ συνιστάμενον οὐ πῦρ ἱκελοῦ, ἀλλὰ σηπεδών τις ἄλλῃ καὶ ρέμα πολὺ καὶ ποικίλον. οἶσι μὲν οὖν περὶ κεφαλῆς τούτων τι συμπίπτοι γίνεσθαι, μάδησις τε ὄλης τῆς κεφαλῆς ἐγίνετο καὶ τοῦ γενεῖου καὶ ὀστέων ψιλῶματα καὶ ἐκπτώσεις καὶ πολλὰ ρέματα. ἐν πυρετοῖς τε ταῦτα καὶ ἄνευ πυρετῶν. ἦν δὲ ταῦτα φοβερώτερα ἢ κακίω. οἶσι γὰρ ές ἐμπύημα ἢ τινα τοιοῦτον ἀφίκοιτο πεπασμόν, οἱ πλείστοι τούτων ἐσώζοντο. οἶσι δ' ἢ μὲν φλεγμονῇ καὶ τὸ ἐρυσίπτελας ἀπέθλοι, τοιαύτῃ δὲ ἀπόστασιν μηδεμίαν ποιήσατο, τοὺτων ἀπώλλυντο πολλοὶ. ὁμοίως δὲ καὶ εἰ πῃ ἄλλῃ τοῦ σώματος πλανηθείη, συνέπιπτε ταῦτα. πολλοῖσι μὲν γὰρ βραχίων καὶ πῆχυς ὅλος περιερρῆ. οἶσι δ' ἐπὶ τὰ πλευρά, ταῦτα ἐκακοῦστο ἢ τῶν ἐμπροσθὲν τι ἢ τῶν ὅπισθὲν. οἶσι δ' ὅλος ὁ μηρὸς ἢ τὰ περὶ κυνήμαν ἀπεψιλοῦτο καὶ ποὺς ὅλος. ἦν δὲ πάντων χαλεπώτατα τῶν τοιούτων, ὅτε περὶ ἠβην καὶ αἴδοια γενοῦτο. τὰ μὲν περὶ ἐλκεα καὶ μετὰ προφάσιος τοιαῦτα. πολλοῖσι δὲ ἐν πυρετοῖς καὶ πρὸ πυρετοῦ καὶ ἐπὶ πυρετοῖς συνέπιπτεν. ἦν δὲ καὶ τούτων, ὅσα μὲν ἀπόστασιν ποιήσατο διὰ τοῦ ἐκπυῆσαι ἢ κατὰ κοιλήν ταραχῆ τις ἐπίκαιρος ἢ χρηστῶν οὐρῶν διάδοσις γένοιτο, διὰ τούτων λελύσθαι, οἶσι δὲ μηδὲν τούτων συμπίπτοι, ἀσήμως δὲ ἀφανιζομένων, θανατώδεα γίνεσθαι. πολὺ μὲν οὖν πλείστοισι συνέπιπτε τὰ περὶ τὸ ἐρυσίπτελας τοῦ ἠρος. παρείπετο δὲ καὶ διὰ τοῦ θέρεος καὶ ὑπὸ φθινόπωρον.
fell away in large quantities. The flux which formed was not like pus, but was a different sort of putrefaction with a copious and varied flux. If any of these symptoms occurred in the head, there was loss of hair from all the head and from the chin; the bones were bared and fell away, and there were copious fluxes. Fever was sometimes present and sometimes absent. These symptoms were terrifying rather than dangerous. For whenever they resulted in suppuration or some similar coction the cases usually recovered. But whenever the inflammation and the erysipelas disappeared without producing any such abscession, there were many deaths. The course of the disease was the same to whatever part of the body it spread. Many lost the arm and the entire forearm. If the malady settled in the sides there was rotting either before or behind. In some cases the entire thigh was bared, or the shin and the entire foot. But the most dangerous of all such cases were when the pubes and genital organs were attacked. Such were the sores which sprang from an exciting cause. In many cases, however, sores occurred in fevers, before a fever, or supervening on fevers. In some of these also, when an abscession took place through suppuration, or when a seasonable disturbance of the bowels occurred or a passing of favourable urine, this gave rise to a solution; but when none of these events happened, and the symptoms disappeared without a sign, death resulted. It was in the spring that by far the greater number of cases of erysipelas occurred, but they continued throughout the summer and during autumn.

1 So V and most MSS.: ὃ τῶν τοιούτων ἀφίκοιτο πεπασμὸς most editions.
V. Πολλή δὲ ταραχῇ τις καὶ τὰ περὶ φάρυγγα φύματα, καὶ φλεγμοναὶ γλώσσης, καὶ τὰ παρ’ ὄδόντας ἀποστήματα. φωναὶ τε πολλοῖσιν ἐπεσήμανον κακοῦμεναι καὶ κατέλλουσαι,1 πρῶτον μὲν τοῖς φθινώδεσιν ὠρχομένοισιν, ἀτὰρ καὶ τοῖς καυσώδεσι καὶ τοῖς φρενιτικοῖσιν.

VI. Ἡρξαντὸ μὲν οὖν οἱ καῦσοι καὶ τὰ φρενιτικὰ προὶ τοῦ ἱρος μετὰ τὰ γενόμενα ψύχεα, καὶ πλεῖστοι τηνικάτα διενόσησαν ὡξέα δὲ τούτοις καὶ θανατώδεα συνεπιττεν. ἤν δὲ ἡ κατάστασις τῶν γενόμενων καῦσων ὡδὲ ὠρχόμενοι κωματώδεις, ἀσώδεις, φρικώδεις, πυρετός ὡξὺς,2 οὐ διψώδες λίπη, οὐ παράληποι, ἀπὸ ῥυμῶν ἐσταξε σμικρόν. οἱ παροξυσμοὶ τοῖς πλείστοις ἐν ἀρτίσι, περὶ δὲ τοὺς παροξυσμοὺς λήθη καὶ ἄφεσις καὶ ἄφωνη. ἀκρεά τε τούτοις ἀιεὶ μὲν ψυχρότερα ποδῶν καὶ χειρῶν, πολὺ δὲ περὶ τοὺς παροξυσμοὺς μάλιστα. πάλιν τε βραδέως καὶ οὐ καλῶς ἀνεβερμαίνοντο καὶ πάλιν κατενόευ καὶ διελέγοντο. κατεῖχε δὲ ἡ τὸ κῶμα συνεχές, οὐχ ὑπνῶδες, ἡ μετὰ πόνων ἀγρυπνοῖ. κοιλίαι ταραχώδεις τοίς πλείστοις τούτων, διαχωρίσεις ὁμοία, λεπτοῖσι, πολλοῖσιν, οὐδὲ τε πολλά λεπτὰ κρίσιμον οὐδὲ χρηστὸν οὐδὲν ἔχοντα: οὐδὲ ἄλλο κρίσιμον οὐδὲν τοίς οὕτως ἔχουσιν ἐφαίνετο: οὗτε γὰρ ἡμορράγει καλῶς

1 κατέλλουσαι: Freind and Kühlewein: κατείλουσαι V. katεiλλουσαι: Erotian. For other variants see Littré.
2 Before ὡξὺs Galen (VII 651) followed by Littré has οὖκ.
V. Much trouble was caused to some patients by the tumours in the throat, inflammations of the tongue and the abscesses about the teeth. Many had the symptom of impaired and muffled voice, at first at the beginning of the cases of consumption, but also in the ardent fevers and in phrenitis.

VI. Now the ardent fevers and phrenitis began early in the spring after the cold snaps which occurred, and very many fell sick at that time. These suffered acute and fatal symptoms. The constitution of the ardent fevers that occurred was as follows. At the beginning coma, nausea, shivering, acute fever, no great thirst, no delirium, slight epistaxis. The exacerbations in most cases on even days, and about the time of the exacerbations there was loss of memory with prostration and speechlessness. The feet and hands of these patients were always colder than usual, most especially about the times of exacerbation. Slowly and in no healthy manner they recovered their heat, becoming rational again and conversing. Either the coma held them continuously without sleep, or they were wakeful and in pain. Bowels disordered in the majority of these cases, with crude, thin, copious stools. Urine copious, thin, with no critical or favourable sign, nor did any other critical sign appear in these patients. For there occurred neither favourable hemorrhage

1 The word so rendered has puzzled the commentators from very early times. See the full discussion of Littré ad loc. The ancients interpreted either "cooped up" or "altered," "faussée" (Littré). See Erotian sub voce φωναλ κατείλλουσαι. I think that H. used a strange word metaphorically on purpose to describe a strange alteration in the voice, which was as it were "imprisoned" or (to borrow a motoring expression) "silenced."
οὔτε τις ἀλλή τῶν εἰθισμένων ἀπόστασις ἐγένετο κρίσιμος. ἐθυμοκόν τε ἐκαστὸς ως τύχοι, πεπλανημένως τὰ πολλά, περὶ τὰς κρίσιας, ἐκ πολλῶν δὲ τινὲς ἄφωνοι, ἱδρύοντες πολλοί. τοῖσι μὲν ὀλεθρίως ἔχουσι συνεπιπτε ταῦτα· παραπλήσια δὲ καὶ τοῖσι φρενιτικοῖσιν. ἀδιψοὶ δὲ πάνυ ὤντο ἦσαν, οὐδ' ἐξεμάνη τῶν φρενιτικῶν ύποδείς, ὥσπερ ἐπ' ἀλλοισιν, ἀλλ' ἄλλη τινὶ καταφορῇ νωθρῇ

29 καρηβαρέες¹ ἀπώλλυτο.

VII. Ἡσαν δὲ καὶ ἄλλοι πυρετοὶ, περὶ δὲν γεγράφεται. στόματα πολλοίσιν ἀφθώδεα, ἐλκώδεα. ῥεύματα περὶ αἰδοῖα πολλά, ἐλκώματα, φύματα ἔξωθεν, ἐσωθεν: τὰ περὶ βουβῶνας. ὀφθαλμίαι ύγραί, μακροχρόνιοι μετὰ πόνων. ἐπιφύσιες βλεφάριοι ἔξωθεν, ἐσωθεν, πολλῶν φθείροντα τὰς όψιας, ἀ σύκα ἐπωμομάζουσιν. ἐφύτευτο δὲ καὶ ἐτὶ τῶν ἄλλων ἐλκέων πολλὰ καὶ ἐν αἰδοίοισιν. ἀνθρακεῖς πολλοὶ κατὰ θέρος καὶ ἄλλα, ἀ σῆς καλεῖται. ἐκθύματα μεγάλα. ἐρπητεῖς πολλοίσι μεγάλοι.

VIII. Τὰ δὲ κατὰ κοιλίην πολλοίσι πολλά καὶ βλαβερὰ συνέβαινε. πρῶτον μὲν τεινεσμοὶ πολλοίσιν ἐπιπόνοι, πλείστοισι δὲ παιδίοισι, καὶ πᾶσιν² ὄσαι³ πρὸ ἴθης, καὶ ἀπώλλυτο τὰ πλείστα τούτων. λειεντερικοὶ πολλοὶ. δυσεντεριωδεῖς, οὐδ' οὔτοι λίην ἐπιπόνοι. τὰ δὲ χολώδεα καὶ λιπαρά καὶ λεπτὰ καὶ υδατώδεα: πολλοῖσι

¹ So Galen (XVI 579) καταφορῇ κακῇ νωθρῇ βαρέως MSS.
² πᾶσιν D and Galen: παῖσιν V.
³ ὄσα MSS.: ὄσοι most editions.

1 Possibly “frequent,” “common.” So Littré. This is one of the most doubtful cases of those difficult words in a medical context, πολύς and δλίγος in the plural. See General Introduction, p. lxi.

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nor any other of the usual critical abscessions. The manner of their dying varied with the individual; it was usually irregular, at the crises, but in some cases after long loss of speech and in many with sweating. These were the symptoms attending the fatal cases of ardent fever, and the cases of phrenitis were similar. These suffered from no thirst at all, and no case showed the mad delirium that attacked others, but they passed away overpowered by a dull oppression of stupor.

VII. There were other fevers also, which I shall describe in due course. Many had aphthae and sores in the mouth. Fluxes about the genitals were copious; sores, tumours external and internal; the swellings which appear in the groin. Watery inflammations of the eyes, chronic and painful. Growths on the eyelids, external and internal, in many cases destroying the sight, which are called "figs." There were also often growths on other sores, particularly in the genitals. Many carbuncles in the summer, and other affections called "rot." Large pustules. Many had large tetter.

VIII. The bowel troubles in many cases turned out many and harmful. In the first place many were attacked by painful tenesmus, mostly children—all in fact who were approaching puberty—and most of these died. Many lienteries. Cases of dysentery, but they too were not very painful. Stools bilious, greasy, thin and watery. In many

2 A curious phrase. I suspect that τὰ hides a corruption of the text.
3 I. c. as Galen suggests in his commentary, they were like the lienteries in not causing much pain. Lientery is not particularly painful.
μὲν αὐτὸ τὸ νόσημα ἐς τόπτο κατέσκηψεν ἀνευ τε πυρετῶν καὶ ἐν πυρετοῖς. μετὰ πόνων στρόφοι καὶ ἀνείλησες κακοήθεις. διεξόδοι τε τῶν πολλῶν ἐνόντων τα δὲ διεξόντα πόνους οὐ λύντα τοῖς τε προσφερομένοις δυσκόλως ὑπακούοντα· καὶ γὰρ αἱ καθάρσεις τοὺς πλεῖστους προσέβλαπτον. τῶν δὲ οὕτως ἐχόντων πολλοὶ μὲν ὀξέως ἀπόλλυντο, ἐστὶ δ' οὖσι καὶ μακρότερα διήγεν. ὡς δ' ἐν κεφαλαῖο εἰρήσθαι, πάντες, καὶ οἱ τὰ μακρὰ νοσεόντες καὶ οί τὰ ὀξέα, ἐκ τῶν κατὰ κοιλίην ἀπέθνησκον μάλιστα. πάντας γὰρ κοιλίη συναπήγγευκεν.

IX. Ἀπόσιτοι δ' ἐγένοντο πάντες μὲν καὶ ἐπὶ πᾶσι τοῖς προγεγραμμένοισιν, ὡς ἐγὼ οὖνδ' πῶποτε ἐνέτυχοι, πολὺ δὲ μάλιστα οὕτοι καὶ ἐκ τούτων καὶ ἐκ τῶν ἀλλῶν δὲ οἱ καὶ ὀλεθρίως

1 ἐνόντων MSS. But should we not expect ἐνεόντων? I suggest μενόντων. Cf. my suggestion on p. 320.
2 After καὶ MSS. have οἱ. Blass omitted.

1 Littré in a long and obscure note argues that only ἀνευ πυρετῶν and not ἐν πυρετοῖς can belong to the preceding phrase, apparently because it is illogical to say that fever was present when the disease consisted merely of unhealthy stools. But the writer does not wish to exclude fever; he merely wishes to exclude from this class of patient tenesmus, linctery and dysentery. The commentary of Galen, πολλοῖς δὲ φησίν αὐτῷ τούτο γενέσθαι τὸ νόσημα, τούτεστι τὸ διαχωρεῖν τὰ τοιαῦτα· καὶ γὰρ καὶ χωρὶς πυρετῶν ἐνιοῖς τούτῳ γενέσθαι φησὶ, does not, as Littré supposes, support his contention. The phrase καὶ χωρὶς πυρετῶν ἐνιοῖς τούτῳ γενέσθαι φησὶ implies καὶ ἐν πυρετοῖς τούτῳ ἐγένετο.

2 It is hard to separate διεξόδοι from τῶν πολλῶν, yet the sense seems to require it. The next sentence states that these evacuations caused no relief, evidently because they
cases this condition of the bowels constituted the disease itself, fever being sometimes absent and sometimes present.\(^1\) Painful tormina and malignant colic. There were evacuations, though the bulk of the contents remained behind.\(^2\) The evacuations did not take away the pains, and yielded with difficulty to the remedies administered. Purgings, in fact, did harm in most cases. Of those in this condition many died rapidly, though a few held out longer. In brief, all patients, whether the disease was prolonged or acute, died chiefly from the bowel complaints. For the bowels carried all off together.\(^3\)

IX. Loss of appetite, to a degree that I never met before, attended all the cases described above, but most especially the last, and of them, and of the others also, especially such as were fatally stricken.\(^4\)
ΕΠΙΔΗΜΙΩΝ Γ

ἔχοιεν. διψώδες οί μέν, οί δ’ ού· τῶν ἐν πυρε-
tοτοῖς καὶ τοῖς ἀλλοισιν οὔδεις ἀκάρως, ἄλλ’
7 ἦν κατὰ ποτῶν διαιτάν ὡς ἥθελες.

Χ. Οὗρα δὲ πολλὰ μὲν τὰ διεξίοντα ἤν, οὐκ ἐκ
tῶν προσφερομένων ποτῶν, ἀλλὰ πολλοὺς ὑπερ-
βάλλοντα. πολλή δὲ τις καὶ τῶν οὐρων κακότης
ἡν τῶν ἀποίόντων. οὔτε γὰρ πάχος οὔτε πεπα-
σμοὺς οὔτε καθάρσιας χρηστὰς εἴχεν.1 ἐσήμαινεν
dὲ τοῖς πλείστοις σύντηξιν καὶ ταραχῆν καὶ
πόνοις καὶ ἄκρισιας.

XI. Κυματώδες δὲ μάλιστα οἱ φρενιτικοὶ καὶ
οἱ καυσώδες ἦσαν, ἀτὰρ καὶ ἐπὶ τοῖς ἀλλοισι
νοσήμασι πάσι τοῖς μεγίστοισιν, ὅ τι μετὰ
πυρετοῦ γίνοιτο. διὰ παντὸς δὲ τοῖς πλεί-
στοισιν ἡ βαρὺ κῶμα παρείπετο ἡ μικροὺς καὶ
6 λεπτοὺς ὑπνοὺς κοιμᾶσθαι.

XII. Πολλὰ δὲ καὶ ἀλλὰ πυρετῶν ἐπεδήμησεν
εἴθες, τριτάιων, τεταρταίων, νυκτερινῶν, συν-
εχέων, μακρῶν, πεπλανημένων, ἀσωδέων, ἀκατα-
στάτων. ἀπαντες δὲ οὕτωι μετὰ πολλῆς ἐγίνοντο
ταραχῆς· κοιλίαι τε γὰρ τοῖς πλείστοισιν ταρα-
χώδεσι, φρικώδεσι. ιδρώτες οὐ κρίσιμοι, καὶ τὰ
tῶν οὖρων ὡς ὑπογέγραπται. μακρὰ δὲ τοῖς
πλείστοις τούτων· οὔδὲ γὰρ αἱ γινόμεναι
τοῦτοισιν ἀποστάσιες ἐκρινον ὡσπερ ἐπὶ τοῖς
10 ἀλλοισι. δύσκριτα μὲν οὖν πάσι πάντα ἐγίνετο
καὶ ἀκρισίαι καὶ χρόνια, πολὺ δὲ μάλιστα τούτοις.

1 After εἶχεν MSS. have ἐπὶ πολλοίς γὰρ αἱ κατὰ κύστιν
καθάρσιες χρησταὶ γενομέναι ἀγαθὰν. Deleted as an explana-
tory note by Ermerins.

1 Probably “disordered bowels,” a common meaning of
tαραχή in the Corpus.

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Thirst afflicted some, but not others; of the fever patients, as well as of the other cases, none were unseasonably affected, but as far as drink was concerned you could diet them as you pleased.

X. The urine that was passed was copious, not in proportion to, but far exceeding, the drink administered. Yet the urine too that was passed showed a great malignancy. For it had neither the proper consistency, nor coction, nor cleansing powers; it signified for most patients wasting, trouble, pains, and absence of crisis.

XI. Coma attended mostly the phrenitis and ardent fevers, without excluding, however, all the other diseases of the most severe sort that were accompanied by fever. Most patients throughout either were sunk in heavy coma or slept only in fitful snatches.

XII. Many other forms also of fever were epidemic:—tertians, quartans, night fevers, fevers continuous, protracted, irregular, fevers attended with nausea, fevers of no definite character. All these cases suffered severely from trouble. For the bowels in most cases were disordered, with shivering fits. Sweats portended no crisis, and the character of the urine was as I have described. Most of these cases were protracted, for the abscessions too which took place did not prove critical as in other cases; nay rather, in all cases all symptoms marked obscurity of crisis, or absence of crisis, or protraction of the disease, but most especially in the patients last described. A few

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2 See the preceding note.

3 For δύσκριτον see Foes' Oeconomia, sub voce. It means that it was hard to see when a crisis took place, or that the crisis was not a marked one.
ΕΠΙΔΗΜΙΩΝ Γ

ἐκρινε δὲ τούτων ὀλίγοισι περὶ ὁγδοηκοστήν. τοίσι δὲ πλείστοισιν ἐξέλειπτεν ὡς ἐτυχεν. ἔθην-
σκον δὲ τούτων ὀλίγοι ὑπὸ ὑδρωπος ὀρθοστάδην.
pολλοὶ δὲ καὶ ἐπὶ τοίσιν ἀλλοισι νοσήμασιν ὀⁱδήματα παρώχλει, πολὺ δὲ μάλιστα τοῖσι

φθινώδεσι.

XIII. Μέγιστον δὲ καὶ χαλεπώτατον καὶ
πλείστους ἔκτεινε τὸ φθινώδες. πολλοὶ γὰρ
τινες ἀρξάμενοι κατὰ χειμῶνα πολλοὶ μὲν κατε-
κλίθησαν, οἱ δὲ αὐτῶν ὀρθοστάδην ὑπεφέροντο·
προὶ δὲ τοῦ ἱρος ἔθηνσκον οἱ πλεῖστοι τῶν
κατακλιθέντων τῶν δὲ ἄλλων ἐξέλιπτον μὲν
αἱ βῆχες οὐδενὶ, υφίεσαν δὲ κατὰ θέρος. ὑπὸ
δὲ τὸ φθινόπωρον κατεκλίθησαν πάντες καὶ
πολλοὶ ἔθηνσκον. μακρὰ δὲ τούτων οἱ πλεῖστοι
διενόσεον.

ἤρξατο μὲν οὖν τοῖσι πλείστοισι
τούτων ἔξαίφυς ἐκ τούτων κακοῦσθαι: φρικώ-
δες πυκνά. πολλάκις πυρετοὶ συνεχέες, ὥζεες·
ἱδρῶτες ἀκαίροι πολλοὶ, ψυχροὶ διὰ τέλεος·
pολλὴ ψύξις, καὶ μόγις πάλιν ἀναθερμαίνουμεν;
κοιλίᾳ ποικίλως ἐφιστάμεναι καὶ πάλιν ταχύ
καθυγραινόμεναι, περὶ δὲ τελευτὴν πᾶσι βιαῖως
καθυγραινόμεναι. καὶ τῶν περὶ πνεύμονα πάν-
tων διάδοσις κάτω· πλῆθος οὐρων οὐ χρηστῶν·
sυντήξεις κακαί. αἱ δὲ βῆχες ἐνήσαν μὲν διὰ
tέλεος πολλὰ καὶ πολλὰ ἀνάγουσαι πέπονα
καὶ υγρά, μετὰ πόνον δὲ οὐ λίην· ἀλλ' εἰ καὶ
ἐπόνεοι, πάνυ πρήξως πᾶσιν ἡ κάθαρσις τῶν
ἀπὸ πνεύμονος ἐγίνετο. φάρμαγες οὐ λίην δακνῶ-
dες, οὐδὲ ἀλμύριδες οὐδὲν ἡμώχλεων· τὰ μέντοι

1 From perὶ to καθυγραινόμεναι omitted by all MSS. except 
H (in margin).
of these had a crisis about the eightieth day; with most recovery followed no rule. A few of them died of dropsy, without taking to their bed; many sufferers from the other diseases too were troubled with swellings, most particularly the consumptives.

XIII. The severest and most troublesome disease, as well as the most fatal, was the consumption. Many cases began in the winter, and of these several took to their bed, though some went about ailing without doing so. Early in the spring most of those who had gone to bed died, while none of the others lost their cough, though it became easier in the summer. During autumn all took to bed and many died. Most of these were ill for a long time. Now most of these began suddenly to grow worse, showing the following symptoms:—frequent shivering; often continuous and acute fever; unseasonable, copious,¹ cold sweats throughout; great chill with difficult recovery of heat; bowels variously constipated, then quickly relaxing, and violently relaxing in all cases near the end; the humours about the lungs spread downwards; abundance of unfavourable urine; malignant wasting. The coughs throughout were frequent, bringing up copious,¹ concocted and liquid sputa, but without much pain; but even if there was pain, in all cases the purging from the lungs took place very mildly. The throat did not smart very much, nor did salt humours cause any distress at all. The fluxes, however, viscid, white,

¹ I am often doubtful as to the meaning of πολλοί in instances like these; does it refer to quantity or frequency? In these two examples either meaning would give excellent sense. See General Introduction, p. lxi.
γλίσχρα καὶ λευκὰ καὶ ύγρὰ καὶ ἀφρόδεα πολλὰ ἀπὸ κεφαλῆς ἤει. πολὺ δὲ μέγιστον κακὸν παρείπτετο καὶ τούτοις καὶ τοῖς ἀλλοισι τὰ περὶ τὴν ἀποσιτίην, καθάπερ ὑπογεγραπταὶ οὐδὲ γὰρ πότων μετὰ τροφῆς ἱδέως εἶχον, ἀλλὰ 30 πάνυ διήγον ἅδιψος. βάρος σώματος· κωματώδες· τοῖς πλείστοιςιν αὐτῶν οἴδημα, καὶ ἐς ὑδρωπα περίσταντο· φρικώδες, παράληποι περὶ 33 θάνατον.

XIV. Εἴδος δὲ τῶν φθινώδεων ἦν τὸ λεῖον, τὸ ύπόλευκον, τὸ φακόδες,1 τὸ ύπερυθρόν, τὸ χαροπόν, λευκοφλεγματία, πτερυγώδεις· καὶ γυναίκες ὀὐτώ. τὸ μελαγχολικὸν καὶ ψφαιμον· οἱ καύσοι καὶ τὰ φρενιτικά καὶ τὰ δυσεντεριώδεα τούτων ἦπτετο. τεινεσμοὶ νέοισι φλεγματώδεσιν· αἱ μακραὶ διάρροιαι καὶ τὰ δριμέα διαχωρῆματα 8 καὶ λιπαρὰ πικροχόλοισιν.

XV. Ἡν δὲ πᾶσι τοῖς ὑπογεγραμμένοις χαλεπῶτατον μὲν τὸ ἔαρ καὶ πλείστους ἀπέκτεινε, τὸ δὲ θέρος ῥηῖστον, καὶ ἐλάχιστοι ἀπώλιντο. τοῦ δὲ φθινοπώρου καὶ ὑπὸ πληηύδα πάλιν ἔθνηκον, οἱ πολλοί τεταρταίοι. 2 δοκεῖ δὲ μοι προσῳφελήσαι κατὰ λόγον τὸ γενόμενον θέρος. τὰς γὰρ θερινὰς νυόσους χειμών ἐπιγενόμενον λύει, καὶ τὰς χειμερινὰς θέρων ἐπιγενόμενον μεθίστησι.

1 φακόδες most MSS.: ταραχόδες R': φλεγματώδες Galen.
2 From δοκεῖ δὲ μοι to the end of the κατάστασις appears in the MSS. not here but at the end of the book. Most editors have transposed the passage to this place.

It seems impossible to decide whether the adjective χαροπός refers here to the brightness of the eyes or to their colour (blue or grey).
moist, frothy, which came from the head, were abundant. But by far the worst symptom that attended both these cases and the others was the distaste for food, as has been mentioned. They had no relish either for drink with nourishment, but they remained entirely without thirst. Heaviness in the body. Coma. In most of them there was swelling, which developed into dropsy. Shivering fits and delirium near death.

XIV. The physical characteristics of the consumptives were:—skin smooth, whitish, lentil-coloured, reddish; bright eyes;¹ a leucophlegmatic ² condition; shoulder-blades projecting like wings. Women too so.³ As to those with a melancholic ² or a rather sanguine ² complexion, they were attacked by ardent fevers, phrenitis and dysenteric troubles. Tenesmus affected young, phlegmatic ² people; the chronic diarrhoea and acrid, greasy stools affected persons of a bilious ² temperament.

XV. In all the cases described spring was the worst enemy, and caused the most deaths; summer was the most favourable season, in which fewest died. In autumn and during the season of the Pleiades, on the other hand, there were again deaths, usually on the fourth day. And it seems to me natural that the coming on of summer should have been helpful. For the coming on of winter resolves the diseases of summer, and the coming on of summer removes those of winter. And yet in

² See General Introduction, p. xlvi-li, on the humours. "Bitter bile" was the same as that sometimes called "yellow."
³ This brief phrase seems to mean that the same characteristics marked consumptive women as consumptive men.
καίτοι αυτό γε ἐπὶ ἑωτοῦ τὸ γενόμενον θέρος οὐκ
εὐσταθῆς ἐγένετο· καὶ γὰρ ἐξαίρετος θερμὸν
καὶ νότιον καὶ ἄπνοον· ἀλλ' ὀμοιὸς πρὸς τὴν
ἀλήθην κατάστασιν μεταλλάξαν ὡφέλησε.

XVI. Μέγα δὲ μέρος ἤγετόμεν τῆς τέχνης εἶναι
τὸ δύνασθαι σκοπεῖν καὶ περὶ τῶν γεγραμμένων
ὀρθῶς. ο γὰρ γνῶν καὶ χρεώμενος τούτοις οὐκ
ἄν μοί δοκεῖ μέγα σφάλλεσθαι εἰν τῇ τέχνῃ. δεὶ
dὲ καταμανθάνειν τὴν κατάστασιν τῶν ὀρέων
ἀκριβῶς ἐκάστην καὶ τὸ νόσημα, ἀγαθὸν ὁ τι
κοινὸν ἐν τῇ καταστάσει ἢ ἐν τῇ νοῦσῳ, κακὸν
ὁ τι κοινὸν ἐν τῇ καταστάσει ἢ ἐν τῇ νοῦσῳ,
μακρὸν ὁ τι νόσημα καὶ θανάσιμον, μακρὸν ὁ
τι καὶ περιεστικόν, ὃς ὁ τι θανάσιμον, ὃς ὁ
τι περιεστικῶν· τάξιν τῶν κρείσιμων ἐκ τούτων
σκοπεῖσθαι καὶ προλέγειν ἐκ τούτων εὐπορεῖται.
eἰδότι περὶ τούτων ἐστὶν εἰδέναι οὖς καὶ ὅτε καὶ
ὡς δὲι διαίταν.

'Εκκαίδεκα ἄρρωστοι

XVII. Ἀ'. Ἐν Θάσῳ τῶν Πάριων, δὲ κατεκεῖτο
ὑπὲρ Ἀρτέμισιον, πυρετός ἐλαβεῖν ὃς, κατ' ἀρ-
χὰς συνεχῆς, καυσώδης· δίψος· ἄρχόμενος κομμα-
tώδης καὶ πάλιν ἄγρυπνος· κοιλὴ ταραχώδης
ἐν ἄρχησιν, οὔρα λεπτά. ἐκτη οὐρήσειν ἐλαιώδες,
παρέκρουσεν. ἐβδόμη παρωξύνθη πάντα, οὕτων

1 One MS. reads ἐκάστην, perhaps rightly.

1 "Of a good constitution."
2 This chapter does not fit in with the context, and occurs
itself the summer in question was not healthful; in fact it was suddenly hot, southerly, and calm. But nevertheless the change from the other constitution proved beneficial.

XVI. The power, too, to study correctly what has been written I consider to be an important part of the art of medicine. The man who has learnt these things and uses them will not, I think, make great mistakes in the art. And it is necessary to learn accurately each constitution of the seasons as well as the disease; what common element in the constitution or in the disease is good, and what common element in the constitution or in the disease is bad; what malady is protracted and fatal, what is protracted and likely to end in recovery; what acute illness is fatal, what acute illness is likely to end in recovery. With this knowledge it is easy to examine the order of the critical days, and to prognosticate therefrom. One who has knowledge of these matters can know whom he ought to treat, as well as the time and method of treatment.

SIXTEEN CASES

CASE I

XVII. In Thasos the Parian who lay sick beyond the temple of Artemis was seized with acute fever, which at the beginning was continuous and ardent. Thirst. At the beginning coma followed by sleeplessness. Bowels disordered at the beginning; urine thin.

Sixth day. Oily urine; delirium.

Seventh day. General exacerbation; no sleep;

again at the beginning of the book περὶ κρίσιμων. Ermerins brackets it.
ἐκοιμήθη, ἀλλὰ οὖρα τε ὁμοία καὶ τὰ τῆς γνώμης ταραχῶδεα: ἀπὸ δὲ κοιλίης χολῶδεα, λιπαρὰ διήλθεν. ὅγδος σμικρὸν ἀπὸ ρινῶν

10 ἐσταξεν, ἦμεσεν ὡδεά ὄλγα, σμικρὰ ἐκοιμήθη. ἐνάτη διὰ τῶν αὐτῶν. δεκάτη πάντα συνέδωκεν. ἐνδεκάτη ἱδρωσε δι’ ὅλου’ περιέψυξε, ταχὺ δὲ πάλιν ἀνεθερμάνθη. τεσσαρεσκαιδεκάτῃ 1 πυρετῶς ὦξὺς, διαχωρήματα χολῶδεα, λεπτά, πολλά, οὐροισιν ἐναιώρημα, παρέκρουσεν. ἐπτακαιδεκάτῃ ἐπίπτονος: οὔτε γάρ ὑπνοι, ὦ τε πυρετὸς ἐπέτεινεν. εἰκοστῇ ἱδρωσε δι’ ὅλου’ ἄπυρος, 2 διαχωρήματα χολῶδεα, ἀπόσιτος, κωματώδης: εἰκοστῇ τετάρτῃ ὑπέστρεψε. τριηκοστῇ τετάρτῃ ἄπυρος, κοιλίη οὐ συνιστάτο, καὶ πάλιν ἀνεθερμάνθη. τεσσαρακοστῇ ἄπυρος, κοιλίη συνέστη χρόνων οὐ πολῶν, ἀπόσιτος, σμικρὰ πάλιν ἐπύρεξε καὶ διὰ παντὸς πεπλανημένως: ἄπυρος τὰ μὲν, τὰ δ’ οὐ: εἰ γάρ τι διαλίποι καὶ διακοφίσαι, ταχὺ πάλιν ὑπέστρεψε. σιταρίοις τε ὁλύγοισι 3 καὶ φαύλοισι προσεχρήτο. ὑπνοι κακοί, περὶ τὰς ὑποστροφὰς παρέκρουσεν. οὖρα πάχος μὲν ἔχοντα οὐρεί τηνικάντα, ταραχῶδεα δὲ καὶ πονηρά, καὶ τὰ κατὰ κοιλίην συνιστάμενα καὶ

30 πάλιν διαλυόμενα. πυρέτα συνεχέα. διαχωρήματα λεπτά, πολλά. ἐν εἰκοσὶ καὶ ἑκατὸν ἔθανε. τούτῳ κοιλίη συνεχέως ἀπὸ τῆς πρώτης ὑγρῆ χολῶδεσιν, ἕγροισι πολλοίσιν ἢν ἢ συν-

1 τεσσαρεσκαιδεκάτῃ Littre from Galen (VII 649): τρισκαιδεκάτῃ V. (It is the 14th day which is important as a critical day.)
2 ἄπυρος Littre from Galen: ἄγρυπνος V.
3 ὁλύγοισι Kühlewein: πολλοίσι MSS.
urine similar and mind disordered; stools bilious and fatty.

Eighth day. Slight epistaxis; vomited scanty matters of the colour of verdigris; snatches of sleep.

Ninth day. Same symptoms.

Tenth day. General improvement.

Eleventh day. Sweated all over; grew chilly, but quickly recovered heat.

Fourteenth day. Acute fever; stools bilious, thin, copious; substance floating in urine; delirium.

Seventeenth day. In pain; no sleep, while the fever grew worse.

Twentieth day. Sweated all over; no fever; stools bilious; aversion to food; coma.

Twenty-fourth day. Relapse.

Thirty-fourth day. No fever; no constipation; recovered heat.

Fortieth day. No fever; bowels constipated for a short time; aversion to food; became slightly feverish again, throughout irregularly, the fever being sometimes absent, sometimes present; for if the fever intermittted and was alleviated there was a relapse soon afterwards. He took little bits of food, and that of an unsuitable sort. Sleep bad; delirium at the relapses. Urine at these times had consistency, but was troubled and bad. Bowels constipated, but afterwards relaxed. Continuous slight fevers. Stools thin and copious.

Hundred and twentieth day. Death.

In this case the bowels continuously from the first day loose with bilious, loose, copious stools, or
ισταμένη ζέουσι καὶ ἀπέπτωσιν ὁüρα διὰ τέλεος κακά· κωματώδης τὰ πλείστα, μετὰ πόνων ἀγρυπνος, ἀπόσιτος συνεχέως.¹ ²

β'. 'Εν Θάσῳ τὴν κατακειμένην παρὰ τὸ ψυχρὸν ὕδωρ ἐκ τόκου θυγατέρα τεκούσαν καθάρσιος οὐ γενομένης πυρετῶς ὅξινος φρικώδης τρι- ταίην ἔλαβεν. ἐκ χρόνου δὲ πολλοῦ πρὸ τοῦ τόκου πυρετώδης ἤν, κατακλινής, ἀπόσιτος. μετὰ δὲ τὸ γενόμενον ῥίγος συνεχεῖς, ὅξιες, φρικώδεις οἱ πυρετοὶ. ὅγδῃ πολλὰ παρέκρουσε καὶ τὰς ἐχομένας καὶ ταχὺ πάλιν κατενόεις κοιλίη ταραχώδης πολλούς λεπτῶσιν, ὑδατο- χόλους αὐδίψως. ἐνδεκάτη κατενόεις, κωματώδης ὃ ἦν ὁüρα πολλὰ λεπτὰ καὶ μέλαια, ἀγρυπνος. εἰκοστῇ σμικρὰ περιέψυξε καὶ ταχὺ πάλιν ἀνεθερμάνθη, σμικρὰ παρέλεγεν, ἀγρυπνος· τὰ κατὰ κοιλίην ἐπὶ τῶν αὐτῶν οüρα ὑδατώδεα πολλά. εἰκοστῇ ἐβδόμῃ ἀπυρος, κοιλίη συνε- ἐστη, οὐ πολλῷ δὲ χρόνῳ ύστερον ἴσχιον δεξιοῦ ὀδύνη ἴσχυρη χρόνων πολύν πυρετοὶ πάλιν παρείποντο οüρα ὑδατώδεα. τεσσαρακοστῇ τὰ μὲν περὶ τὸ ἴσχιον ἐπεκούφισε, βῆχες δὲ συν- εχεῖς ὑγρᾶ πολλαί, κοιλίη συνεστή, ἀπόσι- τος οüρα ἐπὶ τῶν αὐτῶν. οἱ δὲ πυρετοὶ τὸ μὲν ὀλον οὐκ ἐκλείπουν, πεπλανημένως δὲ

¹ After συνεχέως the MSS. have καῦσος.
² V has here ΠΙΤΦΑΤΡΚΘ.

¹ Lit. "seething" or "boiling." The reference is possibly not so much to heat as to the steaming, frothy nature of the stools.

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constipated with hot, undigested stools. Urine throughout bad; mostly comatose; painful sleeplessness; continued aversion to food.

Case II

In Thasos the woman who lay sick by the Cold Water, on the third day after giving birth to a daughter without lochial discharge, was seized with acute fever accompanied by shivering. For a long time before her delivery she had suffered from fever, being confined to bed and averse to food. After the rigor that took place, the fevers were continuous, acute, and attended with shivering.

Eighth and following days. Much delirium, quickly followed by recovery of reason; bowels disturbed with copious, thin, watery and bilious stools; no thirst.

Eleventh day. Was rational, but comatose. Urine copious, thin and black; no sleep.

Twenty-first day. Slight chills, but heat quickly recovered; slight wandering; no sleep; bowels the same; urine watery and copious.

Twenty-seventh day. No fever; bowels constipated; not long afterwards severe pain in the right hip for a long time. Fevers again attended; urine watery.

Fortieth day. Pain in the hip relieved; continuous coughing, with watery, copious sputa; bowels constipated; aversion to food; urine the same. The fevers, without entirely intermitting, were exacer-

2 The meaning apparently is that the patient was generally in a state of coma; if not comatose, he was in pain and could not sleep.

3 This sentence shows that περί in περιψύχω means not "very," but "all over." The phrase may mean "slight chilliness."
παροξυνόμενοι, τὰ μέν, τὰ δ' οὖ. ἐξηκοστῇ αἲ
μὲν βῆχες ἀσήμως ἐξέλιπον· οὔτε γάρ τις πτυᾶ-
λον πεπασμὸς ἐγένετο οὔτε ἄλλῃ τῶν εἰθυσμένων ἀπόστασις· σιγήν δὲ ἢ ἐκ τῶν ἐπὶ δεξιὰ κατ-
εσπάσθη· κωματώδης· παρέλεγε καὶ ταχὺ πάλιν κατενέω· πρὸς δὲ τὰ γεύματα ἀπονευομένως εἰχὲν
σιγήν μὲν ἐπανήκε, κοιλίη δὲ χολώδεα σμικρὰ
dιέδωκεν, ἐπύρεξεν ὄξυτέρως, φρικώδης· καὶ τὰς
ἐχομένας ἀφώνος καὶ πάλιν διελέγετο.¹ ὀγδοη-
κοστῇ ἀπέθανε. ταῦτῃ τὰ τῶν οὐρων διὰ τέλεος
ἡ μέλανα καὶ λεπτὰ καὶ ὕδατοδέα. κώμα
παρείπετο, ἀπόσιτος, ἄθιμος, ἀγρυπνός, ὄργαι,
δυσφορίαι, τὰ περὶ τὴν γνώμην μελαγχολικά.²
γ'. Ἔν Θάσῳ Πυθίωνα, ὃς κατέκειτο ὑπεράνω
τοῦ Ἡρακλείου, ἐκ πόσιν καὶ κόπων καὶ διαίτης
γενομένης ἀμελέος ἄγιος μέγα καὶ πυρετῶς ὀξὺς
ἐλαβε. γλώσσα σίτιζης, διψώδης, χολώδης,
οὐχ ὑπνώσευ, οὐρα ὑπομέλανα, ἐναλώρημα μετέ-
ωρον, οὐχ ἰδρυτο.³ δευτέρη περὶ μέσον ἡμέρης
ψύξιν ἀκρέων, τὰ περὶ χειρᾶς καὶ κεφαλῆς μᾶλλον,
αναυδος, ἀφώνοι, βραχύπνους ἐπὶ πολὺν χρόνον,
ἀνεθερμάνθη, δίψα, νῦκτα δὲ ἦσυχία, ἰδροῦσε
περὶ κεφαλῆς σμικρά. τρίτη ἡμέρην δι' ἦσυχίας,
ὅφε δὲ περὶ ἢλιον δυσμᾶς ὑπεψυχή σμικρά,
ἀση, ταραχῇ, νυκτὸς ἐπιπόνως, οὐδὲν ὑπνώσευ,
ἀπὸ δὲ κοιλίας σμικρὰ συνεστηκότα κύπρανα
dιῆλθε. τετάρτη προὶ δι' ἦσυχίας, περὶ δὲ
μέσον ἡμέρης πάντα παροξυνθῇ, ψύξις,

¹ Before διελέγετο the MSS. except V have κατενέω καὶ.
² V has here ΠΙΔΛΕΓΘ.
³ ἰδρυτο MSS.: ἰδρύετο Kühlewein.

¹ For “melancholy” see General Introduction, p. lviii. 262
bated irregularly, sometimes increasing and sometimes not doing so.

Sixtieth day. The coughing ceased without any critical sign; there was no coction of the sputa, nor any of the usual abscessions; jaw on the right side convulsed; comatose; wandering, but reason quickly recovered; desperately averse to food; jaw relaxed; passed small, bilious stools; fever grew more acute, with shivering. On the succeeding days she lost power of speech, but would afterwards converse.

Eightieth day. Death.

The urine of this patient was throughout black, thin and watery. Coma was present, aversion to food, despondency, sleeplessness, irritability, restlessness, the mind being affected by melancholy.¹

Case III

In Thasos Pythion, who lay sick above the shrine of Heracles, after labour, fatigue and careless living, was seized by violent rigor and acute fever. Tongue dry; thirst; bilious; no sleep; urine rather black, with a substance suspended in it, which formed no sediment.

Second day. About mid-day chill in the extremities, especially in the hands and head; could not speak or utter a sound; respiration short for a long time; recovered warmth; thirst; a quiet night; slight sweats about the head.

Third day. A quiet day, but later, about sunset, grew rather chilly; nausea; distress;² painful night without sleep; small, solid stools were passed.

Fourth day. Early morning peaceful, but about mid-day all symptoms were exacerbated; chill;

² Probably bowel trouble. See p. 250
ΕΠΙΔΗΜΙΩΝ Γ

ἀνανδός, ἀφωνος, ἐπὶ τὸ χεῖρον, ἀνεθερμάνθη μετὰ χρόνου, οὐρησε μέλανα ἐναιώρημα ἐχοντα, νῦκτα δὲ ἡσυχία, ἐκοιμήθη· πέμπτη ἔδοξε κουφίσαι, κατὰ δὲ κοιλίην βάρος μετὰ πόνου, διψώδης, νῦκτα ἐπιπόνως. ἔκτη πρωὶ μὲν ἰ' ἡσυχία, δεῖλης δὲ οἱ πόνοι μέξους, παρωξύνθη, ἀπὸ δὲ κοιλίης ὀψὲ κλυσματίῳ καλῶς διῆλθε, νυκτὸς ἐκοιμήθη. ἐβδομὴ ἡμέρη ἁσώδης, ὑπεδυσφόρει, οὐρησεν ἐλαιώδες, νυκτὸς παραχὴ πολλὴ, παρέλεγεν, οὐδὲν ἐκοιμήθη. ὅγδῃ πρωὶ μὲν ἐκοιμήθη σμικρὰ, ταχὺ δὲ ψύξις, ἀφωνία, λεπτὸν πνεῦμα καὶ μινυθῶδες, ὀψὲ δὲ πάλιν ἀνεθερμάνθη, παρέκρουσεν, ἡδη δὲ πρὸς ἡμέρην σμικρά ἐκουφίσθη, διαχωρήματα ἄκριτα, σμικρὰ, χολώδεα. ἐνάτῃ κομματώδης, ἁσώδης, ὅτε διεγείροιτο· οὐ λίην διψώδης: περὶ δὲ ἤλιον δυσμᾶς ἐδυσφόρει, παρέλεγεν, νῦκτα κακίνην. δεκάτῃ πρωὶ ἀφωνος, πολλὴ ψύξις, πυρετὸς ὄξυς, πολὺς ἱδρῶς, ἐθανεν. ἐν ἀρτίησιν οἱ πόνοι τούτω.¹

δ'. 'Ο φρενιτικὸς τῇ πρώτῃ κατακλίθεις ἤμεσεν ἱόδεα πολλά, λεπτὰ, πυρετὸς φρικώδης πολύς, ἱδρῶς συνεχῆς δὲ ὀλου, κεφαλῆς καὶ παραχήλου βάρος μετ' ὀδύνης, οὔρα λεπτὰ, ἐναιωρήματα σμικρά, διεσπασμένα, οὕχ ἱδρυτο. ἀπὸ δὲ κοιλίης ἐξεκόπρισεν ἄθροα² πολλὰ, παρέκρουσεν,

¹ V has here ΠΙΤΙΠΑΘ.
² Littré punctuates ἄθροα· πολλὰ παρέκρουσεν.

¹ Probably bowel trouble. See p. 250.

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speechless and voiceless; grew worse; recovered warmth after a time; black urine with a substance floating in it; night peaceful; slept.

Fifth day. Seemed to be relieved, but there was heaviness in the bowels with pain; thirst; painful night.

Sixth day. Early morning peaceful; towards evening the pains were greater; exacerbation; but later a little clyster caused a good movement of the bowels. Slept at night.

Seventh day. Nausea; rather uneasy; urine oily; much distress at night; wandering; no sleep at all.

Eighth day. Early in the morning snatches of sleep; but quickly there was chill; loss of speech; respiration thin and weak; in the evening he recovered warmth again; was delirious; towards morning slightly better; stools uncompounded, small, bilious.

Ninth day. Comatose; nausea whenever he woke up. Not over-thirsty. About sunset was uncomfortable; wandered; a bad night.

Tenth day. In the early morning was speechless; great chill; acute fever; much sweat; death.

In this case the pains on even days.

Case IV

The patient suffering from phrenitis on the first day that he took to bed vomited copiously thin vomits of the colour of verdigris; much fever with shivering; continuous sweating all over; painful heaviness of head and neck; urine thin, with small, scattered substances floating in it, which did not settle. Copious excreta at a single evacuation; delirium; no sleep.
οὔδὲν ὑπνώσε. δευτέρη πρώτοι ἀφωνος, πυρετὸς ὁξύς, ἰδρώσεν, οὐ διέλιπε, παλμοὶ δὲ ὀλον τοῦ σῶματος, νυκτὸς σπασμοί. τρίτη πάντα παρωξύνθη. τετάρτη ἐθανεν.  

'Ἐν Λαρίση φαλακρὸς μηρὸν δεξίων ἐπώνησεν ἐξαίφνης· τῶν δὲ προσφερομένων οὐδὲν ὤφελε. τῇ πρώτῃ πυρετὸς ὁξύς, καυσώδης, ἀτρεμέως εἰχεν, οἱ δὲ πόνοι παρεῖποντο. δευτέρῃ τοῦ μηροῦ μὲν ὑψίσαν οἱ πόνοι, ὁ δὲ πυρετὸς ἑπέτεινεν, ὑπεδυσφόρει, οὐκ ἐκοιμᾶτο, ἀκρεα ψυχρά, οὕρων πλῆθος διῆκε οὐχ χρήστων. τρίτῃ τοῦ μηροῦ μὲν οἱ πόνοι ἑπαύσατο, παρακοπὴ δὲ τῆς γνώμης καὶ ταραχῆ και πολὺς βληστρισμὸς. τετάρτῃ περὶ μέσων ἤμερής ἐθανεν.

'Ἐν Ἀβδήρους Περικλέα πυρετὸς ἔλαβεν ὁξύς, συνεχῆς μετά πονοῦ, πολλῇ δίψᾳ, ἄση, ποτὸν κατέχειν οὐκ ἢδύνατο· ἢν δὲ ὑπόσπασμός τε καὶ καρμπαρακός. τῇ πρώτῃ ἠμορράγησεν ἐξ ἀριστεροῦ· πολὺς μέντοι ὁ πυρετὸς ἑπέτεινεν· ὑφίστατο πολὺ θολερόν, λευκῶν· κείμενον οὐ καθιστατο. δευτέρῃ πάντα παρωξύνθη· τὰ μέντοι οὕρα παχέα μὲν ἢν, ἰδρυμένα δὲ μᾶλλον· καὶ τὰ περὶ τὴν ἄσθεν ἐκούφισεν, ἐκοιμήθη· τρίτῃ πυρετὸς ἔμαλάχθη, οὕρων πλῆθος, πέπονα, πολλῆν ὑπόστασιν ἐχοντα, νῦκτα δὲ ἢςυχίης. τετάρτῃ

1 V has here ΠΙΡΣΘ.  
2 V has here ΠΙΤΔΟΠΙΑΒΓΔΘ.

1 Probably trouble in the bowels.
**ETIDEMICS III, CASES IV.-VI.**

*Second day.* In the early morning speechless; acute fever; sweating; no intermission; throbbing all over the body; convulsions at night.

*Third day.* General exacerbation.

*Fourth day.* Death.

**Case V**

In Larisa a bald man suddenly experienced pain in the right thigh. No remedy did any good.

*First day.* Acute fever of the ardent type; the patient was quiet, but the pains persisted.

*Second day.* The pains in the thigh subsided, but the fever grew worse; the patient was rather uncomfortable and did not sleep; extremities cold; copious and unfavourable urine was passed.

*Third day.* The pain in the thigh ceased, but there was derangement of the intellect, with distress and much tossing.

*Fourth day.* Death about mid-day.

**Case VI**

In Abdera Pericles was seized with acute fever, continuous and painful; much thirst; nausea; could not retain what he drank. There was slight enlargement of the spleen and heaviness in the head.

*First day.* Epistaxis from the left nostril; the fever, however, increased greatly. Copious urine, turbid and white. On standing it did not settle.

*Second day.* General exacerbation; the urine, however, had consistency, but there was some sediment; the nausea was relieved and the patient slept.

*Third day.* The fever went down; abundance of urine, with concocted and copious sediment; a quiet night.
περὶ μέσου ἡμέρης ἱδρώσε πολλῷ θερμῶ δι’ ὅλου, ἄπυρος, ἐκρίθη, οὐχ ὑπεστρέφειν.\(^1\)

ζ’. Ἐν Ἀβδήροισι τὴν παρθένου, ἡ κατέκειτο ἐπὶ τῆς ἱρῆς ὀδοῦ, πυρετὸς καυσώδης ἐλαβέν· ἢν δὲ διψώδης καὶ ἄγρυπνος. κατέβη δὲ τὰ γυναικεῖα πρῶτον αὐτῇ. ἐκτῆ ἀση πολλῆ, ἔρευθος, φρικόδης, ἀλύουσα. ἐβδόμη διὰ τῶν αὐτῶν, οὐρὰ λεπτὰ μέν, εὐχρῷ δὲ, τὰ περὶ τὴν κοιλίην οὐκ ἴνωχλει. ὁγόη κόφωσις, πυρετὸς ὄξυς, ἄγρυπνος, ἁσώδης, φρικόδης, κατεύθει, οὐρὰ ὄμοια. ἐνάτῃ διὰ τῶν αὐτῶν καὶ τὰς ἐπομένας οὔτως· ἡ κόφωσις παρέμενε. τεσσαρεσκαίδεκατά τὰ τῆς γυνώμης παραχώδεα, ὁ πυρετὸς συνέδωκεν.

ἐπτακαίδεκάτη διὰ ρινῶν ἐρρύη πολὺ, ἡ κόφωσις σμικρὰ συνέδωκε. καὶ τὰς ἐπομένας ἀση, κωφότης· ἐνὴ καὶ παράληπος. εἰκοστῇ ποδῶν ὄδυνη· κωφότης, παράληπος ἀπέλιπεν, ἦμορράγησε σμικρὰ διὰ ρινῶν, ἱδρώσεν, ἄπυρος. εἰκοστῇ τετάρτῃ ὁ πυρετὸς ὑπεστρεψε, κόφωσις πάλιν, ποδῶν ὄδυνη παρέμεινεν, παρακοπῆ. εἰκοστῇ ἐβδόμῃ ἱδρώσε πολλῷ, ἄπυρος, ἡ κόφωσις ἐξ- ἐλιπεν, ἡ τῶν ποδῶν ὑπέμειν ὀδυνη, τὰ δ’ ἄλλα τελέως ἐκρίθη.\(^2\)

η’. Ἐν Ἀβδήροισιν Ἀναξίωνα, δα κατέκειτο παρὰ τὰς Ὀρηκίας πύλας, πυρετὸς ὄξυς ἐλαβε’

1 V has here ΠΙΔΙΑΤΡΑΘΙΒΑΤ.
2 V has here ΠΙΟΚΖΤ.

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Epidemics III, Cases vi.—viii.

Fourth day. About mid-day a hot, violent sweating all over; no fever; crisis; no relapse.

Case VII

In Abdera the maiden who lay sick by the Sacred Way was seized with a fever of the ardent type. She was thirsty and sleepless. Menstruation occurred for the first time.

Sixth day. Much nausea; redness; shivering; restlessness.

Seventh day. Same symptoms. Urine thin but of good colour; no trouble in the bowels.

Eighth day. Deafness; acute fever; sleeplessness; nausea; shivering; was rational; urine similar.

Ninth day Same symptoms, and also on the following days. The deafness persisted.

Fourteenth day. Reason disturbed; the fever subsided.

Seventeenth day. Copious epistaxis; the deafness improved a little. On the following days nausea and deafness, while there was also delirium.

Twentieth day. Pain in the feet; deafness; the delirium ceased; slight epistaxis; sweating; no fever.

Twenty-fourth day. The fever returned, with the deafness; pain in the feet persisted; delirium.

Twenty-seventh day. Copious sweating; no fever; the deafness ceased; the pain in the feet remained, but in other respects there was a perfect crisis.

Case VIII

In Abdera Anaxion, who lay sick by the Thracian gate, was seized with acute fever. Continuous pain
πλευροῦ δεξιοῦ ὀδύνη συνεχῆς, ἐβησε ἡρά, οὐδ' ἐπτυε τὰς πρώτας ἀνυώδης, ἀγρυπνος, οὔρα δὲ εὐχρω πολλὰ λεπτά. ἔκτη παράληος πρὸς δὲ τὰ θερμάσματα οὐδὲν ἐνεδίου. ἐβδόμη ἐπιτύνως· ὁ γὰρ πυρετὸς ἔπετεινεν, οὗ τε πόνοι οὐ συνεδίδοσαν, αἳ τε βῆχες ἡνώχλεον, δύσπνοος τε ἤν. ὄγδον ἀγκώνα ἐταμον ἐρρύη πολλὸν οἶνον δεῖ· συνεδώκαν μὲν οἱ πόνοι, αἳ μὲντοι βῆχες αἳ ἡράι παρεῖπτοντο. ἐνδεκάτῃ συνεδώκαν οἱ πυρετοὶ, σμικρὰ περὶ κεφαλῆν ἱδρωσεν, αἳ τε ἁ βῆχες καὶ τὰ ἀπὸ πνεύμονος ύγρότερα. ἐπτακαδεκάτῃ ἐρξατο σμικρὰ πέπονα πτύειν ἐκουφίσθη. εἰκοστῇ ἱδρωσεν, ἀπυρος, μετὰ δὲ κρίσιν ἀνυώδης τε ἤν καὶ τῶν ἀπὸ πνεύμονος ὑπὲρ σταῖ αἳ καθάρσιες. εἰκοστῇ ἐβδόμῃ ὁ πυρετὸς ὑπεστρεψεν, ἐβησεν, ἀνήγα πέπονα πολλά, οὐροισιν ὑπόστασις πολλῆ λευκῆ, ἀδιψος ἐγένετο, εὐπυρος, τριήκοστῃ τετάρτῃ ἱδρωσε δι' ὅλου, ἀπυρος, ἐκρίθη πάντα.  

θ'. Ἐν Ἀβδηραισίν Ἡρόπυθος κεφαλῆν ὀρθοστάδην ἐπιτύνως εἰχεν, οὐ πολλῷ δὲ χρόνῳ

1 αἳ τε Littré: ἐτὶ MSS.
2 After κρίσιν the MSS. have ἐκουφίσθη. Omitted by Littré.
3 Υ has here ΠΙΠΑΛΑΤ.
in the right side; a dry cough, with no sputa on the first days. Thirst; sleeplessness; urine of good colour, copious and thin.

_Sixth day._ Delirium; warm applications gave no relief.

_Seventh day._ In pain, for the fever grew worse and the pains were not relieved, while the coughing was troublesome and there was difficulty in breathing.

_Eighth day._ I bled him in the arm. There was an abundant, proper flow of blood; the pains were relieved, although the dry coughing persisted.

_Eleventh day._ The fever went down; slight sweating about the head; the coughing and the sputa more moist.

_Seventeenth day._ Began to expectorate small, concocted sputa; was relieved.

_Twentieth day._ Sweated and was free from fever; after a crisis was thirsty, and the cleansings from the lungs were not favourable.

_Twenty-seventh day._ The fever returned; coughing, with copious, concocted sputa; copious, white sediment in urine; thirst and difficulty in breathing disappeared.

_Thirty-fourth day._ Sweated all over; no fever; general crisis.\(^1\)

**Case IX**

In Abdera Heropythus had pain in the head without taking to bed, but shortly afterwards was

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(3) Treatment is mentioned (Case viii, θερμάσματα, and ἄγκονα ἐταμον, where note the personal touch).

(4) ἰδρύσομαι used of recovery of reason, = κατανοῶ (Case xv). The change is marked enough to lead one to suppose that these histories were composed at a different period in the writer’s life.
ΕΠΙΔΗΜΙΩΝ Γ

]|στερον κατεκλίθη. ὥκει πλησίον τῆς ἀνω ἀγωγῆς. 1 πυρετὸς ἔλαβε καυσώδης, ὦς· ἐμετοι τὸ κατ’ ἄρχας πολλῶν χολωδέων, διψώδης, πολλὴ δυσφορία, οὕρα λεπτά μέλανα, ἐναιόρημα μετέ-

ωρον ὅτε μὲν, ὅτε δ’ οὔ· νῦκτα ἐπιπόνωσι, πυρετὸς ἂλλοτε ἄλλοιώς παραξυνόμενος, τὰ πλείστα ἀτάκτως. περὶ δὲ τεσσαρεσκαίδεκάτην κώφωσις,

190 οἱ πυρετοὶ ἐπέτεινον, 2 οὐρα διὰ τῶν αὐτῶν. εἰκο-

στῆ πολλὰ παρέκρουσε καὶ τὰς ἐπομένας. τεσσαρακοστῆ διὰ ῥιῶν ἡμορράγησε πολὺ καὶ κατενὸς μᾶλλον ἡ κώφωσις ἔνη μὲν, ἦςον δὲ οἱ πυρετοὶ συνέδωκαν. ἡμορράγει τὰς ἐπομένας πυκνὰ κατ’ ὀλίγον. περὶ δὲ ἐξηκοστῆν αἰ μὲν 

αἱμορραγία ἀπεπαύσατο, ἵσχυον δὲ δεξιοῦ ὄδύνη ἰσχυρὴ καὶ οἱ πυρετοὶ ἐπέτεινον. οὐ πολλῷ δὲ χρόνῳ ὕστερον πόνοι τῶν κάτω πάντων· συν-

έπιπτε δὲ ἦ τοὺς πυρετοὺς εἶναι μέξους καὶ τὴν 

200 κώφωσιν πολλὴν ἡ ταῦτα μὲν ὑφεῖναι καὶ κοι-

φίζειν, τῶν δὲ κάτω περὶ ἱσχία μέξους εἶναι 

τοὺς πόνους. ἦδη δὲ περὶ ὑγιοδηκοστῆς συνέδωκε 

μὲν πάντα, ἐξέλιπε δὲ οὐδέν· οὐρά τε γὰρ εὐχρῶ 

καὶ πλείους ὑποστάσις ἐχοντας κατέβαινεν, οἱ παράληποι τε μείους ἦσαν. περὶ δὲ ἐκατοστῆν 

κοιλὴ πολλοίσι χολωδέσων ἐπεταράχθη, καὶ ἦ 

χρόνου οὐκ ὀλίγον πολλὰ τοιαῦτα, καὶ πάλιν 

δυσεντεριώδεα μετὰ πόνου, τῶν δὲ ἄλλων ῥαστῶν. 

τὸ δὲ σύνολον οὗ τε πυρετοὶ ἐξέλιπον καὶ ἡ κώφωσις 

210 ἐπαύσατο. ἐν ἐκατοστῇ εἰκοστῇ τελέως ἐκρίθη. 3

1 ἀγωγῆς MSS.: ἀγορῆς Blass.

2 ἐπέτεινον Ermerins: ἐξέτεινον MSS. (Perhaps rightly; the 

diction in this part of Epidemics III. is sometimes unusual.)

3 V has here ΠΙΧΔΡΚΤ. After ἐκρίθη the MSS. have καῖσος.
compelled to do so. He lived close to the Upper Road. An acute, ardent fever seized him. Vomited at the beginning copious, bilious matters; thirst; great discomfort; urine thin and black, sometimes with, sometimes without, substances suspended in it. Painful night, with fever rising now in this way, now in that, but for the most part irregularly. About the fourteenth day, deafness; the fever grew worse; urine the same.

Twentieth day. Much delirium, also on the following days.

Fortieth day. Copious epistaxis; more rational; some deafness, but less than before; the fever went down. Frequent, but slight, epistaxis on the following days. About the sixtieth day the bleedings from the nose ceased, but there was violent pain in the right hip and the fever increased. Not long afterwards, pains in all the lower parts. It happened that either the fever was higher and the deafness great, or else, though these symptoms were relieved and less severe, yet the pains in the lower parts about the hips grew worse. But from about the eightieth day all the symptoms were relieved without any disappearing. The urine that was passed was of good colour and had greater deposits, while the delirious mutterings were less. About the hundredth day the bowels were disordered with copious, bilious stools, and copious evacuations of this nature were passed for a long time. Then followed painful symptoms of dysentery, with relief of the other symptoms. In brief, the fever disappeared and the deafness ceased.

Hundred and twentieth day. Complete crisis.

1 With Blass' reading, "Upper Market-place."
ΕΠΙΔΗΜΙΩΝ Γ

'Εν Ἀβδήρου Νικόδημον εξ ἀφροδισίων καὶ πότων πῦρ ἐλαβεν. ἀρχόμενος δὲ ἦν ἁσώδης καὶ καρδιαλγικός, διψώδης, γλώσσα ἐπεκαύθη, οὔρα λεπτὰ μέλανα. δευτέρη ὁ πυρέτος παρῳδύνθη, φρικώδης, ἁσώδης, οὐδὲν ἐκοιμήθη, ἦμεσε χολώδεα ξανθά, οὔρα οὕμοια, νύκτα δὲ ἡσυχίας, ὑπνώσε. τρίτη ύφηκε πάντα, ῥαστώνη· περὶ δὲ ἡλιον δυσμάς πάλιν ὑπεδυσφόρει, νύκτα ἐπιπόνως. τετάρτη ρύγος, πυρέτος πολύς, πόνοι πάντων, οὔρα λεπτά, ἐναιώρημα· νύκτα πάλιν δὲ ἡσυχίας. πέμπτη ἐνή μὲν πάντα, ῥαστώνη δὲ ἦν. ἐκτη τῶν αὐτῶν πόνοι πάντων, οὔροισιν ἐναιώρημα, παρέκρουσε πολλά. ἐβδόμη ῥαστώνη. ὁγδόν τὰ ἄλλα1 συνέδωκε πάντα. δεκάτη καὶ τὰς ἐπομένας ἐνῆσαν μὲν οἱ πόνοι, ἡσυχον δὲ πάντες· οἱ δὲ παροξυσμοὶ καὶ οἱ πόνοι τούτῳ διὰ τέλεος ἐν ἀρτίσησιν ἦσαν μᾶλλον. εἰκοστὴ οὕρησε λευκόν, πάχος εἰχε, κείμενον οὐ καθίστατο·

230 ἰδρωσε πολλῷ, ἐδοξεὶν ἀπυρος γενέσθαι, δείλης δὲ πάλιν ἐθερμάνθη, καὶ τῶν αὐτῶν πόνοι, φρίκη, δίψα, σμικρὰ παρέκρουσεν. εἰκοστῇ τετάρτῃ οὕρησε πολὺ λευκόν, πολλὴν ὑπόστασιν ἔχον. ἰδρωσε πολλῷ θερμῷ δι᾽ ὅλου, ἀπυρος ἐκρίθη.2

1 ὁγδόν τὰ ἄλλα most MSS.: ὁγδόν τὰ δ᾽ ἄλλα V. I suggest that a μὲν-clause has fallen out after ὁγδόν.
2 V has here ΠΙΧΔΙΚΑΤ.

1 What other symptoms? It is clear that some symptoms are excepted, but there is no hint what these are. As V has τὰ δ᾽ ἄλλα, “but all the other symptoms were relieved,” I
In Abdera Nicodemus after venery and drunkenness was seized with fever. At the beginning he had nausea and cardialgia; thirst; tongue parched; urine thin and black.

Second day. The fever increased; shivering; nausea; no sleep; bilious, yellow vomits; urine the same; a quiet night; sleep.

Third day. All symptoms less severe; relief. But about sunset he was again somewhat uncomfortable; painful night.

Fourth day. Rigor; much fever; pains everywhere; urine thin, with floating substance in it; the night, on the other hand, was quiet.

Fifth day. All symptoms present, but relieved.

Sixth day. Same pains everywhere; substance floating in urine; much delirium.

Seventh day. Relief.

Eighth day. All the other symptoms less severe.

Tenth day and following days. The pains were present, but all less severe. The exacerbations and the pains in the case of this patient tended throughout to occur on the even days.

Twentieth day. Urine white, having consistency; no sediment on standing. Copious sweating; seemed to lose his fever, but towards evening grew hot again, with pains in the same parts; shivering; thirst; slight delirium.

Twenty-fourth day. Much white urine, with much sediment. Hot sweating all over; the fever passed away in a crisis.

believe that after ὑπάνη has fallen out a phrase containing the symptoms which were not relieved.
ΕΠΙΔΗΜΙΩΝ Γ

1α'. Ἐν Θάσῳ γυνὴ δυσάνιος ἐκ λύπης μετὰ προφάσιος ὀρθοστάθην ἐγένετο ἀγρυπνός τε καὶ ἀπόσιτος καὶ διψώδης ἦν καὶ ἀσώδης. ἤκει δὲ πλησίον τῶν Πυλάδου ἐπὶ τοῦ λείου. τῇ πρώτῃ ἁρχομένης νυκτὸς φόβοι, λόγοι πολλοί, δυσθυμία, πυρέτιον λεπτὸν. πρωὶ σπασμοὶ πολλοί· ὅτε δὲ διαλίποιεν οἱ σπασμοὶ οἱ πολλοί, παρέλεγεν, ἡσχρομύθει πολλοὶ πόνοι, μεγάλοι, συνεχέοι. δευτέρη διὰ τῶν αὐτῶν, οὐδὲν ἐκοιμᾶτο, πυρετὸς ὄξυτερος. τρίτη οἱ μὲν σπασμοὶ ἀπέλιπον, κῶμα δὲ καὶ καταφορὴ καὶ πάλιν ἐγερσίς· ἀνήσυχε, κατέχεον οὐκ ἢδύνατο, παρέλεγε πολλά, πυρετὸς ὀξύς, ἐς νύκτα δὲ ταύτην ἢδρωσε πολλῷ θερμῷ δι' ὅλου ἀπυρος, ὑπνώσε, πάντα κατενόει, ἕκρηθη. περὶ δὲ τρίτην ἡμέρην οὐρὰ μέλανα λεπτά, ἐναιώρημα δὲ ἐπὶ πολὺ στρογγύλου, οὐχ ἢδρυτο, περὶ δὲ κρίσιν γυναικεία πολλὰ κατεβη.1

1β'. Ἐν Λαρίσῃ παρθένον πυρετὸς ἐλαβε καυσώδης, ἀξύς· ἀγρυπνος, διψώδης, γλώσσα λυγυνώδης, ἡπρή ὑπάρ εὑχρῳ μέν, λεπτὰ δὲ. δευτέρη ἐπιπόνως, οὐχ ὑπνώσε. τρίτη πολλὰ διήλθεν ἀπὸ κοιλίνῃ ύδατόχλοα, καὶ τὰς ἐπομένας ἦς τοιαύτα εὐφόρως. τετάρτῃ οὐρησε λεπτὸν

1 V has here ΠΠΙΛΕΓΓ.
Case XI

In Thasos a woman of gloomy temperament, after a grief with a reason for it, without taking to bed lost sleep and appetite, and suffered thirst and nausea. She lived near the place of Pylades on the plain.

First day. As night began there were fears, much rambling, depression and slight feverishness. Early in the morning frequent convulsions; whenever these frequent convulsions intermitted, she wandered and uttered obscenities; many pains, severe and continuous.

Second day. Same symptoms; no sleep; fever more acute.

Third day. The convulsions ceased, but were succeeded by coma and oppression, followed in turn by wakefulness. She would jump up; could not restrain herself; wandered a great deal; fever acute; on this night a copious, hot sweating all over; no fever; slept, was perfectly rational, and had a crisis. About the third day urine black and thin, with particles mostly round floating in it, which did not settle. Near the crisis copious menstruation.

Case XII

In Larisa a maiden was seized with an acute fever of the ardent type. Sleeplessness; thirst; tongue sooty and parched; urine of good colour, but thin.

Second day. In pain; no sleep.

Third day. Copious stools, watery and of a yellowish green; similar stools on the following days, passed without distress.

Fourth day. Scanty, thin urine, with a substance
ολίγον, εἶχεν ἑναϊώρημα μετέωρον, οὐχ ἰδρύτητο, παρέκρουσεν ἐς νύκτα. ἔκτη διὰ ρυίων λάβρον ἐρρύη πολὺ· φρίξασα ἰδρώσε πολλῷ θερμῷ δι’ ὅλου· ἄπυρος· ἐκρήθη. ἐν δὲ τοιαὶ πυρετοῖσι καὶ ἣδη κεκρμένων γυναίκεια κατέβη πρῶτον τότε· παρθένος γὰρ ἤν. ἦν δὲ διὰ παντὸς ἀσώδης, φρικώδης, ἔρευνος προσώπου, ὄμματων ὁδύνη· καρηβαρική. ταύτῃ οὐχ ὑπέστρεφεν, ἀλλ’ ἐκρήθη· οἱ πόνοι ἐν ἀρτίσιν.

Ἀπολλώνιος ἐν Ἀβδήρουσιν ὄρθοστάδην ὑπεφέρετο χρόνον πολύν. ἦν δὲ μεγαλόσπλαγχνος, καὶ περὶ ἦπαρ συνήθης ὁδύνη χρόνου πολύν παρείπετο, καὶ δὴ τότε καὶ ἱκτερώδης ἐγένετο, φυσώδης, χροιῆς τῆς ὑπολεύκου. φαγὼν δὲ καὶ πιὼν ἀκαιρότερον βοῦειν ἐθερμάνθη σμικρὰ τὸ πρῶτον, κατεκλίθη. γάλαξι δὲ χρησάμενος ἐθηθύσε καὶ ὁμοίσι πολλοίζην, αἰγείοις καὶ μηλείοις, καὶ διαίτη κακῆ πάντων, βλάβαι μεγάλαι· οἳ τε γὰρ πυρετοὶ παρωξύνθησαν, κοιλήν τε τῶν προσενεχθέντων οὐδὲν διέδωκεν ἄξιον λόγου, οὐρά τε λεπτᾶ καὶ ὀλίγα διήει· ὑπνοι νουκ ἐνῆσαν· ἐμφύσημα κακῶν, πολὺ δίψος, κωματώδης, ὑποχοωδόν δεξιοῦ ἑπαρμά σὺν ὁδύνη, ἀκρα πάντοθεν ὑπόψυχρα, σμικρὰ παρέλεγε, λύθη πάντων ὁ τι λέγοι, παρεφέρετο. περὶ δὲ τεσσαράκοντα.
suspended in it which did not settle; delirium at night.

_Sixth day._ Violent and abundant epistaxis; after a shivering fit followed a hot, copious sweating all over; no fever; a crisis. In the fever and after the crisis menstruation for the first time, for she was a young maiden. Throughout she suffered nausea and shivering; redness of the face; pain in the eyes; heaviness in the head. In this case there was no relapse, but a definite crisis. The pains on the even days.

**Case XIII**

Apollonius in Abdera was ailing for a long time without being confined to bed. He had a swollen abdomen, and a continual pain in the region of the liver had been present for a long time; moreover, he became during this period jaundiced and flatulent; his complexion was whitish. After dining and drinking unseasonably cow's milk he at first grew rather hot; he took to his bed. Having drunk copiously of milk, boiled and raw, both goat's and sheep's, and adopting a thoroughly bad regimen, he suffered much therefrom. For there were exacerbations of the fever; the bowels passed practically nothing of the food taken; the urine was thin and scanty. No sleep. Grievous distension; much thirst; coma; painful swelling of the right hypochondrium; extremities all round rather cold; slight delirious mutterings; forgetfulness of everything he said; he was not himself. About the

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2 Or, changing the comma at παρτων to κακοῖ. "adopting a bad regimen, he suffered great harm in every way."
ρεσκαιδεκάτην, 1 ἃφ' ἢς κατεκλιθή, ρυγώσας ἐπεθερμάνθη: ἐξεμάνη. Βοὴ, ταραχὴ, λόγοι πολλοί, καὶ πάλιν ἰδρύσις, καὶ τὸ κώμα ηθικάτα προσήλθε. μετὰ δὲ ταῦτα κοιλιὰ ταραχώδης πολλοῖσι χολώδεσιν, ἀκρίτοισιν, ὠμοῖσιν ὁυρα μέλανα, σμικρά, λεπτὰ: πολλὴ δυσφορία τὰ
tὸν διαχωρισμάτων ποικίλωσ. ἦ γὰρ μέλανα και σμικρά καὶ ιῶδεα ἡ λιπαρὰ καὶ ὁμα καὶ δακτυώδεα: κατὰ δὲ χρόνους ἐδόκει καὶ γαλακτώδεα διδόναι. 
περὶ δὲ εἰκοστὴν τετάρτην διὰ παρηγορίας: τὰ μὲν ἄλλα ἐπὶ τῶν αὐτῶν, σμικρὰ δὲ κατενόησεν' ἐξ' οὗ δὲ κατεκλίθη, οὐδενὸς ἐμνήσθης πάλιν δὲ ταχὺ παρενόει, ὁμμητὸ πάντα ἐπὶ τὸ χεῖρον. 
περὶ δὲ τρικοστῆς πυρετὸς ὤξι, διαχωρισμὰ πολλὰ λεπτὰ, παράληπρος, ἀκρεα ψυχρὰ, ἀφωνος. τρικοστῇ τετάρτῃ θέθηκε τοῦτῳ διὰ τέλεος,
ἐξ οὗ καὶ ἐγὼ οἶδα, κοιλὶς ταραχώδης, ὤμα λεπτὰ μέλανα, κωματόδης, ἀγρυπνος, ἀκρεα ψυχρὰ, παράληπρος διὰ τέλεος.2

ιὸ. 'Εν Κυζίκῳ γυναικὶ θυγατέρας τεκούσῃ δι-
δύμας καὶ δυστοκησάσῃ καὶ οὗ πάνω καθαρθείς 
τῇ πρώτῃ πυρετὸς φρικώδης ὤξι, κεφαλῆς καὶ 
τραχύλου βάρος μετ' ὀδύνης: ἀγρυπνος ἐξ ἀρχῆς, 
σιγώσα δὲ καὶ σκυθρωπῆ καὶ οὗ πειθομένης ὁυρα 
λεπτὰ καὶ ἄρχω: διψώδης, ἀσώδης τὸ πολὺ, 
κοιλὶς πεπλασμένως ταραχώδης καὶ πάλιν 
310 συνισταμένη. ἐκτῆ ἐς νῦκτα πολλὰ παρέλεγε,

1 So Reinhold. MSS. have ἃφ' ἢς ρυγώσας ἐπεθερμάνθη καὶ 
κατεκλιθε ἐξεμάνη.
2 MSS. after τέλεος have φρενιτικός.

1 Here perhaps not bowel trouble.
fourteenth day from his taking to bed, after a rigor, he grew hot; wildly delirious; shouting, distress, much rambling, followed by calm; the coma came on at this time. Afterwards the bowels were disordered with copious stools, bilious, uncompounded and crude; urine black, scanty and thin. Great discomfort. The evacuations showed varying symptoms; they were either black, scanty and verdigris-coloured, or else greasy, crude and smarting; at times they seemed actually to be like milk. About the twenty-fourth day comfortable; in other respects the same, but he had lucid intervals. He remembered nothing since he took to bed. But he quickly was again delirious, and all symptoms took a sharp turn for the worse. About the thirtieth day acute fever; copious, thin stools; wandering; cold extremities; speechlessness.

Thirty-fourth day. Death.

This patient throughout, from the time I had knowledge of the case, suffered from disordered bowels; urine thin and black; coma; sleeplessness; extremities cold; delirious throughout.

Case XIV

In Cyzicus a woman gave birth with difficult labour to twin daughters, and the lochial discharge was far from good.

First day. Acute fever with shivering; painful heaviness of head and neck. Sleepless from the first, but silent, sulky and refractory. Urine thin and of no colour; thirsty; nausea generally; bowels irregularly disturbed with constipation following.

Sixth day. Much wandering at night; no sleep.
οὐδὲν ἑκοιμήθη. περὶ δὲ ἑυδεκάτην ἑοῦσα ἐξεμάνη καὶ πάλιν κατενέχει· οὐρα μέλανα, λεπτὰ καὶ πάλιν διαλείποντα ἐλαιώδεα· κοιλῆ πολλοῖσι, λεπτοῖσι, ταραχώδεσι. τεσσαρεσκαίδεκάτη σπασμοὶ πολλοί, ἀκρεα ψυχρὰ, οὐδὲν ἐτί κατενέχει, οὐρα ἑπέστη. ἑξκαίδεκάτη ἀφωνος· ἐπτακαιδεκάτη ἀπέθανε.  

1. Ἐν Θάσῳ Δελεάρκεος ἡ κατέκειτο ἐπὶ τοῦ λείου, πυρετὸς φρικώδης, ὅπερ ἐκ 320 λυπῆς ἔλαβεν. ἔξ ἄρχης δὲ περιεστέλλετο καὶ διὰ τέλεος αἰεὶ σιγώσα ἐψηλάφα, ἐτιλλεν, ἐγυλυφεν, ἐτρυχολόγει, δάκρυα καὶ πάλιν γέλωσ, οὐκ ἐκοιμᾶτο· ἀπὸ κοιλῆς ἐρεθισμοῦ 3 οὐδὲν διήει· σμικρὰ ὑπομυνισκόντων ἐπίνεν· οὐρα λεπτὰ σμικρὰ· πυρετοὶ πρὸς χεῖρα λεπτοὶ· ἀκρέων ψύξις. ἐνάτη πολλὰ παρέλεγε καὶ πάλιν ἰδρυνθῆ σιγώσα. τεσσαρεσκαίδεκάτη πνεῦμα ἁραίον, μέγα διὰ χρόνου καὶ πάλιν βραχύπνοος. ἐπτακαιδεκάτη ἀπὸ κοιλῆς ἐρεθισμὸ ταραχώδεα, ἑπειτὰ 330 δὲ αὐτὰ τὰ ποτὰ διήει, οὐδὲν συνιστατο· ἀνασθήτως εἶχε πάντων· δέρματος περίτασις καρφαλέου. εἰκοστὴ λόγοι πολλοὶ καὶ πάλιν ἰδρυνθῆ· ἀφωνος, βραχύπνοος. εἰκοστῇ πρώτῃ ἀπέθανε. ταύτη διὰ τέλεος πνεῦμα ἁραίον, μέγα· ἀναι- 

1 V has here ΠΙΜΓΙΖΘ. MSS. after ἀπέθανε have φρενίτις.  
2 Δελεάρκεος. See p. 222.  
3 ἐρεθισμὸ Ermerins: ἐρεθισμὸς MSS. and Galen: ἐρεθισμῶν editors.

1 I take this, in spite of Galen, to mean "with extra long intervals between each breath." The phrase is rather careless but scarcely tautological. "At intervals" or "after a long interval" are possible meanings, but inconsistent with διὰ τέλεος later on.
About the eleventh day she went out of her mind and then was rational again; urine black, thin, and then, after an interval, oily; copious, thin, disordered stools.

Fourteenth day. Many convulsions; extremities cold; no further recovery of reason; urine suppressed.

Sixteenth day. Speechless.

Seventeenth day. Death.

Case XV

In Thasos the wife of Delearces, who lay sick on the plain, was seized after a grief with an acute fever with shivering. From the beginning she would wrap herself up, and throughout, without speaking a word, she would fumble, pluck, scratch, pick hairs, weep and then laugh, but she did not sleep; though stimulated, the bowels passed nothing. She drank a little when the attendants suggested it. Urine thin and scanty; fever slight to the touch; coldness of the extremities.

Ninth day. Much wandering followed by return of reason; silent.

Fourteenth day. Respiration rare and large with long intervals, becoming afterwards short.

Seventeenth day. Bowels under a stimulus passed disordered matters, then her very drink passed unchanged; nothing coagulated. The patient noticed nothing; the skin tense and dry.

Twentieth day. Much rambling followed by recovery of reason; speechless; respiration short.

Twenty-first day. Death.

The respiration of this patient throughout was
σθήτως πάντων εἶχεν· αἰεὶ περιεστέλλετο· ἡ λόγοι πολλοὶ ἦ σιγώσα διὰ τέλεος.¹

ις. 'Εν Μελιβοίη νευρίσκος ἐκ πότων καὶ ἀφροδισίων πολλῶν πολύν χρόνου θερμανθείς κατεκλίθη· φρικώδης δὲ καὶ ἀσώδης ἦν καὶ ἀγρυπνος καὶ ἄδιψος. ἀπὸ δὲ κοιλίης τῇ πρώτῃ πολλὰ κόπτρανα διήλθε σὺν περιμρόφ πολλῷ, καὶ τὰς ἐπομένας ύδατόχλοα πολλὰ διήνε· οὐρά λεπτά, ὀλίγα, ἄχρω· πνεῦμα ἄραιόν, μέγα διὰ χρόνου· ύποχονδρίον ἐντασίς ύπολάπαρος, παραμήκης εἴξ ἀμφοτέρων· καρδίς παλμὸς διὰ τέλεος συνεχῆς· σύρησεν ἐλαιῶδες. δεκάτη ² παρέκρουσεν ἀτρεμέως, ἦν δὲ ³ κόσμιος τε καὶ σιγῶν· δέρμα καρφαλέον καὶ περιτεταμένον· διαχωρήματα ἦ πολλὰ καὶ λεπτὰ ἦ χολώδεα, λιπαρά. τεσσαρεσ-

¹ After τέλεος MSS. have φρενίτις.
² δεκάτη omitted by extant MSS., but was in two MSS. known to Foes. It is in Galen.
³ ἦν δὲ Littre from Galen: omitted by MSS.

¹ In many ways this case, though one of the most picturesque, is also one of the most carelessly written. Galen points out that διὰ χρόνου is ambiguous, and that its possible meanings are inconsistent with the rest of the description. How can the respiration be ἀραιῶν throughout, when on both the fourteenth and the twentieth days the patient was βραχύπνοος? It is strange that the writer specifies the fourteenth day as the day when the respiration was rare and large, seeing that it had these characteristics throughout. A similar remark applies to ἀναισθήτως εἰχε πάντων of the seventeenth day. Further, ἦ σιγώσα of the second sentence becomes strangely ἦ λόγοι πολλοὶ ἦ σιγώσα.
rare and large; took no notice of anything; she constantly wrapped herself up; either much rambling or silence throughout.¹

**Case XVI**

In Meliboea a youth took to his bed after being for a long time heated by drunkenness and sexual indulgence. He had shivering fits, nausea, sleeplessness, but no thirst.

*First day.* Copious, solid stools passed in abundance of fluid, and on the following days the excreta were copious, watery and of a greenish yellow. Urine thin, scanty and of no colour; respiration rare and large with long intervals; tension, soft underneath, of the hypochondrium,² extending out to either side; continual throbbing throughout of the epigastrium;³ urine oily.

*Tenth day.* Delirious but quiet, for he was orderly and silent;⁴ skin dry and tense; stools either copious and thin or bilious and greasy.

Diâ τέλεος in the last. I conclude that this medical history was hastily written and never revised. A slight revision could easily have cleared away the inconsistencies, which are, as Galen seems to have seen, more apparent than real.

² See note; p. 188.
³ So Littré, following Galen. Perhaps, however, it means "heart," i. e. there was violent palpitation.
⁴ Said by Galen, followed by Litttré (who reads ἕννυχος for σγαγων), to refer to the character of the young man when well, which interpretation to modern minds is rather inconsistent with the first sentence. They would paraphrase, "the delirium was really serious, but appeared slight because the patient was naturally self-controlled and calm." I take the meaning to be that though delirious he remained quiet and comparatively silent.
ΕΠΙΔΗΜΙΩΝ Γ

350 καὶ δεκάτη πάντα παρωξύνθη, παρέκρουσεν,¹ πολλὰ παρέλεγεν. εἰκοστῇ ἐξεμάνη, πολὺς βληστρισμός, οὐδὲν οὐρεῖ, σμικρὰ ποτὰ κατείχετο. 353 εἰκοστῇ τετάρτῃ ἀπέθανε.²

¹ παρέκρουσεν Blass: παρεκρούσθη most MSS.: omitted by V.
² After ἀπέθανε MSS. have φρενίτις.
Fourteenth day. General exacerbation; delirious with much wandering talk.
Twentieth day. Wildly out of his mind; much tossing; urine suppressed; slight quantities of drink were retained.
Twenty-fourth day. Death.
THE OATH
THE OATH

Of all the Hippocratic writings the Oath, in spite of its shortness, is perhaps the most interesting to the general reader and also to the modern medical man. Whatever its origin, it is a landmark in the ethics of medicine.

Yet its exact relationship to the history of medicine is unknown, and apparently, in our present state of knowledge, unknowable. The student must, at every stage of the inquiry, confess his ignorance. What is the date of the Oath? Is it mutilated or interpolated? Who took the oath, all practitioners or only those belonging to a guild? What binding force had it beyond its moral sanction? Above all, was it ever a reality or merely a "counsel of perfection"? To all these questions the honest inquirer can only say that for certain he knows nothing.

Such being the case it is most important to realize clearly what actually is known. In the first place, the Oath was admitted to be genuinely Hippocratic by Erotian.

As to internal evidence, the Oath, besides binding all who take it to certain moral rules of practice, makes them also promise to act in a certain manner towards co-practitioners.

The taker of the oath—

(1) Will treat the children of his teacher as though they were his brothers;
THE OATH

(2) Will "share his livelihood" with his teacher, and, in case of necessity, relieve his financial distress;
(3) Will teach his teacher's children "without fee or indenture";
(4) Will give full instruction to his own children, to those of his teacher, to students who have taken the oath and signed the indenture, and to no others.

We cannot be sure what this indenture (συγγραφῆ) was. The word occurs again in the very first sentence, "I will carry out this oath and this indenture." One might suppose from these two occurrences of συγγραφῆ that they both refer to the same document, and that the document is what we call the Oath. If this view be taken, our present document must be a composite piece, consisting of both oath and indenture, and that it is the second component that the students paying no fee are excused from signing, for nobody would suppose that these had not to take the oath to uphold a high moral standard.

It must be confessed that to separate συγγραφῆ from ὀρκὸς would not be difficult, as the former would include merely those articles which concerned master and pupil, i.e. the latter's promise of financial aid to his teacher and of instruction to his teacher's children.

The difficulty in this view is that the vague promises βίου κοινώσεσθαι, καὶ χρεῶν χρηίζοντι μετάδοσιν ποιήσεσθαι, do not read like a legal συγγραφῆ, such as is implied in the words ἀνεν μισθὸν καὶ συγγραφῆς. They are not definite enough, and there is no mention of a specific μισθός. Indeed, such clauses
THE OATH

could never be enforced; if they could have been, and if a physician had one or two rich pupils, his financial position would have been enviable. A share in the livelihood of rich men, relief when in need of money, free education for children—these advantages would make it superfluous, not to say unjust, to require any μυσθός in addition.

It may well be that the συγγραφή of ἀνευ μυσθοῦ καὶ συγγραφῆς was a private agreement between teacher and taught, quite distinct from the present document, in which case συγγραφῆς τὴν δὲ will refer either to such an agreement appended to the Oath, or more probably to the Oath itself, which might be called a συγγραφή in the wider and vaguer sense of that term, though it is not precise enough for the legal indenture.

Some scholars regard the Oath as the test required by the Asclepiad Guild. The document, however, does not contain a single word which supports this contention. It binds the student to his master and his master's family, not to a guild or corporation. But if the Hippocratic oath ever was a real force in the history of medicine, it must have had the united support of the most influential physicians. Whether this union was that of something approximating to a guild we cannot say.

The Oath contains a sentence which has long proved a stumbling-block. It is:—οὐ τεμέω δὲ οὐδὲ μὴν λιθωντας, ἐκχωρήσω δὲ ἐργάτησιν άνδρας πρήξιον τὴν δὲ. If these words are the genuine reading, they can only mean that the taker of the oath promises not to operate even for stone, but to leave operations for such as are craftsmen therein. It has seemed an insuperable difficulty that nowhere in the Hippo-
cratic collection is it implied that the physician must not operate, nor is any mention made of ἐργαταὶ ἀσθένες who made a profession of operating. On the contrary, as Littré points out in his introduction to the Oath, the Hippocratic writers appear to perform operations without fear or scruple. Gomperz, in a note to the first volume of Greek Thinkers, suggests that the words hide a reference to castration. A glance at Littré's introduction shows that the suggestion is by no means new, and a belief in its truth underlies Reinhold's unhappy emendation to οὐδὲ μὴ ἐν ἠλική ἐόντας. A reference to castration would clear away the difficulty that a promise not to operate is out of place between two promises to abstain from moral offences, for castration was always an abomination to a Greek. But to leave the abominable thing to the ἐργαταὶ is condoning a felony or worse, and, moreover, the qualification is quite uncalled for. The whole tone of the Oath would require "I will not castrate" without qualification.

One might be tempted to say that the promise not to operate was intended to hold only during the noviciate of the learner were there anything in the text to support this view. But although the oath would have been stultified if it had not been taken at the beginning of the medical course,¹ there is nothing in the text implying that any of its clauses were only temporarily binding. So the historian is

¹ Of course an ancient physician did not graduate in the modern sense of the term. The distinction between a qualified practitioner and one unqualified was not a well-defined line. A man was an ἰησοῦς as soon as he had learnt enough to be of any use at all.
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forced back upon the view that the clause, even if not strictly speaking an interpolation, applied only to a section of the medical world, or only to a particular period, when it was considered degrading to a master physician to operate with his own hands, and the correct course was to leave the use of the knife to inferior assistants acting under instruction.

Knowing as little as we do, it is perhaps permissible to use the constructive imagination to frame an hypothesis which in broad outline at least is not inconsistent with the data before us.

From the Protagoras we learn that Hippocrates himself was ready to train physicians for a fee, and there is no reason to suppose that the practice was unusual. Some sort of bond between teacher and taught would naturally be drawn up, and a set form of words would evolve itself embodying those clauses which had as their object the maintenance of medical probity and honour. These might well contain promises to the teacher couched in extravagant language if taken literally, but which were intended to be interpreted in the spirit rather than in the letter.¹ Such may have been the nucleus of the Hippocratic Oath, and a copy would not unnaturally be found in the library of the medical school at Cos. But there is nothing in the evidence to lead us to suppose that a stereotyped form was universal, or that clauses were not added or taken away at various places and at various times. One writer in the Corpus, the author of the work Nature of the Child, unblushingly violates the spirit, if not the letter, of the Oath by attempting to produce abortion in a

¹ Compare modern interpretations of marriage vows.
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singular and disgusting manner.  
So some physicians did not feel bound by all the clauses, and some may not have felt bound by any. We may suppose, however, that no respectable physician would act contrary to most of the Oath, even if he were ignorant of its existence. The clause forbidding operative surgery may be an addition of late but uncertain date.

But the interest of the Oath does not lie in its baffling problems. These may never be solved, but the little document is nevertheless a priceless possession. Here we have committed to writing those noble rules, loyal obedience to which has raised the calling of a physician to be the highest of all the professions. The writer, like other Hippocratics, uses to describe the profession a word which, in Greek philosophy, and especially in Plato, has a rather derogatory meaning. Medicine is "my art" (τεχνη) in the Oath; elsewhere, with glorious arrogance, it is "the art." "The art is long; life is short," says the first Aphorism. Many years later, the writer of Precepts declared that "where the love of man is, there is the love of the art." That medicine is an art (the thesis of The Art), a difficult art, and one inseparable from the highest morality and the love of humanity, is the great lesson to us of the Hippocratic writings. The true physician is vir bonus sanandi peritus.

The chief MSS. containing the Oath are V and M.

1 § 13, Littré, vii. 490.
2 It is possible that the degradation of surgery did not take place until Christian times (see Galen x. 454, 455), and the sentence of the Oath may well be very late indeed. The μὴν in οὐδὲ μὴν λιθιῶντας will strike scholars as strange.
THE OATH

The chief editions are—


_Hippocrate : Le Serment, etc._ Ch. V. Daremberg. Paris, 1843.

See also—

_Super locum Hippocratis in Inreiuando maxime vexalum meditationes._ Fr. Boerner, Lips. 1751.
ΟΡΚΟΣ

"Ομνυμι 'Απόλλωνα ἵπτρόν καὶ 'Ασκληπιίδον καὶ 'Τηείαν καὶ Πανάκειαν καὶ θεοὺς πάντας τε καὶ πάσας, ἵστορας ποιεύμενος, ἐπιτελέα ποιήσεων κατὰ δύναμιν καὶ κρίσιν ἐμὴν ὄρκον τόνδε καὶ συγγραφήν τήνδε· ἡγήσεσθαι μὲν τὸν διδάξαντά με τὴν τέχνην ταύτην ὑσα γενέτησιν ἐμοῖς, καὶ βίον κοινώσεσθαι, καὶ χρεῶν χρηίζοντι μετάδοσιν ποιήσεσθαι, καὶ γένος τὸ ἐξ αὐτοῦ ἀδελφοὶ ἵσον ἑπικρινεῖν ἁρρεσι, καὶ διδάξειν τὴν τέχνην ταύτην, ἦν χρηίζωσι μανθάνειν, ἀνετυ τινίδον καὶ συγγραφήν, παραγγελίς τε καὶ ἀκροῆσιος καὶ τῆς λοίπης ἀπάσης μαθήσιος μετάδοσιν ποιήσεσθαι νόος τε ἐμοῖς καὶ τοῖς τοῦ ἐμὲ διδάξαντος, καὶ μαθητήσι συγγεγραμμένοις τε καὶ ὁρκισμένοις νόμῳ ἱητρικῷ, ἀλλὰ δὲ οὐδεν. διαίτηµατι τε χρήσομαι ἐπ' ὀφελείᾳ καµµὼντων κατὰ δύναµιν καὶ κρίσιν ἐµήν, ἐπὶ δηλήσει δὲ καὶ ἰδικῇ εἰρήξειν. οὐ δῶσῳ δὲ οὐδὲ φάρµακον οὐδενὶ αἰτηθεὶς θανάσιμον, οὐδὲ υφηγήσομαι συµ. βουλινῳ τοιννείν ὡµοίως δὲ οὐδὲ γυναικὶ πεσσον 20 φθόριον δῶσῳ. ἁγνῶς δὲ καὶ ὁσίως διατηρήσω βίον τὸν ἐμὸν καὶ τέχνην τὴν ἐμήν. οὐ τεµέω δὲ οὐδὲ μὴν λιθίωντας. ἕκχωρήσω δὲ ἐργάτησιν

1 Littré suggests αἰτέοντας, Reinhold οὐδὲ µὴ ἐν ἡλικίᾳ ἐδύναται.
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I swear by Apollo Physician, by Asclepius, by Health, by Panacea and by all the gods and goddesses, making them my witnesses, that I will carry out, according to my ability and judgment, this oath and this indenture. To hold my teacher in this art equal to my own parents; to make him partner in my livelihood; when he is in need of money to share mine with him; to consider his family as my own brothers, and to teach them this art, if they want to learn it, without fee or indenture; to impart precept, oral instruction, and all other instruction to my own sons, the sons of my teacher, and to indentured pupils who have taken the physician's oath, but to nobody else. I will use treatment to help the sick according to my ability and judgment, but never with a view to injury and wrong-doing. Neither will I administer a poison to anybody when asked to do so, nor will I suggest such a course. Similarly I will not give to a woman a pessary to cause abortion. But I will keep pure and holy both my life and my art. I will not use the knife, not even, verily, on sufferers from stone, but I will give place to such as are craftsmen

1 Apparently the written rules of the art, examples of which are to be found in several Hippocratic treatises. These books were not published in the strict sense of the word, but copies would be circulated among the members of the "physicians' union."

2 Probably, in modern English, "instruction, written, oral and practical."
ἄνδράσι πρήξιος τήσδε. ἐς οἰκίας δὲ ὀκόσας ἂν ἐσίω, ἐσελεύσομαι ἐπ᾽ ὄφελεια καμνότων, ἐκτὸς ἐὼν πάσης ἀδικίας ἐκουσίης καὶ φθορίας, τῆς τε ἅλλης καὶ ἀφροδισίων ἔργων ἐπὶ τε γυναικεῖων σωμάτων καὶ ἄνδρῶν, ἐλευθέρων τε καὶ δούλων. ἂ δὲ ἂν ἐν θεραπείᾳ ἦ ἱδώ ἦ ἀκούσω, ἦ καὶ ἂν 30 θεραπείᾳ κατὰ βίου ἄνθρωπον, ἂ μὴ χρή ποτὲ ἐκλαλεῖσθαι ἐξω, συγήσομαι, ἀρρητὰ ἤγευμενος εἶναι τὰ τοιαῦτα. ὀρκοὺν μὲν οὖν μοι τόνδε ἐπιτελέα ποιεόμεθα, καὶ μὴ συγχέομεθα, εἰ ἐπαύρασθαι καὶ βίου καὶ τέχνης δοξαζομένῳ παρὰ πᾶσιν ἄνθρωποις ἐς τὸν αἰεὶ χρόνον παραβαίνομεν δὲ 36 καὶ ἐπιορκέομεθα, τὰναντία τούτων.
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therein. Into whatsoever houses I enter, I will enter to help the sick, and I will abstain from all intentional wrong-doing and harm, especially from abusing the bodies of man or woman, bond or free. And whatsoever I shall see or hear in the course of my profession, as well as outside my profession in my intercourse with men, if it be what should not be published abroad, I will never divulge, holding such things to be holy secrets. Now if I carry out this oath, and break it not, may I gain for ever reputation among all men for my life and for my art; but if I transgress it and forswear myself, may the opposite befall me.

1 This remarkable addition is worthy of a passing notice. The physician must not gossip, no matter how or where the subject-matter for gossip may have been acquired; whether it be in practice or in private life makes no difference.
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It is with considerable misgiving that I have included this work as a kind of appendix to the first volume of the Hippocratic collection. In the first place there is not yet available the material necessary for a really satisfactory restoration of the text. Furthermore, the editors have generally neglected it. Littré reserved it for his ninth and last volume of text and translation, and by the time he reached it even his untiring energy was beginning to flag; his edition is hasty, erratic and in places unintelligible. Ermerins gives over the task in despair, and leaves whole chapters untranslated.

In spite of all these things I have determined to include Precepts, because it illustrates so well the characteristics of many parts of the Hippocratic collection, and the problems that face both editors and translators. It forms also a complete contrast to the nucleus of Hippocratic writings composing the rest of the first volume.

(1) Like Humours and Nutriment, it is obscure to a degree.

(2) It is, like so many Hippocratic works, a cento. Beginning and end are quite unconnected with the main portion of the book, and the main portion itself is a series of rather disconnected remarks.
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(3) It has, like Ancient Medicine, Nutriment, Nature of Man, Airs, Regimen I., a close relationship to philosophy.

(4) It shows, I think conclusively, the wide period covered by the Hippocratic collection.

No reader can fail to notice that, short as it is, the work is a cento with three main divisions.

(1) Chapters I and II defend the principle that medicine must be based upon observed fact and not on any plausible but fallacious hypothesis (ἐκ πιθανῆς ἀναπλάσιος λόγου). The writer uses language remarkably similar to that attributed to Epicurus by Diogenes Laertius. I must quote two passages from the latter.

(a) καὶ γὰρ καὶ ἐπίνοιαι πᾶσαι ἀπὸ τῶν αὐσθήσεων γεγόνασι κατὰ τε περιπτωσιν καὶ ἀναλογίαν καὶ ὁμοιότητα καὶ σύνθεσιν, συμβαλλομένου τι καὶ τοῦ λογισμοῦ. . . . τὴν δὲ πρόληψιν λέγουσιν οἴονει κατάληψιν, ἢ δόξαν ὀρθὴν, ἢ ἐννοιαν, ἢ καθολικὴν νόησιν ἐναποκειμένην, τοῦτ' ἐστι μνήμην τοῦ πολλάκις ἔξωθεν φανέντος.


(b) ἀλλὰ μὴν ὑποληπτέον καὶ τὴν τῶν ἀιθρώπων φύσιν πολλὰ καὶ παντοῖα ὑπὸ τῶν αὐτῆν περιεστώτων πραγμάτων διδαχθήναι τε καὶ ἀναγκασθῆναι τῶν δὲ λογισμῶν τὰ ὑπὸ ταύτης παρεγγυθέντα καὶ ὑστερον ἐπακριβῶν.

D. L., X. 24, § 75.

There are also several occurrences of the Epicurean word ἐναργῆς. The similarities are far too close to be accidental.
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(2) Chapters III–XIII contain remarks on medical etiquette, fees, patients' whims, quacks, consultants, lecturing to large audiences, late learners. These remarks are sometimes connected, but follow no plan.

(3) Chapter XIV contains a few disconnected remarks on illnesses and invalids.

So the work as a whole shows no signs of a pre-arranged plan. It is disjointed and formless. As far as subject-matter is concerned, the three parts distinguished above ought to be classed under separate branches of medicine:—

(1) This belongs to the theory of medicine, or rather to the theory of science generally.

(2) This belongs on the whole to etiquette (εὐσχημοσύνη).

(3) This consists merely of a few disconnected hints. Littré justly says of it (IX. 248): "J'y vois donc une de ces intercalations que les copistes se permettaient quelquefois à la fin d'un traité, soit, comme dit Galien, pour grossir le volume, soit pour placer quelque fragment qu'on ne savait où mettre, et qui, autrement, s'en allait perdu."

Yet it is remarkable that there is a certain style common to all three parts which points to the conclusion that the compiler, whoever he was, was no mere "paste-and-scissors" man, but an author who stamped his characteristics even on his borrowings. This style is marked by a studied aphoristic brevity combined with a genius for choosing out-of-the-way terms and expressions. It so happens that in addition the author appears to have been an imperfect
Greek scholar. It is indeed hard to believe that he was writing his mother tongue.

I am ready to admit that a more perfect recension of the MSS. will prove that certain of these vagaries are merely errors of the copyists, but when considered together they are too numerous and too strange to be explained in this way. A few examples only shall be chosen.

Chapter I. ἤν τὰ ἐπίχειρα ἐκομιζοντο.

II. μή εἶν ἐπαύρασθαι, “perhaps it is impossible to gain” (see Oath, p. 300, l. 33).

IV. παραινέσιος δὲ ἀν καὶ τούτο ἐπιδεηθεὶς τῆς θεωρίης.
νοῦσον γὰρ ταχυτῆς καιρὸν μὴ διδοῦσα κ.τ.λ.

VI. ἤν δὲ καιρὸς εἴη.

VII. μὴ ἔγκεχερικότες, “because they have not entrusted.”

dεόμενοι τῷ ὑγιείᾳ διάθεσιν.

VIII. ἐπινέμησιν κέχρηνται [an emendation of Coray].

IX. σὺν τῇ οὐσίᾳ = τῆς οὐσίας.

XIII. ὄποι ἂν καὶ ἐπιστατήσαιμι.

Notice in particular that μή is ousting οὐ. This is a sure sign of late date.

Words and expressions that occur only in late Greek, or are used in a strange sense, are fairly common, and there appear to be a few ἀπαξ λεγόμενα.
Chapter I. καταφορῇ = deducing.
προσάθης.

II. περὶ τὰ τὰ γίγνεσθαι = to be occupied with.

IV. προμύσσειν.
V. ἡδελφισμένος.
VI. εὐδοκίη.
VII. ἐκ ποδός.
καταχλισάν.
διαντλίζοσθαι.

VIII. κατασυλλαίνω.
IX. μινύθημα.
X. εὐχαρίᾳ (if this reading be correct),
or εὐχαριστίη.
XII. ἵστοριευμένην.
ματαιοκοπίη.
XIII. φιλαλυστής.
διαξηλεύομαι.

XIV. συμπάθησις.
συμπάθεια.
ὑποπαραίτησις (if this reading be correct).

The aphoristic style, which appears to have been popular among medical writers (Coan Prenotions, Prorrhetic I., Aphorisms, Nutriment) tended to become oracular and obscure. The writer of Precepts seems to have gone out of his way to wrap up his meaning in unusual diction, which is often almost unintelligible. He is fond of allusive, metaphorical language, which savours sometimes of the lyric poets.

In spite of his weaknesses as an author, and they are many, he is a man of sound common sense. I would note in particular his insisting upon reasoning
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from accurately observed facts only, and upon the necessity of not worrying the patient about fees, and his pungent criticisms of quacks, their dupes, and all "late-learners."

There is something about the style which is reminiscent of Latin, particularly παραμέστεσσος τοῦτο in Chapter IV, meaning "this piece of advice," and perhaps the future in Chapter V with imperative sense. The perfect tense too is commonly used for the aorist. One would be tempted to regard the author as a Roman who wrote in Greek an essay, compiled from Epicurean literature and fairly sound medical sources, were it not for two scholia, one discovered by Daremberg and the other in the MS. Vaticanus gr. 277. The latter quotes a great part of Erotian's explanation of φλέδονωδέα as a comment upon Precepts VII., where our MSS. now have φθογγωδέα or φθεγγωδέα. In other words, the treatise appears to have been known to Erotian, or to the authorities used by Erotian, as an Hippocratic work. Daremberg discovered in a Vatican MS. a gloss from which it appears that Galen commented on Precepts, and that Archigenes (a physician of the early second century A.D.) and Chrysippus the Stoic commented on the distinction between καιρός and χρόνος with which Precepts opens.

Even if we allow full weight to this evidence of

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1 Since I wrote the above my attention has been called to στενων ἐνδοσιν in Chapter VII. The word στενων looks like angustiarum.

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early authorship, we need conclude no more than that Chrysippus knew the originals from which the compilation was made—indeed he must have been well acquainted with the Epicurean original of Chapters I and II. There is nothing in the evidence to prevent our taking Precepts to be a cento from good sources made by a late writer not perfectly familiar with Greek. Somehow it became incorporated in a collection of Hippocratic writings, probably a little-known one, as none of the ancient "lists" of Hippocratic works includes Precepts. There was no generally accepted canon, and a work of unknown or uncertain authorship might easily find its way into the Hippocratic collection in one or other of the great libraries.

Although linguistic difficulties obscure the details, the reader will be interested in the picture of medical practice in antiquity. The "late-learner" covering up his mistakes in a flood of medical jargon will suggest the doctors of Molière. The public lectures, with quotations from poetry, are the exact counterpart of modern advertisements of patent medicines.

MSS. AND EDI TIONS.

Precepts is found in several of the Paris manuscripts and in M.¹ There have been so far as I know no separate editions and no translations into English.

¹ There is no good apparatus criticus. I have tried to infer from Littre's "vulgate" and Ermerins' text what is the reading of the majority of the manuscripts, and it is generally this reading which I denote by "MSS." Only more careful examination of the actual manuscripts can show how far I am justified in so doing.

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ΠΑΡΑΓΓΕΛΙΑΙ

Ι. Χρόνος ἐστὶν ἐν ὧν καιρὸς, καὶ καιρὸς ἐν ὧν χρόνος οὐ πολύς· ἀκεσίς χρόνῳ, ἐστὶ δὲ ἴση καὶ καιρῷ. δεῖ γε μήν ταῦτα εἰδότα μὴ λογισμῷ πρότερον πιθανῷ προσέχοντα ιητρεύειν, ἀλλὰ τριβῇ μετὰ λόγου. τά γὰρ λογισμὸς μνήμη τίς ἐστι συνθετική τῶν μετ’ αἰσθήσεως ληφθέντων. ἐφαντασιώθη γὰρ ἐναργεῖς ἡ αἴσθησις προπαθὴς καὶ ἀναπομπὸς ἐοῦσα ἐς διάνοιαν τῶν ὑποκειμένων, ἡ δὲ παραδεξαμένη πολλάκις, οἷς ὀτε ὅκοις τηρήσασα, καὶ ἐς ἐωτὴν καταθεμένη, ἐμνημόνευσεν. συγκαταίνεω μὲν οὖν καὶ τὸν λογισμὸν, ἕμπερ ἐκ περιπτώσιος ποιήται τὴν ἀρχήν, καὶ τὴν καταφορὴν ἐκ τῶν φαινομένων μεθοδεύῃ. ἐκ γὰρ τῶν ἐναργείως ἐπιτελεομένων ἢν τὴν ἄρχην ποιήσαται ὁ λογισμὸς, ἐν διανοίγῃς δυνάμει ὑπάρχων εὐρύσκεται, παραδεχομένης αὐτῆς ἐκαστα παρ' ἅλλων. ὑποληπτέου οὖν τὴν φύσιν ὑπὸ τῶν πολλῶν καὶ παντοῖων προγιμάτων κινήθηναι τε καὶ διδαχθῆναι, βίου ὑπευθύνης· ἡ δὲ διάνοια παρ' αὐτῆς λαβοῦσα, ὡς προεῖπον, ὕστερον ἐς ἀληθεῖν ἠγαγεν. εἰ δὲ μὴ εἴς ἐναργεῖος

1 Ermerins would delete πολλάκις . . . ὅκοις.

1 The definition shows that in this passage λογισμὸς is a generalisation, like the πρόληψις of Epicurus, whose language is borrowed. But whereas πρόληψις corresponds to a general term (e.g. "man"), λογισμὸς here seems to mean a general
I. Time is that wherein there is opportunity, and opportunity is that wherein there is no great time. Healing is a matter of time, but it is sometimes also a matter of opportunity. However, knowing this, one must attend in medical practice not primarily to plausible theories, but to experience combined with reason. For a theory is a composite memory of things apprehended with sense-perception. For the sense-perception, coming first in experience and conveying to the intellect the things subjected to it, is clearly imaged, and the intellect, receiving these things many times, noting the occasion, the time and the manner, stores them up in itself and remembers. Now I approve of theorising also if it lays its foundation in incident, and deduces its conclusions in accordance with phenomena. For if theorising lays its foundation in clear fact, it is found to exist in the domain of intellect, which itself receives from other sources each of its impressions. So we must conceive of our nature as being stirred and instructed under compulsion by the great variety of things; and the intellect, as I have said, taking over from nature the impressions, leads us afterwards into truth. But if it

proposition (e. g. "man is mortal"). Later on it means the use of λογισμοί in making συλλογισμοί, that is, deduction. "Theory" and "theorising" are the nearest equivalents I can think of.

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ΠΑΡΑΓΓΕΛΙΑΙ

ἐφόδου, ἐκ δὲ πιθανῆς ἀναπλάσιος λόγου, πολλάκις βαρείνη καὶ ἀνυρήν ἐπήνεγκε διάθεσιν. οὕτω δὲ ἀνοδίην χειρίζουσι. τί γὰρ ἂν ἤν κακόν, ἢν τὰ ἐπίχειρα ἐκομίζοντο οἱ τὰ τῆς ἰητρικῆς ἔργα κακῶς δημιουργέοντες; νῦν δὲ τοῖς ἀναιτίοις ἐσύσι τῶν καμνόντων, ὁκόσοις οὐχ ἰκανὴ ἐφαίνετο ἐσύσα τοῦ νοσεῖν βία, εἰ μὴ συνέλθοι τῇ τοῦ ἰητροῦ ἀπειρίᾳ. περὶ μὲν οὖν τούτων ἄλις ἐστω 30 διελεγμένα.

II. Τῶν δ’ ὡς λόγου μόνον συμπεραινομένων μὴ εἴη ἢ ἐπαύρασθαι, τῶν δὲ ὡς ἔργου ἐνδείξιος. σφαλερὴ γὰρ καὶ εὐπταιστὸς ἡ μετ’ ἀδολεσχίας ἵσχύρεις. διὸ καὶ καθόλου δεῖ ἔχεσθαι τῶν γιαπομενῶν, καὶ περὶ ταύτα μὴ ἐλαχίστως γίνεσθαι, ἢν μέλλῃ ἐξεῖν ρηθῆναι καὶ ἀναμαρτητοὶ ἐξεῖν ἢν δὴ ἰητρικὴν προσαγορεύμεν. κάρτα γὰρ μεγάλην ὡφελίμην περιποιήσει τοῖς γε νοσέουσι καὶ τοῖς τούτων δημιουργοῖς. μὴ ὁκεινεί δὲ παρὰ 10 ἰδιωτέων ἰστορεῖν, ἢν τι δοκὴ συνοίσειν ἐς καιρὸν θεραπεῖν. οὕτω γὰρ δοκεῶ τὴν σύμπασαν τέχνην ἀναδειχθῆναι, διὰ τὸ ἐξ ἐκάστου τι 3 τοῦ τέλους τηρηθῆναι καὶ ἐς ταύτῳ συναλισθῆναι. προσέχειν οὖν δεὶ τῇ περιπτώσει τῇ ὡς ἐπὶ τὸ πολὺ, καὶ μετ’ ὡφελίμης καὶ ἡρμαιότητος μᾶλλον ἡ ἐπαγγελίης καὶ ἀπολογίας τῆς μετ’ ἀπρήξιας. 4

1 So apparently the MSS. and editions except Ermerins, who emends to ei. I retain it (doubtfully) as a mistake due to ignorance.
2 See p. 308.
3 τοῦ MSS.: τι another hand in M. I have inserted τι and kept τοῖ because of the sense. There is one τέλος, but many observations contribute to the completion of it.
4 μετὰ πρήξιος MSS.: μετ’ ἀπρήξιος another hand in M: μετὰ πρήξιας Littré: μετ’ ἀπρήξιας is my conjecture. I find
begins, not from a clear impression, but from a plausible fiction, it often induces a grievous and troublesome condition. All who so act are lost in a blind alley. Now no harm would be done if bad practitioners received their due wages. But as it is their innocent patients suffer, for whom the violence of their disorder did not appear sufficient without the addition of their physician's inexperience. I must now pass on to another subject.

II. But conclusions which are merely verbal cannot bear fruit, only those do which are based on demonstrated fact. For affirmation and talk are deceptive and treacherous. Wherefore one must hold fast to facts in generalisations also, and occupy oneself with facts persistently, if one is to acquire that ready and infallible habit which we call "the art of medicine." For so to do will bestow a very great advantage upon sick folk and medical practitioners. Do not hesitate to inquire of laymen, if thereby there seems likely to result any improvement in treatment. For so I think the whole art has been set forth, by observing some part of the final end in each of many particulars, and then combining all into a single whole. So one must pay attention to generalities in incidents, with help and quietness rather than with professions and the excuses that accompany ill-success.

1 *I.e., if the general statement from which we deduce conclusions be a plausible but untrue hypothesis. Conclusions drawn from such hypotheses lead to nowhere.*

2 Or, possibly, "even from beginning to end."

that I have been anticipated by Ermerins, who also reads μετ᾽ τὰ ρηγίας.
ΠΑΡΑΓΓΕΛΙΑΙ

III. Χρήσιμος δὲ καὶ ποικίλος τῶν προσφερομένων τῷ νοσέοντι καὶ ὁ προορισμός, ὅτι 1 μόνον τι προσενεχθὲν ὡφελήσει· οὐ γὰρ ἵσχυρίσιος δει-πάντα γὰρ τὰ πάθη διὰ πολλὰς περιστάσεις καὶ 5 μεταβολὰς μονῆ τινὶ προσκαθίζει.

IV. Παρανέσιος δ’ ἂν καὶ τοῦτο ἐπιδεηθεῖν τῆς θεωρίας· συμβάλλει γὰρ τι τῷ σύμπαντι:2 εἰ γὰρ ἄρξαι περὶ μισθαρίων τῷ μὲν ἀλγέοντι τοιαύτην διανόησιν ἐμποιήσεις τῇ ὅτι 3 ἀπολιπὼν αὐτὸν πορεύσει μὴ συνθέμενος, ἡ 4 ὅτι ἀμελήσεις καὶ οὐχ ὑποδησεῖ 5 τινὰ τῷ παρεόντι. ἐπιμελεῖσθαι οὖν οὐ 6 δεὶ περὶ στάσιος μισθοῦ· ἀχρηστον γὰρ ἤγευμεθα ἐνθύμησιν ὄχλος εὐφήμω τῇ τοιαύτην, πολὺ δὲ μᾶλλον ἐν ὥσεί νοσῆματι· νούσον γὰρ 10 ταχυτῆς καὶ ρὸν μὴ διδοῦσα ἐς ἀναστροφήν οὐκ ἐποτρύνει τὸν καλῶς ἤτρεύοντα ξητεῖν τὸ λυσι-τελές, ἔχεσθαι δὲ δόξης μᾶλλον. κρέσσον οὖν σωζομένοις οὐειδίζειν ἢ ὀλθρίως ἔχοντας προ-
14 μύσσειν.7

V. Καὶ τοι ἐνιοὶ νοσέοντες ἀξιοῦσιν 8 τὸ ἐνεκ-πρεπὲς καὶ τὸ ἄδηλον 9 προκρίνοντες, ἀξιοῦ μὲν ἀμελείς, οὐ μέντοι γε κολάσιος. διὸ τούτως ἀντιτάξει εἰκότως μεταβολῆς ἐπὶ σάλου πορευο-

1 Ermerins here inserts οὐ.
2 In the MSS. this sentence occurs after μισθαρίων. It was transposed by Coray.
3 Here the MSS. have οὐκ, which is omitted by Coray, Littré and Ermerins. 4 ἡ Littré: καὶ MSS.
5 ὑποθήσεις MSS.: Coray emended to the middle.
6 The negative is added by Littré
7 προμύσσειν MSS.: προσνύσσειν Coray: προσμύσσειν Er-
merins.
8 ἀξιοῦσι MSS.: ἀλλάσσουσι Littré.
9 ἄδηλον MSS.: ἄδηλον Littré.

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III. Early determination of the patient's treatment—since only what has actually been administered will benefit; emphatic assertion is of no use—is beneficial but complicated. For it is through many turns and changes that all diseases settle into some sort of permanence.  

IV. This piece of advice also will need our consideration, as it contributes somewhat to the whole. For should you begin by discussing fees, you will suggest to the patient either that you will go away and leave him if no agreement be reached, or that you will neglect him and not prescribe any immediate treatment. So one must not be anxious about fixing a fee. For I consider such a worry to be harmful to a troubled patient, particularly if the disease be acute. For the quickness of the disease, offering no opportunity for turning back, spurs on the good physician not to seek his profit but rather to lay hold on reputation. Therefore it is better to reproach a patient you have saved than to extort money from those who are at death's door.

V. And yet some patients ask for what is out of the way and doubtful, through prejudice, deserving indeed to be disregarded, but not to be punished. Wherefore you must reasonably oppose them, as they are embarked upon a stormy sea of change.

1 Because changes and turns are common in the early stages, to fix the proper treatment early is a complicated matter.

2 I. e. from missed opportunities that have passed away while haggling over fees. It is possible that ἀναστροφὴ has here the sense of ἀναστρέφειν καρίδαν in Thucydides II. 49, "to upset." An acute disease is not the time to upset a patient with financial worries.

3 Or, if Coray's emendation be adopted, "to tease."
μένοις. τὶς γὰρ, ὃ πρὸς Δίος, ἡδελφισμένος ἤτρος ἤτρευει τοσαύτη ¹ ἀτεραμνὴ ὡστε ἐν ἀρχὴ ἀνακρίνοντα ² πάντως μὴ οὐχ ⁴ ὑποθέσθαι τινὰ συμφέροντα ἐς θεραπεῖν, ἀποθεραπεύσαι τε τὸν νοσέοντα καὶ μὴ παρίδειν τὴν ἐπικαρπίην, ἀνευ ⁵ τῆς ἐπισκευαζούσης ἐς μάθησιν ἐπιθυμίης;

VI. Παρακελεύομαι δὲ μὴ λίγην ἀπανθρωπίν ἑσάγειν, ἀλλ' ἀποβλέπειν ἐς τε περιουσίαν καὶ οὐσίαν· ὅτε δὲ προῖκα, ἀναφέρων μνήμην εὐχαριστίης προτέρην ⁶ ἡ παρεούσαν εὐδοκίην.⁷ ἡν ⁸ δὲ καιρὸς εἷς χορηγῆς ἔμενο τέ ἐόντι καὶ ἀπορέουντι, μάλιστα ἐπαρκεῖν τοῖς τοιούτοις ἦν γὰρ παρη βιλανθρωπίν, πάρεστι καὶ φιλοτεχνίη. ἐνοι γὰρ νοσέοντες ἃσθημένοι τὸ περὶ ἐωτοῦς πάθος μὴ ἐδὸ ἐν ἀσφαλείᾳ, καὶ τῇ τοῦ ἤτροῦ ἐπιεικείᾳ εὐδοκέουσι, ⁹ μεταλλάσσοντες ἐς υγιεῖν. εὔ δ' ἔχει νοσεόντων μὲν ἐπιστατεῖν, ἐνεκεν υγιείν, υγιαίνοντων δὲ φροντίζειν, ἐνεκεν ἀνοσίης.

13 φροντίζειν καὶ ἐωτῶν ¹⁰ ἐνεκεν εὐσκημοσύνης.

VII. Οἱ μὲν οὖν ἐόντες ἐν βυθῷ ἀτεχνίης τῶν προλελεγμένων οὐκ ἂν αἰσθάνοντο. καί γὰρ οὐτοὶ ἀνήσπεροι ἐόντες ἐλέγχοντ' ἂν ¹¹ ἐκ ποδὸς υψεύ-

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¹ τοσαύτη my conjecture: πίστει ἡ MSS. : πιστεύοι Ermerins: πιστεθή Littre (with ἤτρευειν).
² ἀνακρίνοντα Littre: ἀνακρίναντα Ermerins: ἀνακρινέοντας vulgate.
³ Ermerins inserts τῷ.
⁴ μὴ οὐχ M: μὴ most MSS. : δὲι many early commentators.
The position of the negative is abnormal, and the reading is uncertain.
⁵ So Ermerins: τῆς ἐπικαρπίης μὴ ἀνευ MSS. Most editors punctuate at παρίδειν. But then τῆς ἐπικαρπίης depends on nothing.
⁶ προτέρην MSS. : πρὸτερον Ermerins.
⁷ εὐδοκίην M : εὐδοκιμίην most MSS.

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PRECEPTS, v.—vii.

For, in heaven's name, who that is a brotherly \(^1\) physician practises with such hardness of heart as not at the beginning to conduct a preliminary examination of every illness\(^2\) and prescribe what will help towards a cure, to heal the patient and not to overlook the reward, to say nothing of the desire that makes a man ready to learn?

VI. I urge you not to be too unkind, but to consider carefully your patient's superabundance or means. Sometimes give your services for nothing, calling to mind a previous benefaction or present satisfaction.\(^3\) And if there be an opportunity of serving one who is a stranger in financial straits, give full assistance to all such. For where there is love of man, there is also love of the art. For some patients, though conscious that their condition is perilous, recover their health simply through their contentment with the goodness of the physician. And it is well to superintend the sick to make them well, to care for the healthy to keep them well, but also to care for one's own self, so as to observe what is seemly.

VII. Now those who are buried in deep ignorance of the art cannot appreciate what has been said. In fact such men will be shown up as ignorant of

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\(^1\) The word so translated is fairly common in the Corpus in the sense of "related." Here it evidently means "a loyal member of the family of physicians."

\(^2\) With Ermerins' reading, "all the illness."

\(^3\) Or, with εὐδοκιμίην, "your present reputation."

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8 ην MSS.: εἰ Ermerins. But see Chapter I, p. 314, note 1.
9 MSS. εὐδοκιμέοντες. Littré suggests εὐδοκέουσι but reads εὐδοκέοντες and μεταλλάσσονται.
10 εὐαίρετον Ermerins: ύγιαινόντων MSS.
11 ἐλεγχοιτ' ἃν Ermerins: ἐλεγχοι MSS.: ἐλέγχη Littré.
ΠΑΡΑΓΓΕΛΙΑΙ

μενοι, τύχης γε μὴν δείμενοι. ύπὸ γὰρ τινῶν εὐπόρων, καὶ στεινῶν ἐνδοσιν ἀναλαμβάνοντων, ἐκατέργη ἐπὶν ἐπιτύχωσι,1 εὐδοκιμέουσι, καὶ διαπιπτόντων ἐπὶ τὸ χεῖρον καταχλιδεύσι, καταμεμεληκότες τὰ τῆς τέχνης ἀνυπεύθυνα, ἔφ' οίς ἂν ἵπτρος ἀγαθὸς ἀκμάζοι ὀμότεχνος καλεόμενος.

10 ὁ δὲ τὰς ἀκέσιας ἀναμαρτήτους ῥηίδισε ἐπὶτελέων οὔδὲν ἂν τούτων παραβαίνῃ σπάνει 2 τοῦ δύνασθαι· οὐ γὰρ ἀπιστῶς ἢστιν ὡς ἐν ἁδικίᾳ. πρὸς γὰρ θεραπείην ὃν γίνονται σκόπεοντες διάθεσιν φλεβονώδεα,3 φυλασσόμενοι ἐτέρων ἕπεσαις ἀγωγῆς, ἔνοιτες 4 ἐν μισοπονηρίᾳ βοηθήσιος.5 οἳ τε νοσεόντες ἀνιῶμενοι 6 νῆχονται ἐπὶ ἐκατέργῃ μοχθηρίᾳ μὴ ἐγκεκεχειρικότες ἔωτοὺς ἐως τέλεος τῇ ἐν τῇ τέχνῃ πλείον θεραπείῃ· ἀνεσις γὰρ νοῦσον τινὸς κάμνοντι παρέχει μεγάλην ἀλεωρήν.

20 διὸ δείμενοι τῇν ὑγείαν διάθεσιν οὐκ ἐθέλουσι τῇν αὐτὴν χρῆσιν αἰεὶ προσδέχεσθαι, ὀμονοεούστες ἵπτροῦ ποικιλίᾳ.7 † πολυτελεῖς † γὰρ ἀπορέονσιν

1 So Ermerins. Most MSS. have ἀναλαμβάνονται or ἀναλαμβάνοντες, ἐκατέργῃ ἐπὶ τεύχεσι and εὐδοκιμέοντες.
2 σπάνι (sic) Ermerins: οὐ παντὶ σπάνει; most MSS.: δ' παντὶ σπάνει M (dittography): οὐ πάντη σπάνει Littré.
3 So apparently some ancient commentators. See Erotian fr. 7 Nachmanson. φθεγγώδεα or φθογγώδεα MSS.: φθινώδεα Litttré; φοινώδεα Ermerins.
4 ἔνοιτες M, Litttré: αἰσθάνετε most MSS. I suggest μεσώντες, as we should have expected ἐνεώντες. See p. 248.
5 αἰσθάνετες μισοπονηρίᾳ βοηθήσιος Ermerins.
6 ἀνιῶμενοι MSS.: ἀνιῶμενοι Litttré after Matthiae.
7 So Ermerins: ὀμονοεόντες ἵπτροῦ ποικιλίᾳ vulgate: μὴ νοεόντες ἵπτροῦ ποικιλίᾳ: Litttré.

1 He is trusted, and so can do as he likes. Therefore want of power to influence a patient never compels him to transgress the medical code.
medicine, suddenly exalted yet needing good luck. For should wealthy men gain some remission of their trouble, these quacks win reputation through a double good fortune, and if a relapse occurs they stand upon their dignity, having neglected the irreproachable methods of the art, wherewith a good physician, a "brother of the art" as he is called, would be at his best. But he who accomplishes his cures easily without making a mistake would transgress none of these methods through want of power;¹ for he is not distrusted on the ground of wickedness. For quacks do not attempt treatment when they see an alarming condition, and avoid calling in other physicians, because they wickedly hate help. And the patients in their pain drift on a sea of twofold wretchedness for not having intrusted themselves to the end to the fuller treatment that is given by the art. For a remission of a disease affords a sick man much relief. Wherefore wanting a healthy condition they do not wish always to submit to the same treatment, therein being in accord with a physician's versatility.² For the patients

² It is quite uncertain whether φλεβονώδεα is the correct reading, and equally uncertain what it means if it be correct. Erotian's note recognises two ancient readings, φλεβονώδεα, explained as τὰ μετὰ φλυαρίς καὶ πνευματώδους ταραχῆς ἐκκρυόμενα, and φλεβονώδεα, explained as τὰ μετ’ ἀλγήματος οἴδήματα. But the general meaning must be "serious," "alarming."

³ The reader must suspect that in the words ἵπτροον ποικιλὶ is concealed an allusion to frequent changes of the medical attendant. "Changing their doctor every day." The version in the text means that the patients frequently change their minds as do quacks, or as doctors must be ready to change their treatment at a moment's notice.
οἱ νοσεόντες,¹ κακοτροπία προσκυνέοντες² καὶ ἀχαριστεόντες συντυχεῖν. δυνατὸν ἕοντες εὑπορεῖν, διαντλίζονται³ περὶ μισθαρίων, ἀτρεκέως ἑθέλοντες ύγιεῖς εἶναι εἶνεκεν . . . . ἐργασίας τόκων ἡ γεωργία, ἀφροντιστεόντες περὶ ⁴ αὐτῶν 28 λαμβάνειν.

VIII. Περὶ σημασίας τοιαύτης ἄλις ἔστω ἄνεσις γάρ καὶ ἐπίτασις νοσεόντως ἐπινεμήσων ἕπταρχικὴν κέχρηται.⁵ οὖκ ἀσχήμων Ῥ ἐπὶ τῶν νοσεόντων καὶ ἐπισκοποῦντος τῇ ἁπειρῇ κελευθερώσει ἕπετος, οὔτε τῶν νοσεόντων, καὶ συνεργοῦ κινολογίας ἱστορῆσαι τὰ περὶ τῶν νοσεόντων, καὶ καταδρόμος γενέσθαι ἐς εὐπορίᾳ βοηθήσιος. ἔν γαρ κακοπαθείσης παρεδρή ἐπιτείνοντος τοῦ πάθεος, δι’ ἀπορίαν τὰ πλέοντα ἐκκλίνοντι τῷ παρέοντι, ⁷ θαρρητέον ὑπὲρ ἐν καιρῷ τοιούτῳ οὐδέποτε γὰρ ἐγὼ τὸ τοιοῦτο ὑπερεύμαι, ὅτι η ἡ τέχνη κέκριται

1 So apparently all MSS.: πολυτελεῖς γὰρ ἀπορέουσιν ἕοντες Littré. Perhaps πολυτελεῖη should be read.
2 προσκυνεύτες MSS.: προσκυνεύτες Littré. I suggest that οὖκ has fallen out after καὶ.
3 διαντλίζονται (apparently) MSS.: διασχιζόνται Cornarius: διαλογίζονται Ermerins.
4 περὶ MSS.: μὴ ὑπὲρ Littré.
5 κέχρηται MSS.: κέχρηται Coray.
6 ἀσχήμων MSS.: ἀσχήμων Littré.
7 τῷ παρέοντι omitted by Ermerins.
8 θαρρητέον MSS.: μὴ θαρρητέον (sic) Martinus quoted by Foes. Perhaps οὐθεν θαρρητέον.

¹ These patients ἀπορέουσιν, and so can scarcely be the same as the εὑποροὶ of the earlier part of the chapter. Perhaps οὖκ should be read before ἀχαριστεόντες, and the sense would then be, "they become poor by showing gratitude to quacks, when they might be well off by employing qualified men."
are in need through heavy expenditure, worshipping incompetence and showing no gratitude when they meet it;¹ when they have the power to be well off, they exhaust themselves about fees, really wishing to be well for the sake of managing their investments or farms, yet without a thought in these matters to receive anything.²

VIII. So much for such recommendations. For remission and aggravation of a disease require respectively less or more medical assistance. A physician does not violate etiquette even if, being in difficulties on occasion over a patient and in the dark through inexperience, he should urge the calling in of others, in order to learn by consultation the truth about the case, and in order that there may be fellow-workers to afford abundant help. For when a diseased condition is stubborn and the evil grows, in the perplexity of the moment most things go wrong. So on such occasions one must be bold.³ For never will I lay it down that the art has been

² The greater part of this chapter is hopeless. There seems to be no connexion between the quack doctors of the first part and the wayward patients of the latter part. I suspect that an incongruous passage has been inserted here by some compiler, just as chapter fourteen was so inserted. Perhaps there are gaps in the text, the filling up of which would clear away the difficulty. Probably there is one after εινακεν. If the latter part be not an interpolation, the general meaning seems to be that when patients grow worse under quack treatment, they change their doctor and hire another quack. So they both grow worse and lose money. They really want to get well to look after their business, but do not think of the right way to return to work again, i.e. of employing a qualified medical man.

³ Or (reading οὐ) “on such occasions one must not be self-confident.”
περὶ τούτου. μηδέποτε φιλονεικεῖν προσκυρέοντας ἐωυτοῖς καὶ 1 κατασιλλαίνειν. 2 ὁ γὰρ ἄν 3 μεθ’ ὀρκον ἔρεω, οὐδέποτε ἰητροῦ λογισμὸς φθονὴσειν ἄν ἐτέρῳ ἀκίνδυος 4 γὰρ ἄν φανεῖν. ἀλλὰ μᾶλλον οἱ ἀγχιστεύοντες ἁγοραίης ἐργασίης πρῆσσον ταῦτα εὐμαρέως. καῖτοι γε οὐδὲ φευδεῖς κατα-}

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IX. Μετὰ τούτων δὲ πάντων μέγα ἄν τεκμήριον φανεῖν σὺν 5 τῇ οὐσίᾳ τῆς τέχνης, εἰ τις καλῶς ἰητρεύων προσαγορεύσιος τοιαύτης μὴ ἀποσταίη, κελευὼν τοῖς νοσεύοντες μηδὲν ὀρκεῖσθαι κατὰ διάνοιαν ἐν τῷ ὁποίῳν ἀφικέσθαι ἐς καιρὸν σωτηρίας. ἤγειμέθα γὰρ ἀ χρῆ ἐς τὴν 6 υγεῖν, καὶ προστασσόμενος γε 7 οὐ διαμαρτήσειν αὐτοῖ μὲν γὰρ οἱ νοσεόντες διὰ τὴν ἀλγεινὴν διάθεσιν ἀπαυδεύοντες ἐωυτοῖς τε . . . 8 μεταλλάσσοντι τῆς ζωῆς. ὁ δ’ ἐγκεκεχειρισμένος τὸν νοσεόντα, ἣν ἀποδείξῃ τὰ τῆς τέχνης ἐξευρήματα, σώζων οὐκ 9 ἀλλοίων φύσιν, ἀποίητε τὴν παρεοῦσαν <ἀθυμίην> 10 ἡ τὴν παρατύπικα ἀπιστίην. ἢ γὰρ τοῦ ἀνθρώπου εὐεξία φύσις τίς ἐστι φύσει περιπε- ποιημένη κίνησιν οὐκ ἀλλοτρίην, ἀλλὰ λίην γε 11

1 kal omitted in MSS.: inserted first by Littre, who also reads ἀλλήλοισι instead of ἐωυτοῖς.
2 κατασιλλαίνειν MSS.: κἀτα σιλλαίνειν Ermerins.
3 This ἄν is very strange with ἔρεω. Perhaps it is a repetition of the preceding two letters. But see p. 308. See also additional note, p. 332.
4 One MS. has ἀσθενής.
5 σὺν MSS.: omitted by Ermerins. See p. 308.
6 & χρῆ ἐς τὴν Littre: ἀχρηστίη MSS.
7 So most MSS.: προστάσων μὲν Ermerins.
8 Littre, supposing that a participle is wanted, adds ἀπορριπτοῦτες.

3 2 4
condemned in this matter. 1 Physicians who meet in consultation must never quarrel, or jeer at one another. For I will assert upon oath, a physician’s reasoning should never be jealous of another. To be so will be a sign of weakness. Those who act thus lightly are rather those connected with the business of the market-place. Yet it is no mistaken idea to call in a consultant. For in all abundance there is lack. 2

IX. With all these things it will appear strong evidence for the reality of the art if a physician, while skilfully treating the patient, does not refrain from exhortations not to worry in mind in the eagerness to reach the hour of recovery. For we physicians take the lead in what is necessary for health. And if he be under orders the patient will not go far astray. For left to themselves patients sink through their painful condition, give up the struggle and depart this life. But he who has taken the sick man in hand, if he display the discoveries of the art, preserving nature, not trying to alter it, will sweep away the present depression or the distrust of the moment. For the healthy condition of a human being is a nature that has naturally attained a movement, not alien but perfectly adapted, having

1 I. e. that because a consultant is necessary the fault lies with the art of medicine.
2 No matter how much help you have you can never have enough.

8 ὤκ MSS: ἶ Martinus in Eoes.
10 ἔπικαρπίην vulgate: πικρίην Littré. The true reading is probably a word with the meaning of ἄθυμία.
11 λίην γε Littré: λίην τε MSS.: ἰδίην Ermerins.
ΠΑΡΑΓΓΕΛΙΑΙ

evármostevosan, pnevmati te kai thērmasiē kai χυμῶν katērgasiai, pánti te kai pása diatē kai toûsi sympasei deēmiourghmenē, ἡν μὴ τι ἐκ genetēs ἢ ἀπ' ἀρχῆς ἐλλειμα ἡ. ἢν δὲ γένηται τι, 20 ἐξιτήλου εὖντος, πειράσθαι ἐξομοιοῦν τῇ ὑπο- κειμένῃ: παρὰ γὰρ φύσιν τὸ μυνύθημα καὶ διὰ 22 χρόνου.

X. Φευκτή γε καὶ θρύψις ἐπικρατιῶν διὰ προσκύρησιν ἀκέσιος, ὅμιλῃ τε περὶεργος: διὰ γὰρ ἰκανήν ἀσυννηθείην 2 διαβολὴν κεκτήσει, 3 διὰ δὲ ὀλίγην, εὐσυγχροσύνην: ἐν γὰρ μέρει πόνος ὀλίγος, ἐν πάσι ἰκάνος. εὐχαρίην 4 δὲ οὐ περιαρέω.

6 ἀξίη γὰρ ἤτρυχῆς προστασίης.

XI. Προσθέσεως δὲ δὲ οὐράνων καὶ σημαντικῶν ἐπιδείξεις, καὶ τῶν τοιοῦτοτρόπων μνήμην 3 παρεῖναι.

XII. Ἡν γε καὶ εἰνεκεν ὅμιλου θέλης ἀκράσιν ποίησασθαι, οὐκ ἀγακλεῶς ἐπιθυμεῖς, μὴ μέντοι γε μετὰ μαρτυρίας ποιητικῆς: ἀδυναμίην γὰρ ἐμφαίνει φιλοποιήσεις. 5 ἀπαρνομαι γὰρ ἐς χρῆσιν ἑτέρην φιλοποιήσει μετὰ πόνου ἱστοριευμένην, 6 διὸ ἐν ἑωτῇ μούνῃ αἴρεσιν ἔχουσαν 7 χαρίσεσαν: περιποιήσει γὰρ κηφήνος μετὰ παραπομπῆς 8 ματαιοκοπήν. 8

1 θρύψις conjecture of Triller: τρύψις vulgate.
2 ἐξινεσένη MSS.: ξεινοσύνην or ξεινή Triller: ἀσυννηθείην Kühn and Littré.
3 κεκτήσει my emendation: κέκτησαι Littré, without comment.
4 εὐχαρίην M: εὐχαριστηὴν other MSS. (apparently) and Littré. The dictionaries do not recognise εὐχαρία.
5 φιλοποιήσει MSS.: φιλοποιή Littré.

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produced it by means of breath, warmth and coction of humours, in every way, by complete regimen and by everything combined, unless there be some congenital or early deficiency. Should there be such a thing in a patient who is wasting, try to assimilate to the fundamental nature. For the wasting, even of long standing, is unnatural.

X. You must also avoid adopting, in order to gain a patient, luxurious headgear and elaborate perfume. For excess of strangeness will win you ill-repute, but a little will be considered in good taste, just as pain in one part is a trifle, while in every part it is serious. Yet I do not forbid your trying to please, for it is not unworthy of a physician’s dignity.

XI. Bear in mind the employment of instruments and the pointing out of significant symptoms, and so forth.

XII. And if for the sake of a crowded audience you do wish to hold a lecture, your ambition is no laudable one, and at least avoid all citations from the poets, for to quote them argues feeble industry. For I forbid in medical practice an industry not pertinent to the art, and laboriously far-fetched, and which therefore has in itself alone an attractive grace. For you will achieve the empty toil of a drone and a drone’s spoils.

1 I. e. try to bring the patient back to his normal condition.
2 Apparently, in order to increase your practice by fastidiousness in the matter of dress. But the expression is very strange, and should mean, “in order to effect a cure.”
3 See p. 308.
4 See p. 308.

6 I suspect the form of this word, to which I can find no parallel. The meaning is that of ἰστορῶ.
7 ἔχουσαν Littré: ἔδωσαν MSS.
8 So Littré after Weigel: MSS. apparently ἐτοιμοκοπιν.
ΧΙ. Εὐκτέη δὲ καὶ διάθεσις ἐκτὸς ένοδα ὁψιμαθίας. παρεόντων μὲν οὐδὲν ἐπιτελεῖ. ἀπεόντων δὲ μνήμη ἀνέκτη. γίνεται τοῖν πάμμαχος ἀτυχίᾳ, μετὰ λύμης νεαρῆς, ἀφροντιστεύσα εὐπρεπίς, ὀρισμοῖς τε καὶ ἐπαγγέλησιν, ὀρκοῖς τε παμμεγέθεσιν θεῶν ένεκεν, ἵπτρον προ-
στατέοντος νόσου, ἀναγνώσιος συνεχείς κατ-
ηχήσιος τε ἵδιωτέων φιλανυστέων λόγους ἐκ 
καταπορέωσιν ἡθροισμένων. τῶν μὲν οὖν ταὐτῶν ὅποι ἂν καὶ ἐπιστατήσαιμι, οὐκ ἂν ἐπὶ 
θεραπεύῃς συλλόγου αἰτήσαιμι ἂν θαρσαλέως 
βοηθεῖν. ἰστορίης γὰρ εὐσχήμονος σύνεσις ἐν 
τούτοις διεσπασμένη. τούτων οὖν δὲ ἀνάγκην 
ἀσυνετῶν ε饔των, παρακελεύομαι χρησίμην εἰν 
τὴν τρίβην, μεθυστέρησιν δογμάτων ἰστορίης. 
τῖς γὰρ ἐπιθυμεῖ δογμάτων μὲν πολυσχίδην 
ἀτρεκέως ἑθέλων ἰστορεῖν, μετὰ δὲ χειροτριβίης 
ἀτρεμεότητα; διὸ παραινέω τούτοις λέγονσι 
μὲν προσέχειν, ποιέονσι δὲ ἐγκόπτειν. 
ΧΙ. Συνεσταλμένης διάτης μὴ μακρὴν

1 λύμης Littré : λυμίς M : λομίς most MSS. 
3 καταπορέως ξυνηθροισμένωι most MSS., the second hand of M having ξυνηθροισμένωι: καταπορέωσιν ἡθροισμένω Littré. The text is a combination of Littré's emendation and the reading of M. 
4 βοηθεῖν my emendation (anticipated by Foes): βοηθεῖν Littré : βούσθην MSS. 
5 διεσπασμένη Ermerins : διεσπασμένη MSS. : διεφθαρμένη Littré. 
6 μῆ γυτήρησιν MSS. : μὴ τὴν τήρησιν Littré. The dictionaries do not recognise μεθυστέρησις, but the present work is full of strange words.
XIII. A condition too is desirable free from the late-learner's faults. For his state accomplishes nothing that is immediate, and its remembrance of what is not before the eyes is but tolerable. So there arises a quarrelsome inefficiency, with headstrong outrage, that has no thought for what is seemly, while definitions, professions, oaths, great as far as the gods invoked are concerned, come from the physician in charge of the disease, bewildered laymen being lost in admiration of flowery language spoken in continuous reading and instruction, crowding together even before they are troubled by a disease. Wherever I may be in charge of a case, with no confidence should I call in such men to help as consultants. For in them comprehension of seemly learning is far to seek. Seeing then that they cannot but be unintelligent, I urge that experience is useful, the learning of opinions coming far after. For who is desirous and ambitious of learning truly subtle diversities of opinion, to the neglect of calm and practised skill? Wherefore I advise you to listen to their words but to oppose their acts.

XIV. When regimen has been restricted you must

1 That is, the oaths frantically appeal to all the great gods.
2 The construction and translation are uncertain. I believe that ὄρισμοι is and the other datives are a Roman's efforts at rendering into Greek "ablatives of attendant circumstances," but ἐκ μεταφορῆς is puzzling, and can hardly be taken with λόγους. Perhaps it is a Latinism. Cf. "pastor ab Amphryso.”

7 ἔδεικνυ Ermerins: ἔδεικνυ MSS.
8 μετὰ δὲ my emendation: μητὲ most MSS: μετὰ M: μὴ γε Littre.
9 ἀτρεμεβοτήτα my emendation: ἀτρεμεβοτήτι most MSS.: ἀτρεμεβωτὴταν K.
10 ὑγκύπτειν MSS.: ὑγκύπτειν Mack and Ermerins.
† ἐγχειρεῖν† τοῦ κάμνοντος χρονίν ἐπιθυμίν. ἀνίστησι καὶ συγχωρεῖ ἐν χρονίν νοῦσῳ, ἣν τις προσέχῃ τυφλῷ τὸ δέον. ὡς μέγας φόβος φυλακτέος, καὶ χαρᾶς δεινότης. ἥερος αἰφνιδίῃ ταραχῇ φυλακτέῃ. ἀκμῇ ἡλικίῃ πάντα ἔχει χαρέντα, ἀπόληξις δὲ τοῦναντίον. ἀσαφῆ δὲ γλώσσης γίνεται ἢ διὰ πάθος, ἢ διὰ τὰ ὀστα, ἢ πρὶν τὰ 4 πρότερα ἐξαγγεῖλαι ἑτέρα ἐπιλαλεῖν, ἢ πρὶν τὸ διανεομένον εἰπεῖν ἑτέρα ἐπιδιανοεῖσθαι: τοῦτο 5 μὲν οὖν 6 ἀνευ πάθους ὀρατοῦ λειλεγμένου μάλιστα συμβαίνει φιλοσεχνοῦσιν, ἡλικίᾳ, σμικρῷ ἔντος τοῦ ὑποκειμένου, δύναμις ἐνίοτε παμπολλῇ νοῦσῳ ἀταξίᾳ 8 μήκος σημαίνει κρίσις δὲ ἀπόλυσις νοῦσου. σμικρῇ αἰτίᾳ ἄκεσις γίνεται, ἢν μὴ τι περὶ τόπου καίριον πάθη. διότι συμπάθησις ὑπὸ λύπης ἐόντα ὀχλεῖ, ἐξ ἑτέρου συμπαθείης τινὸς

1 The reading and punctuation of this passage are hopeless. The Vulgate joins the end of XIII with the beginning of XIV, and punctuates at ἀνίστησι, νοῦσῳ and φυλακτέος. ἐγχειρεῖν can scarcely be correct.

2 So Littré: καὶ χάριν (χάρα second hand in M) δι᾽ ἦς ἐνότης ἄερος (or ἥερος) αἰφνιδίῃ ταραχῇ φυλακτέῃ most MSS. 

3 ἦ added by Ermerins.

4 τὰ Ermerins: τὲ MSS.

5 τοῦτο Ermerins: τὸ MSS.

6 οὖν second hand in M.

7 ἡλικίᾳ Littré: ἡλικίᾳ vulgate.

8 ἀταξίᾳ Littré: ἀταραξίᾳ MSS. Perhaps the scribe unconsciously wrote an Epicurean word. See p. 306.

9 So second hand in M: ἄκεσι many MSS.: λύεται Littré and apparently M.
not suppress for long a long-standing desire of the patient.\(^1\) In a chronic disease indulgence too helps to set a man on his feet again, if one pay the necessary attention to one who is blind.\(^2\) As great fear is to be guarded against, so is excessive joy. A sudden disturbance of the air is also to be guarded against.\(^3\) The prime of life has everything lovely, the decline has the opposite. Incoherence of speech comes from an affection, or from the ears, or from the speaker's talking of something fresh before he has uttered what was in his mind before, or from his thinking of fresh things before he has expressed what was in his thoughts before. Now this is a thing that happens without any "visible affection" so-called, mostly to those who are in love with their art. The power of youth, when the matter is trifling,\(^4\) is sometimes supremely great. Irregularity in a disease signifies that it will be a long one. A crisis is the riddance of a disease. A slight cause turns into a cure unless the affection be in a vital part. Because\(^5\) fellow-feeling at grief causes distress, some are distressed through the fellow-feeling

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\(^1\) Too strict a regimen may do harm by the patient's using up his strength in conquering his appetites. Some such verb as κατ' ἐχειν must be substituted for ἔγχειειν.

\(^2\) I. e. the patient does not know what is good for him.

\(^3\) I. e. either (a) a draught or (b) a sudden change in the weather.

\(^4\) Possibly, "when the patient is not a big man." δποκελεμενον, can mean "patient" in later Greek.

\(^5\) Possibly, "for the same reason that."
ΠΑΡΑΓΓΕΛΙΑΙ

οχλεύνται. καταύδησις λυπεῖ. φιλοποιήσε κρα-
20 τα βάς ύποπαραίτησις.¹ † ἀλυώδης † ² τόπος
21 ὀνησιφόρος.

¹ The text is here uncertain. Littré has φιλοποιήσε κρατερῆς ὑπο, παραίτησις, ἀλέα, ψδή, τόπος ὀνησιφόρος, "pour l'excès de travail, encouragement, chaleur du soleil, chant, lieu salutaire," a not very plausible restoration, and could only mean "excess of diligence causes advice, etc."

² Foes apparently translated ἀλυώδης, perhaps rightly.

ADDITIONAL NOTE.

Chapter VIII, ll. 14–16, p. 324: ὥ γὰρ ... ἐτέρφω. I should like to suggest (although I am not confident enough to print it in the text) that the right reading is:—

οὐδέποτε ἤτρος λογισμῶν φθονήσειν ἂν.

"a physician will never grudge giving his reasoned opinion."

Such a reading fits in very well with the next sentence but one. It is only in the world of business that each man is for himself.

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of another. Loud talking is painful. Overwork calls for gentle dissuasion.\(^1 \) A wooded\(^2 \) district benefits.

\(^1\) \textit{ἀποπαράθησις} is not found in the dictionaries, but may be correct.

\(^2\) \textit{ἀλωδῆς} is unmeaning, and I translate as though \textit{ἀλῳδῆς} were in the text.
INTRODUCTION

The treatise *Nutriment* is unique. It deals with an interesting subject in an unusual manner, and, in spite of the limitations of Greek physiology, many valuable and interesting views are set forth.

Heraclitus held that matter is, like a stream, in a state of continuous change. His system contained other hypotheses,¹ but this was the most fruitful, and the one which commended itself most to his followers and to his successors.

A later Heraclitean, whether a professional doctor or not is uncertain, applied the theory of perpetual change to the assimilation of food by a living organism, and *Nutriment* is the result. He has copied the aphoristic² style and manner of his master, as well as the obscurity, with considerable success, and whole paragraphs might well be genuine fragments of Heraclitus.

The author’s idea of digestion is far from easy to follow.

Apparently nutritive food is supposed to be dissolved in moisture, and thus to be carried to every part of the body, assimilating itself to bone, flesh, and so on.

¹ Some perhaps (*e.g.* the union of opposites) being more fundamental.

² It is interesting to note that the aphoristic style, which is a great aid to memory, came into vogue at a time when text-books first became necessary. It has its modern analogue in the "crammer’s" analysis.
on, as it comes into contact with them. Air (breath) also is regarded as food, passing through the arteries from the heart, while the blood passes through the veins from the liver. But the function of blood is not understood; blood is, like milk, "what is left over" (πλεονασμός) when nourishment has taken place. Neither is the function of the heart understood, and its relation to the lungs is never mentioned.

The aspect of nutrition which appeals most to the writer is the combination of unity and multiplicity which it exhibits. Food is one; yet it has the power of becoming many things. Similarly the animal organism is one, with many parts vitally connected with the whole, so that they act in complete sympathy with it and with one another.

Food, says the writer, has "power" (δύναμις), and so has the body. This "power" seems to be the sum total of its properties, although these are not yet regarded as abstractions. It is one and many; one in its essence, many in its manifestations. But "power" in its various forms is manifested only in relationship to other things; it is not independent, being latent until called into action by a suitable environment. In modern language, the author feels that qualities are relations. Wine is good (or bad) in certain circumstances; so is milk and all other foods. All things are good or bad πρὸς τι (Chapters XIX and XLIV).

This theory of δύναμις with its insistence upon relativity helps in assigning a date to the document. A similar account of δύναμις is given in Ancient Medicine, the date of which is approximately 420 B.C. The theory of relativity, implied in the doctrine of
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Heraclitus, was fully developed in one direction by Protagoras, who regarded knowledge as conditioned by (i.e. relative to) the percipient being. In *Nutriment* relativity is made to apply, not merely to the knowledge of properties, but to the properties themselves. Such an extension of the doctrine would probably be made somewhat later than the time of Protagoras, and we may with some confidence suppose that the author wrote about 400 B.C.

The first chapter of *Nutriment* distinguishes γένος from εἶδος after the Aristotelian manner. A similar distinction occurs in the *Parmenides* of Plato, and it need not prevent us from assigning a date as early as the end of the fifth century B.C.

In Chapter XLVIII mention is made of pulses, supposed to be the first occasion of such mention in Greek literature. This fact, again, is no argument against an early date. The reference is quite general, and amounts to no more than the knowledge, to be found in several places in the Hippocratic *Corpus*, that violent pulsations (of the temples and so forth) are characteristic of certain acute diseases.

It should be noticed that the doctrine of δύναμις described above is inconsistent with a post-Aristotelian date. Aristotle’s doctrine is obviously a development of it, and it is clear how the earlier doctrine prepares the way for the later.

The Heraclitean love of antithesis results in

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1 See Sir Clifford Allbutt, *Greek Medicine in Rome*, Chapter XIII, for the ancient doctrines about pulses. It is most remarkable that before about 340 B.C. their great importance was not realised.

2 See Littré’s index, *s.v. bullements.*
many purely verbal contrasts, which render more obscure the natural obscurities of this little tract. Indeed the reader is often forced to the conclusion that the writer wished so to express himself that more than one interpretation might legitimately be put upon his words. In my paraphrase I have tried to give the most obvious meaning, although I have often felt that other meanings are almost equally possible.¹

*Nutriment* is more important as a philosophical than as a medical document. The teaching of Heraclitus did not die out with his death; he had followers who emended and developed his theories, and one of these wrote *Nutriment* to bring a branch of physiology into the domain of philosophy. The tract is a striking proof of the difficulty of uniting philosophy and science, and of pursuing the latter on the methods of the former. Incidentally one may notice that it belongs to the period of eclecticism and reaction which followed the development of atomism.²

*Nutriment* was accepted as a genuine work of Hippocrates by Erotian, and a mutilated commentary on it passes under the name of Galen. Aulus Gellius (III. xvi), quotes it as a work of Hippocrates. There was another tradition in antiquity, referred to in two Paris MSS., that *Nutriment* was the work of Thessalus or of Herophilus. It is easy to understand how some found a difficulty in ascribing to the

¹ I wish to point out that Chapters I, III, V and VI are up to the present unsolved mysteries. Incidentally, I should like to mention that Chapter I shows that the history of the word *eidos* is not so simple as Professor A. E. Taylor makes out in *Varia Socratica*.

² See Burnet, *Early Greek Philosophy*, Chapter X.
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author of *Epidemics* such a dissimilar book; indeed it is likely that the chief reason for assigning it to Hippocrates was its superficial likeness to *Aphorisms*.

**MSS. AND EDITIONS.**

The chief MSS. are A and M. *Nutriment* was edited several times in the sixteenth century, and interesting remarks on it are to be found in the following:

J. Bernays, *Heraklitische Briefe.*

A. Patin, *Quellenstudien zu Heraklit.*

See also Mewaldt in *Hermes*, xlv. 121, and, for Heraclitanism in the *Corpus*, C. Fredrich, *Hippokratische Untersuchungen.*
ΠΕΡΙ ΤΡΟΦΗΣ

I. Τροφή καὶ τροφῆς εἶδος μῖα καὶ πολλαί· μία μὲν ἢ γένος ἐν, εἴδος δὲ ὑγρότητι καὶ ἕξρότητι· καὶ ἐν τούτοις ἱδέαι καὶ πόσον ἔστι καὶ ἐς τίνα
καὶ ἐς τοσαῦτα.

II. Αὔξει δὲ καὶ ῥώννυσι καὶ σαρκοὶ καὶ ὁμοιοὶ καὶ ἀνομοιοί τὰ ἐν ἕκάστοις κατὰ φύσιν τὴν
ἐκάστου καὶ τὴν ἐξ ἀρχῆς δύναμιν.

III. Ὅμοιοὶ δὲ ἐς δύναμιν, ὅταν κρατήσῃ ἢ ἐπεισιοῦσα, καὶ ὅταν ἐπικρατήσαι ἢ προὐ-
πάρχουσα.

IV. Γίγνεται δὲ καὶ ἔξιτηλος, ὅτε μὲν ἢ προτέρη ἐν χρόνῳ ἀπολυθεῖσα ἢ ἐπιπροστεθεῖσα, ὅτε δὲ ἢ
ὑστέρη ἐν χρόνῳ ἀπολυθεῖσα ἢ ἐπιπροστεθεῖσα.

1 This is practically the reading of A, the spelling only being emended. Littre has ὁμοιοὶ δὲ ἐς (φύσιν καὶ) δύναμιν, ὅκαταν κρατήσῃ μὲν ἢ ἐπεισιοῦσα, ἐπικρατήσῃ δὲ ἢ προὐπάρχουσα. The explanation of Galen scarcely helps matters: ἢ μὲν οὖν φύσις ὁμοιοί, ὅταν κρατήσῃ καὶ πέττῃ τὴν τροφήν τὴν ἐπεισιοῦσαν καὶ δύναμις ἢ προὐπάρχουσα ἐπικρατεῖ καὶ κατεργάζεται καὶ ἀλλοιοὶ καὶ ὁμοιοὶ καὶ τὸ τέλος τρέφει. It makes ἡ ἐπεισιοῦσα the object of κρατήσῃ; our texts make it the subject.

(i) Nutriment is generically one, but it has many varieties, which differ according to the amount of moisture in them. These varieties have forms of their own and differ, the differences depending on quantity, the parts to be nourished and the number of parts to be nourished.

(ii) It produces increase, strength, flesh, similarity, dissimilarity, among the several parts of the body, according to
NUTRIMENT

I. Nutriment and form of nutriment, one and many. One, inasmuch as its kind is one; form varies with moisture or dryness. These foods too have their forms\(^1\) and quantities; they are for certain things, and for a certain number of things.

II. It increases, strengthens, clothes with flesh, makes like, makes unlike, what is in the several parts, according to the nature of each part and its original power.

III. It makes into the likeness of a power, when the nutriment that comes in has the mastery, and when that is mastered which was there to begin with.

IV. It also loses its qualities; sometimes the earlier nutriment, when in time it has been liberated or added, sometimes the later, when in time it has been liberated or added.

\(^1\) Or "figures."

(a) the nature of each part and (b) the power it had to begin with.

(iii) It assimilates into this power when the new nutriment has the mastery and the substance already in the part is overcome. (In this case, apparently, the part changes or decays.)

(iv) Nutriment, in both the stages of nutrition, the earlier and the later, may lose its power to nourish, either because it is evacuated or because it is incorporated.
ΠΕΡΙ ΤΡΟΦΗΣ

V. Ἀμαυροῖ δὲ ἐκατέρας ἐν χρόνῳ καὶ μετὰ χρόνον ἢ ἐξώθεν συνεχῶς ἐπεισκριθεῖσα καὶ ἐπὶ πολλῶν χρόνων στερεμνίως πᾶσι τοῖς μέλεσι 4 διαπλεκείσα.

VI. Καὶ τὴν μὲν ἱδίην ἱδέην ἐξέβλαστησεν ἀπὸ τῆς ἀρχαίν τε καὶ καταφέρεται τρέφει δὲ πεπομένην τὴν δὲ προτέρην ἐξέβαλλάσσεσι ἐστιν ὅτε καὶ τὰς προτέρας ἐξη- 5 μαύρωσεν. 1

VII. Δύναμις δὲ τροφῆς ἀφικνεῖται καὶ ἐς ὀστέον καὶ πάντα τὰ μέρεα αὐτῶν, καὶ ἐς νεῦρον καὶ ἐς φλέβα καὶ ἐς ἀρτηρίην καὶ ἐς μῦν καὶ ἐς υμένα καὶ σάρκα καὶ πιμελὴν καὶ αἴμα καὶ φλέγμα καὶ μυελὸν καὶ ἐγκέφαλον καὶ νωτιαῖον καὶ τὰ ἐντοσθίδια καὶ πάντα τὰ μέρεα αὐτῶν, καὶ δὴ καὶ ἐς θερμασίην καὶ πνεύμα καὶ 8 ύγρασίην.

VIII. Τροφὴ δὲ τὸ τρέφου, τροφὴ δὲ τὸ ὅλον, 2 τροφὴ δὲ τὸ μέλλον.

IX. Ἀρχὴ δὲ πάντων μία καὶ τελευτὴ πάντων 2 μία, καὶ ἡ αὐτὴ τελευτὴ καὶ ἀρχή.

1 The parts within brackets are omitted in MSS. but restored by Littré from Galen. It is far from certain that this restoration is right, as the inserted clauses read like glosses and break the thread of the thought. Littré too has ἀρχαίαν and ἐξαλλάττει.

(v) Nutriment in both stages cannot hold out long against nutriment which has firmly established itself in all the limbs by constant reinforcement from without, i.e. after middle-age nutrition gradually fails. Another possible explanation is that there is a contrast between permanent tissues and temporary fuel, which is the source of heat and energy.
V. Both are weakened in time and after a time by the nutriment from without which has continuously entered in, and for a long time firmly has interwoven itself with all the limbs.

VI. And it sends forth shoots of its own proper form. It changes the old form and descends; it nourishes as it is digested. Sometimes it alters the earlier form, and completely obscures the former ones.

VII. Power of nutriment reaches to bone and to all the parts of bone, to sinew, to vein, to artery, to muscle, to membrane, to flesh, fat, blood, phlegm, marrow, brain, spinal marrow, the intestines and all their parts; it reaches also to heat, breath, and moisture.

VIII. Nutriment is that which is nourishing; nutriment is that which is fit to nourish; nutriment is that which is about to nourish.

IX. The beginning of all things is one and the end of all things is one, and the end and beginning are the same.

(vi) Fat in nutriment produces fat in the various parts, and so on. As nutriment descends it changes its form, and nourishes as digestion goes on. Sometimes nutriment changes the form or forms that were before it, e.g. excess of moisture in nutriment might diminish the dryness in any part. The meaning of this chapter is very doubtful.

(vii) Nutriment pervades the whole system.

(viii) It is used in three senses, representing three stages in the process of assimilation.

(ix) Yet strictly speaking there are no separate stages. Nourishing is a continuous process; the end of nourishment is the beginning of e.g. flesh or bone.
ΠΕΡΙ ΤΡΟΦΗΣ

X. Καὶ ὁσα κατὰ μέρος ἐν τροφῇ καλῶς καὶ κακῶς διοικεῖται, καλῶς μὲν ὁσα προείρηται, κακῶς δὲ ὁσα τούτοις τὴν ἐναντίην ἔχει τάξιν.

XI. Χυλοὶ ποικίλοι καὶ χρώματι καὶ δυνάμει καὶ ἐς βλαβὴν καὶ ἐς ὤφελίνην, καὶ οὕτε βλάπτειν οὕτε ὤφελεῖν, καὶ πλήθει καὶ ὑπερβολῆ καὶ ἐλλεῖψει καὶ διαπλοκῇ ὅν μὲν, ὅν δὲ οὐ.

XII. Καὶ πάντων ἐς τηρμασίην βλάπτει καὶ ὤφελεῖ, ἐς ψύξειν βλάπτει καὶ ὤφελεῖ, ἐς δύναμιν βλάπτει καὶ ὤφελεῖ.

XIII. Δυνάμιος δὲ ποικίλαι φύσιες.

XIV. Χυμοὶ φθείροντες καὶ ὅλου καὶ μέρος καὶ ἔξωθεν καὶ ἐνδοθεν, αὐτόματοι οὐκ αὐτόματοι, ἡμῖν μὲν αὐτόματοι αἰτίη δὲ οὐκ αὐτόματοι. αἰτίης δὲ τὰ μὲν δῆλα τὰ δὲ ἀδήλα, καὶ τὰ μὲν δυνάτα τὰ δὲ ἄδυνατα.

XV. Φύσις ἔξαρκεί πάντα πᾶσι.

XVI. Ἐς δὲ παύτην, ἔξωθεν μὲν κατάπλασμα, κατάχρισμα, ἄλειμμα, γυμνότης ὅλου καὶ μέρεος καὶ σκέπη ὅλου καὶ μέρεος, τηρμασίη καὶ ψύξις κατὰ τῶν αὐτῶν λόγων, καὶ στῦψις καὶ ἐλκώσις καὶ δημός καὶ λίπασμα· ἐνδοθεν δὲ τινά τε τῶν εἰρημένων, καὶ ἐπὶ τούτοις αἰτίη ἅδηλος καὶ μέρει 7 καὶ ὅλω, τινί τε καὶ οὕ τιν.

(x) What has been said of the whole body applies also to individual parts.

(xi) The health of the body depends upon the combination of its various juices.

(xii) Nutriment affects the temperature of the body, for well or ill, as well as the body's power.

(xiii) A power has many different natures as its factors, i.e. it is the sum total of a thing's properties.

(xiv) Diseases, local or general, depend upon the humours.

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X. And all the particular details in nourishment are managed well or ill; well if as aforesaid, ill if ordered in the opposite way to these.

XI. Juices varied in colours and in powers, to harm or to help, or neither to harm nor to help, varied in amount, excess or defect, in combination of some but not of others.

XII. And to the warming of all it harms or helps, to the cooling it harms or helps, to the power it harms or helps.

XIII. Of power varied natures.

XIV. Humours corrupting whole, part, from without, from within, spontaneous, not spontaneous; spontaneous for us, not spontaneous for the cause. Of the cause, part is clear, part is obscure, part is within our power and part is not.

XV. Nature is sufficient in all for all.

XVI. To deal with nature from without: plaster, anointing, salve, uncovering of whole or part, covering of whole or part, warming or cooling similarly, striction, ulceration, biting, grease; from within: some of the aforesaid, and in addition an obscure cause in part or whole, in some cases but not in all.

1 Apparently, such things as a mustard plaster.

They have a definite cause, but as far as we are concerned they are spontaneous. As to this cause, part is known, part is unknown; partly we can prevent disease, partly we cannot.

(xv) Nature is powerful enough to be supreme in both physiological and pathological processes.

(xvi) There are various ways of assisting Nature in her efforts to expel disease.
ΠΕΡΙ ΤΡΟΦΗΣ

XVII. 'Αποκρίσεις κατὰ φύσιν, κοιλίης, οὐρων, ἱδρῶτος, πτυάλον, μύξης, ύστέρης, καθ' αἰμορροίδα, θύμον, λέπρην, φύμα, καρκίνωμα, ἐκ ρινῶν, ἐκ πλεύμονος, ἐκ κοιλίης, ἐξ ἔδρης, ἐκ καυλοῦ, κατὰ φύσιν καὶ παρὰ φύσιν. Αἱ διακρίσεις τούτων ἄλλοις πρὸς ἄλλον λόγον ἄλλοτε καὶ ἄλλοις. μία φύσις ἐστὶ ταῦτα πάντα καὶ οὐ 8 μία: πολλαὶ φύσιες εἰσὶ ταῦτα πάντα καὶ μία.

XVIII. Φαρμακεία ἀνω καὶ κάτω, οὔτε ἄνω 2 οὔτε κάτω.

XIX. Ἑν τροφῇ φαρμακεία ἄριστον, ἐν τροφῇ φαρμακεία φλαῦρον, φλαῦρον καὶ ἄριστον 3 πρὸς τι.

XX. Ἕλκος, ἐσχάρη, αἴμα, πῦον, ἰχώρ, λέπρη, πίτυρον, ἄχωρ, λειχήν, ἀλφός, ἐφηλις, ότε μὲν βλάπτει, ότε δὲ ὠφελεῖ, ότε δὲ οὔτε βλάπτει 4 οὔτε ὠφελεῖ.

XXI. Τροφῇ οὐ τροφῇ, ἥν μὴ δύνηται: μὴ τροφῇ τροφῇ, ἥν οἶον τε ἡ τρέφεσθαι. οὔνομα τροφῆς, ἐργὸν δὲ οὐχὶ: ἐργὸν τροφῆς, οὔνομα δὲ 4 οὔχι.1

XXII. Ἐς τρίχας καὶ ἐς οὖνχας καὶ ἐς τὴν ἐσχάτην ἐπιφανεῖν ἐνδοθεὶς ἀφικνεῖται: ἐξωθεὶς τροφῇ ἐκ τῆς ἐσχάτης ἐπιφανείης ἐνδοτάτῳ 4 ἀφικνεῖται.

1 The text is Littré's, being a combination of A and the vulgate.

(xvii) The various secretions from the various parts of the body.
(xviii) Purging may be carried out by purges in the ordinary sense, by emetics, or by any other means of expulsion from the body.
XVII. Secretions in accordance with nature, by the bowels, urine, sweat, sputum, mucus, womb, through hemorrhoid, wart, leprosy, tumour, carcinoma, from nostrils, lungs, bowels, seat, penis, in accordance with nature or contrary to nature. The peculiar differences in these things depend on differences in the individual, on times and on methods. All these things are one nature and not one. All these things are many natures and one nature.

XVIII. Purging upward or downward, neither upward nor downward.

XIX. In nutriment purging excellent, in nutriment purging bad; bad or excellent according to circumstances.

XX. Ulceration, burn-scab, blood, pus, lymph, leprosy, scurf, dandruff, scurvy, white leprosy, freckles, sometimes harm and sometimes help, and sometimes neither harm nor help.

XXI. Nutriment not nutriment if it have not its power. Not nutriment nutriment if it can nourish. Nutriment in name, not in deed; nutriment in deed, not in name.

XXII. It travels from within to hair, nails, and to the extreme surface; from without nutriment travels from the extreme surface to the innermost parts.

(xix) The value of purging depends upon circumstances.

(xx) The extraordinary means of evacuating morbid humours (abscessions) may do good, harm, or neither.

(xxii) The only test of nutriment is power of nourishing.

(xxii) There is a circulation of nutriment from within outwards and vice versa.
ΠΕΡΙ ΤΡΟΦΗΣ

XXIII. Σύρροια μία, σύμπνοια μία, συμπαθεία πάντα. κατὰ μὲν οὐλομελήν πάντα, κατὰ μέρος 3 δὲ τὰ ἐν ἐκάστω μέρει μέρεα πρὸς τὸ ἔργον.

XXIV. Ἀρχὴ μεγάλη ἐς ἐσχατὸν μέρος ἀφικνεῖται: ἐξ ἐσχατοῦ μέρους ἐς ἄρχην μεγάλην 3 ἀφικνεῖται: μία φύσις εἶναι καὶ μὴ εἶναι.

XXV. Νοῦσων δὲ διαφορὰ ἐν τροφῇ, ἐν πνεύματι, ἐν θερμασίᾳ, ἐν αἴματι, ἐν φλέγματι, ἐν χολῇ, ἐν χυμοίσιν, ἐν σαρκί, ἐν πιμελῇ, ἐν φλεβῇ, ἐν ἀρτηρίᾳ, ἐν νεῦρῳ, μυί, ὑμένι, ὀστέῳ, ἐγκεφάλῳ, ωστίαυ μυελῷ, στόματι, γκόση, στομάχῳ, κοιλίᾳ, ἐντέροισι, φρεσί, περιτόναιῳ, ἦπατι, σπληνί, νεφροῖς, κύστει, μῆτρῃ, δέρματι. ταῦτα πάντα καὶ καθ’ ἐν καὶ κατὰ μέρος. μέγεθος 9 αὐτῶν μέγα καὶ οὐ μέγα.

XXVI. Τεκμήρια, γαργαλισμός, ὀδύνη, ρῆξις, γνώμη, ἰδρώς, οὐρὼν ὑπόστασις, ἰσχύς, ῥυπτασμός, ὄψις στάσις, φαντασία, ἴκτερος, λυγμοῖ, ἐπιληψία, αἴμα ὀλοσχέρες, ὑπνος, καὶ ἐκ τούτων καὶ τῶν ἄλλων τῶν κατὰ φύσιν, καὶ ὁσα ἄλλα τοιούτοτοποία εἰς βλάβην καὶ ἐς ὠφελήν όρμα: πόνοι ὄλου καὶ μέρους μεγέθους σημεία, τού μὲν ἐς τὸ μᾶλλον, τοῦ δὲ ἐς τὸ ἃσσον, καὶ ἀπ’ ἀμφοτέρων ἐς τὸ μᾶλλον καὶ ἀπ’ ἀμφοτέρων 10 ἐς τὸ ἃσσον.

1 A reads γνώμησ, which must be taken with ρῆξις—an unusual phrase for delirium.
2 ὀλοσχέρες: E has ὀλοσχερῆς, which must be taken with ὑπνος, "unbroken sleep."

(xxiii) All parts of the body are in sympathy; the body is an organism.
(xxiv) The various forms of nutriment when in the body
XXIII. Conflux one, conspiration one, all things in sympathy; all the parts as forming a whole, and severally the parts in each part, with reference to the work.

XXIV. The great beginning travels to the extreme part; from the extreme part there is travelling to the great beginning. One nature to be and not to be.

XXV. Differences of diseases depend on nutriment, on breath, on heat, on blood, on phlegm, on bile, on humours, on flesh, on fat, on vein, on artery, on sinew, muscle, membrane, bone, brain, spinal marrow, mouth, tongue, oesophagus, stomach, bowels, midriff, peritoneum, liver, spleen, kidneys, bladder, womb, skin. All these things both as a whole and severally. Their greatness great and not great.

XXVI. Signs: tickling, ache, rupture, mind, sweat, sediment in urine, rest, tossing, condition\(^1\) of the eyes, imaginations, jaundice, hiccoughs, epilepsy, blood entire, sleep, from both these and all other things in accordance with nature, and everything else of a similar nature that tends to harm or help. Pains of the whole or of a part, indications of severity: of the one, greater severity, of the other, less, and from both come signs of greater severity, and from both come signs of less.

\(^1\) Or, "staring."

are merely stages in the process of perpetual change. Being and not-being are one and the same.

(xxv) Differences in diseases depend upon the various constituents and parts of the body, whether the disease is general or local. The importance of organs in this respect is not proportional to their size.

(xxvi) Where the physician is to look for symptoms.
ΠΕΡΙ ΤΡΟΦΗΣ

XXVII. Γλυκύ οὗ γλυκύ, γλυκύ ἐς δύναμιν ὦδώρ, γλυκύ ἐς γεύσιν ὦδώρ μελις σημεῖα ἐκατέρων, ἐλκεα, ὀφθαλμοὶ καὶ γεύσιες, καὶ ἐν τούτοις τὸ μᾶλλον καὶ τὸ ὄσον· γλυκύ ἐς τὴν ὄψιν καὶ ἐν χρώμασι καὶ ἐν ἄλλησι μίξεις, γλυκύ 6 μᾶλλον καὶ ἦττον.

XXVIII. Ἀραίοτης σώματος ἐς διαπνοήν οἷς πλέον ἀφαιρεῖται ύγιεινόν· πυκνότης σώματος ἐς διαπνοήν οἷς ἐλασσον ἀφαιρεῖται νοσηλών· οἱ διαπνεύμονοι καλῶς ἄσθενεστοι καὶ ύγιεινότεροι καὶ εὐανάσφαλτοι, οἱ διαπνεύμονοι κακῶς πρὶν ἢ νοσεῖν ἵσχυρότεροι, νοσήσαντες δὲ δυσανά-7 σφαλτοῖ· ταῦτα δὲ καὶ ὅλω καὶ μέρει.

XXIX. Πλεύμων έναντίην σώματος τροφῆν 2 ἐλκει, τὰ δ᾽ ἀλλα πάντα τὴν αὐτὴν.

XXX. Ἀρχὴ τροφῆς πνεύματος, ρίνες, στόμα, βρόγχος, πλεύμων, καὶ ἡ ἄλλη διαπνοή· ἀρχὴ τροφῆς καὶ ύγρῆς καὶ ξηρῆς, στόμα, στόμαχος, κοιλίη. ἥ δὲ ἀρχαιότερῃ τροφῇ διὰ τοῦ ἔπι-5 γαστρίου, ἥ ὁ1 ὄμφαλος.

XXXI. Ρίζωσις φλεβῶν ἡπαρ, ρίζωσις ἄρτη-ριῶν καρδίη· ἐκ τούτων ὑποπλανᾶται ἐς πάντα 3 αἴμα καὶ πνεῦμα, καὶ θερμασία διὰ τούτων φοιτᾶ.

1 Most MSS. read ὄμφαλος: A prefixes ἡ, and Littré alters to ἡ. Ermerins adds ὁ, as in the text.

(xxvii) Sweetness is relative, whether it be the potentially sweet, like water, or that which is sweet to taste, like honey. Either kind of sweetness can be tested by the effects of a substance on sores, the eyes, and the sense of taste, which can also distinguish degrees. Sweetness, in varying degrees, can appeal to the sense of sight, being aroused by colours and other beautiful combinations.
XXVII. Sweet, not sweet; sweet in power, like water, sweet to the taste, like honey. Signs of either are sores, eyes and tastings, which can also distinguish degrees. Sweet to sight, in colours and in combinations generally, sweet to a greater or less degree.

XXVIII. Porousness of a body for transpiration healthy for those from whom more is taken; denseness of body for transpiration unhealthy for those from whom less is taken. Those who transpire freely are weaker, healthier, and recover easily; those who transpire hardly are stronger before they are sick, but on falling sick they make difficult recovery. These for both whole and part.

XXIX. The lungs draw a nourishment which is the opposite of that of the body, all other parts draw the same.

XXX. Beginning of nutriment of breath, nostrils, mouth, throat, lungs, and the transpiratory system generally. Beginning of nutriment, both wet and dry, mouth, oesophagus, stomach. The more ancient nutriment, through the epigastrium, where the navel is.

XXXI. Root of veins, liver; root of arteries, heart. Out of these travel to all parts blood and breath, and heat passes through them.

(xxviii) The effects upon health of the porousness of the body.
(xxix) The lungs only are fed by air.
(XXX) The doors by which breath and other food enter the body.
(XXxi) The veins, starting from the liver, carry blood and heat; the arteries, starting from the heart, carry breath and heat.
ΠΕΡΙ ΤΡΟΦΗΣ

XXXII. Δύναμις μία καὶ οὐ μία, ἢ πάντα ταῦτα καὶ τὰ ἑτεροία διοικεῖται, ἢ μὲν ἐσ ἥμην ὅλου καὶ μέρεος, ἢ δὲ ἐσ αἰσθησιν ὅλου καὶ μέρεος.¹

XXXIII. Γάλα τροφή, οἷς γάλα τροφή κατὰ φύσιν, ἄλλοις δὲ οὐχί, ἄλλοις δὲ οίνος τροφή, καὶ ἄλλοις οὐχί, καὶ σάρκες καὶ ἄλλαι ἱδέαι τροφῆς πολλαί, καὶ κατὰ χώρην καὶ κατ' ἐθισμόν.²

XXXIV. Τρέφεται δὲ τὰ μὲν ἐς αὐξησιν καὶ ἢς τὸ εἶναι, τὰ δὲ ἐς τὸ εἶναι μούνον, οἰον γέροντες, τὰ δὲ πρὸς τοῦτω ³ καὶ ἢς ρώμην. διάθεσις ἀθλητικὴ οὐ φύσει ἐξ ὑγεινὴ κρείσσων ἐν 5 πᾶσιν.

XXXV. Μέγα τὸ πόσον εὐστόχως ἐς δύναμιν 2 συναρμοσθέν.

XXXVI. Γάλα καὶ αἶμα τροφῆς πλεονασμὸς.

XXXVII. Περίοδοι ἐς πολλὰ σύμφωνα, ἐς ἕμβρυον ἐς τὴν τοῦτον τροφήν. αὐτις δ' άνω 3 ἐπεῖ οἶς γάλα καὶ ἢς τροφήν βρέφεος.

XXXVIII. Ζωοῦται τὰ μῇ ζῶα, ζωοῦται τὰ 2 ζῶα, ζωοῦται τὰ μέρεα τῶν ζῶων.

¹ ἢ to μέρεος omitted by Α, probably because of μέρεος preceding.
² κατ' before ἐθισμόν added by Ermerins. The text of this chapter is mainly Littre's, the MSS. showing some confusion in the arrangement of the words.
³ πρὸς τοῦτων MSS.: πρὸς τοῦτῳ Ermerins.

(xxxii) The power of life is one; but there are many powers of sensation—the power of feeling generally and the powers of the sense organs.

(xxxiii) Foods do, or do not, nourish according to the differences between individuals, their habits, and their homes.

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XXXII. Power one, and not one, by which all these things and those of a different sort are managed; one for the life of whole and part, not one for the sensation of whole and part.

XXXIII. Milk nutriment, for those to whom milk is a natural nutriment, but for others it is not. For some wine is nutriment, for others not. So with meats and the other many forms of nutriment, the differences being due to place and habit.

XXXIV. Nourishment is sometimes into growth and being, sometimes into being only, as is the case with old men; sometimes in addition it is into strength. The condition of the athlete is not natural. A healthy state is superior in all.

XXXV. It is a great thing successfully to adapt quantity to power.

XXXVI. Milk and blood are what is left over from nutriment.

XXXVII. Periods generally harmonise for the embryo and its nutriment; and again nutriment tends upwards to milk and the nourishment of the baby.

XXXVIII. Inanimates get life, animates get life, the parts of animates get life.

(xxxiv) Nutriment may give (a) being (b) increase (c) strength. The condition of an athlete is unnatural, but a healthy habit of body (constitution?) is in every way superior.

(xxxv) It is important to harmonise amount of food with power of digestion.

(xxxvi) What is left over after nourishment is complete forms milk or blood.

(xxxvii) At the proper season, a mother forms nutriment for (a) embryo (b) child.

(xxxviii) Life is something which can come to inanimate matter, to animals, or to the limbs of animals. It is, in fact, a force which can invade any matter.
XXXIX. Φύσις πάντων ἀδίδακτοι.

XL. Αἶμα ἄλλοτριον ὡφέλιμον, αἶμα ἰδίον ὡφέλιμον, αἶμα ἄλλοτριον βλαβερόν, αἶμα ἰδίον βλαβερόν, χυμὸι ἰδίοι βλαβεροί, χυμὸι ἄλλοτριοι βλαβεροί, χυμὸι ἄλλοτριοι συμφέροντες, χυμοὶ ἰδίοι συμφέροντες, τὸ σύμφωνον διάφωνον, τὸ διάφωνον σύμφωνον, γάλα ἄλλοτριον ἀστείον, γάλα ἰδίον φλαῦρον, γάλα ἄλλοτριον βλαβερόν, 8 γάλα ἰδίον ὡφέλιμον.

XLI. Σιτίον νέοις ἀκροσαπεῖς, γέρουσιν ἐς τέλος 2 μεταβεβλημένον, ἀκμάζουσιν ἀμετάβλητον.

XLII. Ἐς τύπωσιν λε' ἥλιοι, ἐς κύνησιν ο', ἐς τελειότητα σι'. ἄλλοι, ἐς ἱδέην με', ἐς κύνησιν ι', ἐς ἐξοδον σο'. ἄλλοι, ν' ἐς ἱδέην, ἐς πρῶτον ἀλμα ρ', ἐς τελειότητα τ'. ἐς διάκρισιν μ', ἐς μετάβασιν π', ἐς ἐκπτώσιν σμ'. οὐκ ἔστι καὶ ἔστι. γίνεται δὲ ἐν τούτοις καὶ πλείω καὶ ἑλάσσω, καὶ καθ' ὄλου καὶ κατὰ μέρος, οὐ πολλὸν δὲ καὶ 8 πλείω πλείω καὶ ἑλάσσω ἑλάσσω.1

1 The MS. A mentions only three cases, as does Galen. Littre, however, gives the fourth case (that of the tenth-month child) from the other MSS. and the reference in Aulus Gellius III. xvi. The last two lines appear in various forms in the MSS. The text is that of Aulus Gellius.

(xxxix) The natures of various things act instinctively. Or, if πάντων depends upon ἀδίδακτοι, "are instinctive in every way."

(xl) The effects of a mother’s humours upon embryo, and of mother’s or nurse’s milk upon child, vary according to circumstances.

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XXXIX. The natures of all are untaught.

XL. Blood of another is useful, one's own blood is useful; blood of another is harmful, one's own blood is harmful; one's own humours are harmful, humours of another are harmful; humours of another are beneficial, one's own humours are beneficial; the harmonious is unharmonious, the unharmonious is harmonious; another's milk is good, one's own milk is bad; another's milk is harmful, one's own milk is useful.

XLI. Food for the young partly digested, for the old completely changed, for adults unchanged.

XLII. For formation, thirty-five days; for movement, seventy days; for completion, two hundred and ten days. Others, for form, forty-five days; for motion, ninety days; for delivery, two hundred and seventy days. Others, fifty for form; for the first leap, one hundred; for completion, three hundred days. For distinction of limbs, forty; for shifting, eighty; for detachment, two hundred and forty days. It is not and is. There are found therein both more and less, in respect of both the whole and the parts, but the more is not much more, and the less not much less.

(xli) How far food should be prepared for digestion in the case of (a) the young (b) the old (c) the middle-aged.

(xlii) The periods between conception, formation, movement and birth. The embryo is and is not. The periods may vary slightly.
ΠΕΡΙ ΤΡΟΦΗΣ

XLIII. Ὑστέων τροφή ἐκ κατήξιος, ῥωὶ δίς πέντε, γνάθῳ καὶ κληίδι καὶ πλευρήσι διπλάσιαι, πήχει τριπλάσιαι, κυνήμα καὶ βραχίονι τετραπλάσιαι, μηρῷ πενταπλάσιαι, καὶ εἰ τι ἐν τούτοις δύναται πλέον ἢ ἔλασσον.

XLIV. Ἁίμα ύγρὸν καὶ αἷμα στερεὸν. αἷμα ύγρὸν ἀστεῖον, αἷμα ύγρὸν φλαυρόν. αἷμα στερεὸν ἀστεῖον, ἀἷμα στερεὸν φλαυρόν. πρὸς τι πάντα φλαύρα καὶ πάντα ἀστεία.

XLV. Ὁδὸς ἀνω κάτω.

XLVI. Δύναμις τροφῆς κρέσσων ἢ ὄγκος, ὄγκος τροφῆς κρέσσων ἢ δύναμις, καὶ ἐν ύγροῖς καὶ ἐν 3 ξηροῖς.

XLVII. Ἀφαιρεῖ καὶ προστίθησιν οὐ τωῦτο, τῶ ὑμῶν ἄφαιρε, τῶ δὲ προστίθησι τωῦτο.¹

XLVIII. Φλεβῶν διασφύξεις καὶ ἀναπυνῇ πλεύμονος καθ’ ἡλικίαν, καὶ σύμφωνα καὶ διάφωνα, καὶ νοῦσον καὶ ψυγείας σημεῖα, καὶ ψυγείας μᾶλλον ἢ νοῦσον καὶ νοῦσον μᾶλλον ἢ ψυγείας: τροφῆ γὰρ καὶ πνεῦμα.

XLIX. Ἁγρὴ τροφὴ ἐὕμεταβλητος μᾶλλον ἢ ξηρῆ: ξηρὴ τροφὴ ἐὕμεταβλητος μᾶλλον ἢ ύγρῆ: ἢ δυσᾶλοιώτος δυσεξανάλωτος, ἢ ἐὐπρόσθετος εὐεξανάλωτος.

¹ A omits τῷ μὲν . . . τωῦτο.

(xliii) The periods which elapse before a bone unites.
(xliv) Good and bad are relative terms; even liquid and solid blood are good or bad according to circumstances.
(xlv) The alimentary canal is like the "road up and down" of Heraclitus.
XLIII. Nutriment of bones after breaking; for the nostril, twice five; for jaw, collar-bone and ribs, twice this; for the fore-arm, thrice; for the leg and upper-arm, four times; for the thigh, five times; there may be, however, in these a little more or less.

XLIV. Blood is liquid and blood is solid. Liquid blood is good, liquid blood is bad. Solid blood is good, solid blood is bad. All things are good or bad relatively.

XLV. The way up, down.

XLVI. Power of nutriment superior to mass; mass of nutriment superior to power; both in moist things and in dry.

XLVII. It takes away and adds not the same thing; it takes away from one, and adds to another, the same thing.

XLVIII. Pulsations of veins and breathing of the lungs according to age, harmonious and unharmonious, signs of disease and of health, and of health more than of disease, and of disease more than of health. For breath too is nutriment.

XLIX. Liquid nutriment more easily changed than solid; solid nutriment more easily changed than liquid. That which is hardly altered is hard of digestion, and that which is easily added is easy of digestion.

(xlvi) The power of nutriment is not in proportion to its bulk.

(xlvii) What is taken from food and added to bodily parts is not the same thing, as the form changes in the process; yet it is in a sense the same matter.

(xlviii) Varieties of pulse and of respiration are signs of health and disease, particularly of the latter.

(xlix) Solid or liquid foods are more or less digestible according to circumstances.
ΠΕΡΙ ΤΡΟΦΗΣ

I. Καὶ ὁκόσοι ταχεὶς προσθέσιος δέονται, ύγρὸν ἄμμα ἐς ἀνάληψιν δυνάμιος κράτιστον ὁκόσοι δὲ ἐτὶ ταχυτέρης, δι’ ὀσφρήσιος. ὁκόσοι δὲ βραδυτέρης προσθέσιος δέονται, στερεὴ τροφὴ.

II. Μὲς στερεώτεροι δυσέκτηκτοι <μᾶλλον> τῶν ἄλλων, παρὲξ ὀστέου καὶ νεύρου. δυσμετάβλητα τὰ γεγυμνασμένα, κατὰ γένος αὐτὰ ἐωτῶν ἰσχυρότερα ἐόντα, διὰ τοῦτο αὐτὰ ἐωτῶν δυστηκτότερα.

III. Πόνον τὸ ἐκ σαρκὸς πυώδες τὸ ἐξ αἴματος καὶ ἐξ ἄλλης ύγρασίης πῦν τροφῆ 3 ἐλκεος πυώδες τροφῆ φλεβῶς, ἀρτηρίης.

IV. Μυελός τροφῆ ὀστέου, διὰ τοῦτο ἐπι- 2 πωροῦται.

LV. Δύναμις πάντα αὐξεὶ καὶ τρέφει καὶ 2 βλαστάνει.

LV. Ὑγρασίῃ τροφῆς ὄχιμα.

1 μᾶλλον added by Littré.

(l) The more dissolved nutriment is the quicker it acts.
(li) The more solid or the more exercised a part of the body is, the less quickly it changes.
NUTRIMENT, l.—lv.

L. And for such as need a quick reinforcement, a liquid remedy is best for recovery of power; for such as need a quicker, a remedy through smell; for those who need a slower reinforcement, solid nutriment.

LI. Muscles being more solid waste less easily than other parts, save bone and sinew. Parts that have been exercised resist change, being according to their kind stronger than they otherwise would have been, and therefore less liable to waste.

LII. Pus comes from flesh; pus-like lymph comes from blood and moisture generally. Pus is nutriment for a sore; lymph is nutriment for vein and artery.

LIII. Marrow nutriment of bone, and through this a callus forms.

LIV. Power gives to all things increase, nourishment and birth.

LV. Moisture the vehicle of nutriment.

(lii) The difference between pus and lymph.
(liii) Marrow nourishes bone.
(liv) Birth, growth and nourishment are always due to the power of nutriment.
(lv) Nutriment is carried through the body by moisture.
POSTSCRIPT

The present volume is intended to be typical of the whole Hippocratic Corpus; in it are included works belonging to the chief classes of which the collection is composed. Some are books of a severely scientific character, others are tracts in which medicine and philosophy are either blended or rigidly separated.

In the next volume I hope to translate Prognostic, Regimen in Acute Diseases, scientific treatises of the strictest type, The Art, a demonstration by a sophist of the value of medicine, Epilepsy, an attack on superstition, The Law, a slight tract similar to The Oath, and Decorum, a treatise similar to Precepts. There will also be essays on the Cnidian school of medicine and on the treatises supposed to be pre-Hippocratic, which will also, if possible, be translated.

In the interval between the publication of the two volumes I hope to form an independent opinion as to the mutual relationship of the chief MSS. At present I have nothing to add to the views of Ilberg and Kühlewein as given in the Introduction to the Teubner edition.

I must add that in Philologus LXXVIII. 88–130 (1922) J. F. Bensel discusses the tract de medico (Physician) and connects it with Precepts and Decorum. It is hard to see where the connection lies, but I must reserve the question for Vol. II.
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