

ΚΑΤ' ἸΗΤΡΕΙΟΝ

I. Ἡ ὅμοια ἢ ἀνόμοια, ἐξ ἀρχῆς ἀπὸ τῶν μεγίστων, ἀπὸ τῶν ῥηίστων, ἀπὸ τῶν πάντη πάντως γνωσκομένων, ἃ καὶ ἰδεῖν καὶ θιγεῖν καὶ ἀκοῦσαι ἔστιν· ἃ καὶ τῇ ὄψει καὶ τῇ ἀφῇ καὶ τῇ ἀκοῇ καὶ τῇ ῥινὶ καὶ τῇ γλώσσει καὶ τῇ γνώμῃ ἔστιν αἰσθῆσθαι· ἃ, οἷς γινώσκουμεν, ἅπασιν
7 ἔστι γινῶναι.

II. Τὰ δὲ ἐς χειρουργίην κατ' ἰητροῖον· ὁ ἀσθενέων, ὁ δρῶν, οἱ ὑπηρέται, τὰ ὄργανα, τὸ φῶς, ὅπου, ὅπως· ὅσα, οἷσιν, ὅπως,¹ ὅποτε· τὸ
4 σῶμα, τὰ ἄρμενα· ὁ χρόνος, ὁ τρόπος, ὁ τόπος.

III. Ὁ δρῶν, ἢ καθήμενος ἢ ἐστέως, συμμέτρως πρὸς ἑωυτόν, πρὸς τὸ χειριζόμενον, πρὸς τὴν αὐγὴν.

Αὐγῆς μὲν οὖν δύο εἶδεα, τὸ μὲν κοινόν, τὸ δὲ τεχνητόν· τὸ μὲν οὖν κοινὸν οὐκ ἐφ' ἡμῖν, τὸ δὲ τεχνητὸν καὶ ἐφ' ἡμῖν. ὧν ἑκατέρου δισσαι² χρήσιες, ἢ πρὸς αὐγὴν ἢ ὑπ' αὐγὴν. ὑπ' αὐγὴν μὲν οὖν ὀλίγη τε ἢ χρήσις καταφανῆς τε ἢ μετριότης· τὰ δὲ πρὸς αὐγὴν, ἐκ τῶν παρεουσέων.
10 ἐκ τῶν συμφερουσέων αὐγέων πρὸς τὴν λαμπροτάτην τρέπειν τὸ χειριζόμενον, πλὴν ὅποσα λαθεῖν δεῖ ἢ ὁρᾶν αἰσχροῦ, οὕτω δὲ τὸ μὲν χειριζόμενον ἐναντίον τῇ αὐγῇ, τὸν δὲ χειρίζοντα ἐναντίον τῷ χειριζομένῳ, πλὴν ὥστε μὴ ἐπισκο-

¹ οἷς· ὡς. But Galen read ὅπως twice (XVIII(2). 669).

² δύο αἰ.

IN THE SURGERY

I. [Examination: look for] what is like or unlike the normal, beginning with the most marked signs and those easiest to recognise, open to all kinds of investigation, which can be seen, touched and heard, which are open to all our senses, sight, touch, hearing, the nose, the tongue and the understanding, which can be known by all our sources of knowledge.

II. Operative requisites in the surgery; the patient, the operator, assistants, instruments, the light, where and how placed; their number, which he uses how and when; the (patient's?) person and the apparatus; time manner and place.¹

III. The operator whether seated or standing should be placed conveniently to himself, to the part being operated upon and to the light.

Now, there are two kinds of light, the ordinary and the artificial, and while the ordinary is not in our power the artificial is in our power. Each may be used in two ways, as direct light and as oblique light. Oblique light is rarely used, and the suitable amount² is obvious. With direct light, so far as available and beneficial, turn the part operated upon towards the brightest light—except such parts as should be unexposed and are indecent to look at—thus while the part operated upon faces the light, the surgeon faces the part, but not so as to overshadow

¹ "Part affected," according to Galen: XVIII(2). 674.

² This is the usual meaning of *μετρίότης*. See *Fractures* V.

τάζειν· οὕτω γὰρ ἂν ὁ μὲν δρῶν ὀρώη, τὸ δὲ χειριζόμενον οὐχ ὀρώτο.

Πρὸς ἑωυτὸν δέ, καθημένῳ μὲν πόδες ἐς τὴν ἄνω ἵξιν κατ' ἰθὺ γούνασι· διάστασιν δὲ ὀλίγον συμβεβῶτες. γούνατα δὲ ἀνωτέρῳ βουβώνων
20 σμικρόν, διάστασιν δέ, ἀγκῶνων θέσει,¹ καὶ παραθέσει· ἱμάτιον εὐσταλέως, εὐκρινέως, ἴσως, ὁμοίως ἀγκῶσιν ὥμοισιν.

Πρὸς δὲ τὸ χειριζόμενον, τοῦ μὲν πρόσω καὶ ἐγγὺς [ὄριον,]² καὶ τοῦ ἄνω καὶ τοῦ κάτω, καὶ ἔνθα ἢ ἔνθα ἢ μέσον. τοῦ μὲν πρόσω καὶ ἐγγὺς ὄριον, ἀγκῶνας ἐς μὲν τὸ πρόσθεν γούνατα μὴ ἀμείβειν, ἐς δὲ τὸ ὀπισθεν πλευράς· τοῦ δὲ ἄνω μὴ ἀνωτέρῳ μάζων ἄκρας χεῖρας ἔχειν· τοῦ δὲ κάτω, μὴ κατωτέρῳ ἢ ὡς τὸ στήθος ἐπὶ γούνασιν ἔχοντα,
30 χεῖρας ἄκρας ἔχειν ἐγγωνίους πρὸς βραχίονας. τὰ μὲν κατὰ μέσον οὕτως· τὰ δὲ ἔνθα ἢ ἔνθα, μὴ ἔξω τῆς ἑδρης, κατὰ λόγον δὲ τῆς ἐπιστροφῆς προσβαλλόμενον τὸ σῶμα, καὶ τοῦ σώματος τὸ ἐργαζόμενον.

Ἑστεῶτα δέ, ἰδεῖν μὲν καὶ ἐπ' ἀμφοτέρων βεβαῶτα ἐξ ἴσου τῶν ποδῶν ἄλῃς, δρᾶν δὲ τῷ ἐτέρῳ ἐπιβεβῶτα, μὴ τῷ κατὰ τὴν δρῶσαν χεῖρα· ὕψος γουνάτων³ πρὸς βουβῶνας ὡς ἐν ἑδρῇ· καὶ τὰ ἄλλα ὅρια τὰ αὐτά.

40 Ὁ δὲ χειριζόμενος τῷ χειρίζοντι τῷ ἄλλῳ τοῦ σώματος μέρει ὑπηρετεῖτω, ἢ ἐστεῶς ἢ καθήμενος ἢ κείμενος, ὅπως⁴ ἂν ῥήϊστα ὃ δεῖ σχῆμα ἔχων διατελῇ, φυλάσσων ὑπόρρυσιν, ὑπόστασιν, ἔκ-

¹ ἀγκῶσιν, θέσει.

² Omit Pq. Litt. and codd. : except V.

³ ὕψος· γούνατα Kw. ὕψος γούνατος Litttré.

⁴ ὡς.

it. For the operator will in this way get a good view and the part treated not be exposed to view.

As regards himself, when seated his feet should be in a vertical line straight up as regards the knees, and be brought together with a slight interval. Knees a little higher than the groins and the interval between them such as may support and leave room for the elbows. Dress well drawn together, without creases, even and corresponding on elbows and shoulders.

As regards the part operated upon, there is limit for far and near, up and down, to either side and middle. The far and near limit is such that the elbows need not pass in front of the knees or behind the ribs, and for up and down, that the hands are not held above the breasts, or lower than that, when the chest is on the knees, the forearms are kept at right angles to the arms. Such is the rule as regards the median position but deviation to either side is made by throwing forward the body, or its active part, with a suitable twist, without moving the seat.¹

If he stands, he should make the examination with both feet fairly level, but operate with the weight on one foot (not that on the side of the hand in use); height of knees² in the same relation to groins as when seated, and the other limits the same.

Let the patient assist the surgeon with the other (free) part of his body standing, sitting or lying so as to maintain most easily the proper posture, on his guard against slipping, collapse, displacement, pen-

¹ According to Galen, the anatomical "seat" or pelvis.

² The other foot is on some elevated support: see *Fractures* VIII. Galen XVIII(2). 700.

τρεψιν, καταντίαν, ὡς ὁ δεῖ σῶζεται καὶ σχῆμα
καὶ εἶδος τοῦ χειριζομένου ἐν παρέξει, ἐν χειρι-
46 σμῶ, ἐν τῇ ἔπειτα ἔξει.

IV. Ὅνυχας μήτε ὑπερέχειν μήτε ἁλλείπειν
δακτύλων κορυφάς.¹ ἔς χρήσιν ἀσκεῖν δακτύλοισι
μὲν ἄκροισι, τὰ πλεῖστα λιχανῶ πρὸς μέγαν.
ὅλη δὲ καταπρηνεῖ, ἀμφοτέρησι δὲ ἐναντίησιν.
δακτύλων εὐφυῆ· μέγα τὸ ἐν μέσῳ τῶν δακ-
τύλων, καὶ ἀπεναντίον τὸν μέγαν τῷ λιχανῶ.
νοῦσος δέ, δι' ἣν καὶ βλάπτονται, τοῖσιν ἐκ
γενεῆς ἢ ἐν τροφῇ εἴθισται ὁ μέγας ὑπὸ τῶν
ἄλλων δακτύλων κατέχεσθαι δῆλον. τὰ ἔργα
10 πάντα ἀσκεῖν ἐκατέρῃ δρῶντα, καὶ ἀμφοτέρησιν
ἅμα—ὅμοιαι γάρ εἰσιν ἀμφότεραι—στοχα-
ζόμενον ἀγαθῶς, καλῶς, ταχέως, ἀπόνως, εὐρύ-
13 θμως, εὐπόρως.

V. Ὅργανα μὲν καὶ ὅτε, καὶ οἷως, εἰρήσεται.
ὅπου δεῖ μὴ ἐμποδῶν τῷ ἔργῳ μηδὲ ἐκποδῶν τῇ
ἀναιρέσει, παρὰ τὸ ἐργαζόμενον δὲ τοῦ σώματος
ἔστω· ἄλλος δὲ ἦν διδῶ, ἕτοιμος ὀλίγῳ πρότερον
5 ἔστω, ποιείτω δέ, ὅταν κελεύῃς.

VI. Οἱ δὲ περὶ τὸν ἀσθενέοντα, τὸ μὲν χειρι-
ζόμενον παρεχόντων, ὡς ἂν δοθῇ.² τὸ δὲ ἄλλο
σῶμα κατεχόντων, ὡς ὅλον ἀτρεμῇ, σιγῶντες,
4 ἀκούοντες τοῦ ἐφεστεῶτος.

VII. Ἐπιδέσιος δύο εἶδεα, εἰργασμένον καὶ
ἐργαζόμενον. ἐργαζόμενον μὲν ταχέως, ἀπόνως,
εὐπόρως, εὐρύθμως. ταχέως μὲν ἀνύειν τὰ ἔργα·

¹ κορυφῆς.

² δοκῇ.

¹ The meaning can only be fully understood after reading *Fractures*.

dency, so that the position and form of the part treated may be properly preserved during presentation, operation, and the attitude afterwards.¹

IV. The nails neither to exceed nor come short of the finger tips. Practise using the finger ends especially with the forefinger opposed to the thumb, with the whole hand held palm downwards, and with both hands opposed. Good formation of fingers : one with wide intervals and with the thumb opposed to the forefinger, but there is obviously a harmful disorder in those who, either congenitally or through nurture, habitually hold down the thumb under the fingers. Practise all the operations, performing them with each hand and with both together—for they are both alike—your object being to attain ability, grace, speed, painlessness, elegance and readiness.

V. As to instruments, the time and manner of their use will be discussed. Their proper position is such as neither to be in the way of the operation nor to be out of the way when wanted ; their place is by the operator's hand,² but if an assistant gives them, let him be ready a little beforehand, and act when you bid him.

VI. Let those who look after the patient present the part for operation as you want it, and hold fast the rest of the body so as to be all steady, keeping silence and obeying their superior.

VII. Of bandaging there are two aspects, completed and in process of application. As regards application, speedily, painlessly, with resource and neatness. Speedily to bring the operation to an end,

² This seems to refer to the surgeon, as above, not to the part operated on (τὸ χειριζόμενον).

ἀπόνως δὲ ῥηϊδίως δρᾶν· εὐπόρως¹ δέ, ἐς πᾶν
 ἐτοίμως· εὐρύθμως δὲ ὀρήσθαι ἡδέως· ἀφ' ὧν
 δὲ ταῦτα ἀσκημάτων εἴρηται. εἰργασμένον δὲ
 ἀγαθῶς, καλῶς· καλῶς μὲν ἀπλῶς εὐκρινέως· ἢ
 ὅμοια καὶ ἴσα, ἴσως καὶ ὁμοίως· ἢ ἄνισα καὶ
 ἀνόμοια ἀνίσως καὶ ἀνομοίως. τὰ μὲν εἶδεα
 10 ἀπλοῦν [εὐκυκλον]² σκέπαρνον, σιμὸν, ὀφθαλμός,
 καὶ ῥόμβος καὶ ἡμίτομον· ἄρμοζον τὸ εἶδος τῷ
 12 εἶδει καὶ τῷ πάθει τοῦ ἐπιδεομένου.

VIII. Ἀγαθῶς δὲ δύο εἶδεα τοῦ ἐπιδεομένου·
 ἰσχύος μὲν ἢ πιέξει, ἢ πληθῇ ὀθονίων. τὸ μὲν
 οὖν αὐτῇ ἢ ἐπιδέσις ἰῆται, τὸ δὲ τοῖσιν ἰωμένοισιν
 ὑπηρετεῖ. ἐς μὲν οὖν ταῦτα νόμος· ἐν δὲ τούτοισι
 μέγιστα ἐπιδέσιος· πιέξις μὲν ὥστε τὰ ἐπικείμενα
 μὴ ἀφεστάναι, μηδὲ ἐρηρεῖσθαι [κάρτα],³ ἀλλ'
 ἡρμόσθαι μὲν, προσηναγκάσθαι δὲ μὴ, ἥσσον μὲν
 τὰ ἔσχατα, ἥκιστα δὲ τὰ μέσα. ἄμμα καὶ ῥάμμα
 νεμόμενον μὴ κάτω, ἀλλ' ἄνω, ἐν παρέξει καὶ
 10 σχέσει καὶ ἐπιδέσει καὶ πιέξει. ἀρχὰς βάλλεσθαι
 μὴ ἐπὶ τὸ ἔλκος, ἀλλ' ἐνθα τὸ ἄμμα. τὸ δὲ ἄμμα
 μήτε ἐν τρίβῳ μήτε ἐν ἔργῳ, μήτε ἐκεῖσε ὅπου
 ἐνεόν, ὥς μὴ ἐς τὸ ἐνεὸν κείμεται.⁴ ἄμμα δὲ καὶ
 14 ῥάμμα μαλθακόν, μὴ μέγα.

¹ εὐπορίη . . . εὐρυθμία.

² εὐκυκλον or ἔγκυκλον was inserted as explanation of ἀπλοῦν by Artemidorus and Dioscorides. Cf. Galen, XVIII(2). 729.

³ Added by Littré from Galen *de Fasc.*

⁴ Kw.'s reading of this obscure passage.

¹ So Galen.

² As Galen remarks, there is no "second" unless we take it to include all other good qualities; some apply it to the two objects of bandaging.

³ A puzzle to commentators as contrasted with later directions, cf. XII.

painlessly to do it with ease, with resource ready for anything, with neatness that it may be pleasant to look at. Exercises for attaining these ends have been mentioned. Completed bandaging should be well and neatly done. Neatly means smoothly, well distributed,¹ evenly and alike where the parts are even and similar, unevenly and unlike where they are unlike and uneven. As to kinds, simple (circular), oblique (adze like), very oblique (reversed?), the eye, the rhomb, the half rhomb, (use) the form suited to the shape and the affection of the part bandaged.

VIII. "Well" has two aspects when applied to the part bandaged: first² firmness got either by tension or by the number of bandages. Now, the bandaging may either cure by itself or assist the curative agents. There is a rule for this and it includes the most important elements of bandaging. Pressure so that the applications neither fall away nor are very tight, fitting to the part without forcible compression, less at the ends and least in the middle.³ Knot and thread suture carried upwards and not downwards in presentation, attitude, bandaging and compression.⁴ The ends (for tying) to be put, not over the wound, but where the knot is to be. The knot where there is neither friction nor motion, and not where it will be useless, lest its purpose be not served.⁵ Knot and suture soft and not large.

⁴ *ἔξει* "fixation" is what we should expect, but the whole is obscure.

⁵ A much discussed passage. Perhaps means not close to the edge of the dressing lest it slip off. Heliodorus (*Orib.* XLVIII. 70) and Galen seem to ignore the last six words, but both say that *ἐνὲν* = *κερὲν* "useless." Can it be a pun, "not where there is a void lest it be void of use"? As Galen says, we should expect "not over a hollow" such as the armpit.

IX. Εὖ γε μὴν ἔστι γινῶναι ὅτι ἐς τὰ κατάντη καὶ ἀπόξῃ φεύγει πᾶς ἐπίδεσμος, οἷον κεφαλῆς μὲν τὸ ἄνω, κνήμης δὲ τὸ κάτω. ἐπιδεῖν δεξιὰ ἐπ' ἀριστερά, ἀριστερὰ δὲ ἐπὶ δεξιὰ, πλὴν τῆς κεφαλῆς, ταύτην κατ' ἴξιν. τὰ δὲ ὑπεναντία¹ ἀπὸ δύο ἀρχέων· ἥν δὲ ἀπὸ μιῆς, ἐφ' [ἐκάτερα]² ὅπερ ὅμοιον ἐς τὸ μόνιμον, οἷον τὸ μέσον τῆς κεφαλῆς, ἢ ὅ τι ἄλλο τοιοῦτον. τὰ δὲ κινεύμενα, οἷον ἄρθρα, ὅπῃ μὲν συγκάμπτεται, ὡς ἥκιστα
 10 καὶ εὐσταλέστατα περιβάλλειν, οἷον ἰγνύην· ὅπῃ δὲ περιτείνεται, ἀπλᾶ τε καὶ πλατέα, οἷον μύλην· προσπεριβάλλειν δὲ καταλήψιος μὲν τῶν περὶ ταῦτα εἵνεκα, ἀναλήψιος δὲ τοῦ συμπάντος ἐπιδέσμου, ἐν τοῖσιν ἀτρεμέουσι καὶ λαπαρωτέροισι τοῦ σώματος, οἷον τὸ ἄνω καὶ τὸ κάτω τοῦ γούνατος· ὁμολογεῖ δέ, ὅμου μὲν ἢ περὶ τὴν ἐτέρην μασχάλην περιβολή, βουβῶνος δὲ ἢ περὶ τὸν ἕτερον κενεῶνα, καὶ κνήμης ἢ ὑπὲρ γαστροκνημίας. ὅπόσοισι μὲν ἄνω ἢ φυγῇ, κάτωθεν ἢ
 20 ἀντίληψις, οἷσι δὲ κάτω, τὸνναντίον· οἷσι δὲ μὴ ἔστιν, οἷον κεφαλῇ, τούτων ἐν τῷ ὁμαλωτάτῳ τὰς καταλήψιας ποιεῖσθαι, καὶ ἥκιστα λοξῷ τῷ ἐπιδέσμῳ χρῆσθαι, ὡς τὸ μονιμώτατον ὕστατον περιβληθὲν τὰ πλανωδέστατα κατέχη. ὅπόσοισι δὲ τοῖσιν ὀθονίοισι μὴ εὐκαταλήπτως, μηδὲ ἐ-
 27 εἶσθαι ἐκ καταβολῆς ἢ συρραφῆς.

¹ τὰ καθ' ἐκάτερον μέρος ὁμοίως διακείμενα.—Galen.

² Most MSS. omit.

IN THE SURGERY, ix.

IX. It is well to bear in mind that every bandage slips towards the pendent and conical parts, such as the top of the head and the bottom of the leg. Bandage parts on the right side towards the left, and those on the left to the right, except the head; do this vertically.¹ Parts with opposite sides alike² require a two-headed bandage, but if you bandage from one end, extend it each way so that it may have a similar relation to the fixed part, such as the middle of the head or the like. As to mobile parts, such as joints, where there is flexion the turns should be as few and as contracted as possible, as with the back of the knee, but where the part is extended, like the knee cap, spread out and broad. Make additional turns both to hold fast applications in these parts, and to support the dressing in the fixed and flatter parts of the body, such as those above and below the knee. In case of the shoulder, a turn round the opposite armpit is suitable, for the groin, one round the opposite flank, and for the leg, the part above the calf. In cases where the tendency is to slip up, the support is from below, when down the reverse. Where this is impossible, as on the head, make the hold-fasts on the smoothest part, and avoid obliquity as far as you can, so that the outermost and firmest turn may hold down the most mobile ones. Where it is not easy to get either good fixation or support with the bandages, make supports with threaded sutures in loops³ or continuous suture.

¹ "From vertex to chin." Galen.

² Galen's paraphrase.

³ Apparently our interrupted sutures, with long ends to tie. "Stitching with ligatures." Adams.

Χ. Ἐπιδέσματα καθάρᾳ, κοῦφα, μαλθακά, λεπτά. ἐλίσσειν ἀμφοτέρησιν ἅμα, καὶ ἐκατέρῃ χωρὶς ἀσκεῖν. τῇ πρεπούσῃ δὲ ἐς τὰ πλάτη καὶ τὰ πάχη τῶν μορίων¹ τεκμαιρόμενον χρῆσθαι. ἐλίξιος κεφαλαὶ σκληραί,² ὁμαλαί, εὐκρινέες. τὰ δὲ δὴ μέλλοντα ἀποπίπτειν [καλῶς]³ ταχέως ἀποπεσόντων.⁴ τὰ δὲ ὡς μήτε πιέζειν μήτε ἀπο-

8 πίπτειν τὰ εἰρημένα.

ΧΙ. Ὡν δὲ ἔχεται ἡ ἐπίδεσις ἢ ὑπόδεσις ἢ ἀμφότερα· ὑπόδεσις μὲν αἰτίῃ ὥστε ἡ ἀφεστεῶτα προστεῖλαι, ἡ ἐκπεπταμένα συστεῖλαι, ἡ συνεσταλμένα διαστεῖλαι, ἡ διεστραμμένα διορθῶσαι, ἡ τάναντία. παρασκευὴ δέ· ὀθόνια κοῦφα, λεπτά, μαλθακά, καθάρᾳ, πλατέα, μὴ ἔχοντα συρραφάς, μηδ' ἐξάστιας, καὶ ὑγιᾶ ὥστε τάνυσιν φέρειν καὶ ὀλίγῳ κρέσσω, μὴ ξηρά, ἀλλ' ἔγχυμα χυμῷ ᾧ ἕκαστα σύντροφα. ἀφεστεῶτα μὲν⁵ ὥστε τὰ
10 μετέωρα τῆς ἑδρης ψαύειν μὲν, πιέζειν δὲ μὴ ἄρχεσθαι⁶ δὲ ἐκ τοῦ ὑγιέος, τελευτᾶν δὲ πρὸς τὸ ἔλκος, ὥστε τὸ μὲν ὑπεὸν ἐξαθέλγεται, ἕτερον δὲ μὴ ἐπισυλλέγεται· ἐπιδεῖν τὰ μὲν ὀρθὰ ἐς ὀρθόν, τὰ δὲ λοξὰ λόξως, ἐν σχήματι ἀπόνῳ, ἐν ᾧ μήτε ἀπόσφιγξις μήτε ἀπόστασις ἔσται [τις]⁷ ἐξ οὗ ὅταν μεταλλάσῃ, ἢ ἐς ἀνάληψιν ἢ ἐς θέσιν, μὴ μεταλλάξουσιν, ἀλλ' ὅμοια ταῦτα⁸ ἔξουσιν μύες, φλέβες, νεῦρα, ὅστέα [ἢ

¹ ὀθονίων.

² σκληραὶ puzzled Galen. Ermerins inserts a negative, μὴ. The edges of a bandage should not be hard.

³ κακίῳ Kw. codd. καλῶς Erm. Pq.

⁴ A much discussed passage. G. says ἀποπεσόντων is a solecism, either as imperative or participle.

⁵ Add προστεῖλαι.

IN THE SURGERY, x.-xi.

X. Bandages, clean, light, soft, thin. Practise the rolling with both hands at once, and with each separately. Use one of suitable size, estimating by the thickness and breadth of the parts. Edges of the roll firm, not frayed, without creases. When things are really going to fall off, it is well that they do so quickly (?). Modes of bandaging such as neither compress nor fall off are those mentioned.

XI. What bandaging, whether upper or under or both, aims at. The function of an under bandage is to bring together what is separated, reduce everted wounds, separate what is adherent, adjust what is distorted, or the reverse.¹ Apparatus. Linen bandages light, thin, soft, clean, broad, without sutures or projections, sound so as to bear the tension required, and a little stronger; not dry, but soaked in a liquid suited to each case. Close a sinus² so that the upper parts touch the base without pressing on it, begin bandaging from the sound part and end at the open wound, so that while the contents are pressed out no more is accumulated. Bandage vertical ones³ in a vertical direction and the oblique obliquely, in a position causing no pain, without either compression or laxity, so that when the change is made to a sling or fixation the muscles, vessels, ligaments and bones will retain their normal

¹ G. refers this to bad bandaging.

² A sinus is a superficial abscess which has opened and continues to discharge.

³ G. refers this to the sinus, not to affected parts generally.

⁶ ἡρχθαι Galen Kw.

⁷ Omit Galen Vulg. Kw.

⁸ δμοιότατα Kw.

- μάλιστα εὐθετα καὶ εὐσχετα].¹ ἀναλελάφθαι²
 20 δὲ ἢ κεῖσθαι ἐν σχήματι ἀπόνῳ τῷ κατὰ φύσιν·
 ὧν δὲ ἂν [μὴ]³ ἀποστῇ, τὰναντία· ὧν δὲ ἐκπε-
 πταμένα συστείλαι, τὰ μὲν ἄλλα τὰ αὐτά, ἐκ
 πολλοῦ δέ τινος δεῖ τὴν συναγωγὴν, καὶ ἐκ προσ-
 αγωγῆς τὴν πίεξιν, τὸ πρῶτον ἥκιστα, ἔπειτα
 ἐπὶ μᾶλλον, ὅριον τοῦ μάλιστα τὸ συμψαύειν.
 ὧν δὲ συνεσταλμένα διαστεῖλαι, σὺν μὲν φλεγ-
 μονῇ, τὰναντία. ἄνευ δὲ ταύτης, παρασκευῇ μὲν
 τῇ αὐτῇ, ἐπιδέσει δὲ ἐναντίῃ. διεστραμμένα δὲ
 διορθῶσαι, τὰ μὲν ἄλλα κατὰ ταυτά· δεῖ δὲ τὰ
 30 μὲν ἀπεληλυθότα ἐπάγειν [τὰ δὲ ἐπεληλυθότα
 ἀπάγειν],⁴ ἐπιδέσει, παρακολλήσει, ἀναλήψει,
 32 [θέσει].⁴ τὰ δὲ ἐναντία, ἐναντίως.

XII. [Κατήγμασι δὲ] σπληνῶν μήκεα, πλάτεα,
 πάχεα, πλήθεα. μῆκος ὅση ἢ ἐπίδεσις· πλάτος,
 τριῶν ἢ τεσσάρων δακτύλων· πῆχος, τριπτύχους
 ἢ τετραπτύχους.⁵ πλήθος, κυκλεῦντας μὴ ὑπερ-
 βάλλειν, μηδὲ ἐλλείπειν· οἷσι δὲ ἐς διόρθωσιν,
 μῆκος κυκλεῦντα· πῆχος καὶ πλάτος τῇ ἐνδείῃ
 τεκμαίρεσθαι, μὴ ἄθροα πληροῦντα.

- Τῶν δὲ ὀθονίων ὑποδεσμίδες εἰσὶ δύο· τῇ
 πρώτη ἐκ τοῦ σίνεος ἐς τὸ ἄνω τελευτώσῃ.⁶ τῇ
 10 δὲ δευτέρῃ ἐκ τοῦ σίνεος ἐς τὸ κάτω, ἐκ τοῦ κάτω

¹ Read by Galen; not in the codd. ² ἀναλελάφθαι.

³ μὴ Kw.; suggested by Galen's predecessors.

⁴ Omit BV.

⁵ τρίπτυχα τετράπτυχα.

⁶ ἢ . . . τελευτώσα Erm. Reinhold. Pq. suggests τελευ-
 τῶσι, as Ald.

¹ Restored from Galen's Commentary.

² G. gives three other interpretations, without the
 negative.

positions [in which they are best put up and supported].¹ Let the part be slung or put up in a natural comfortable position. Where there is no open sinus the reverse.² Where there is a gaping wound bring the parts together just as in other cases, but start the joining up at a good distance; and graduate the pressure, first very little, then increasing, the extreme limit being contact of the parts. In separating what is adherent, if there is inflammation the reverse holds good,³ if not use the same apparatus, but bandage in the opposite way. To adjust what is distorted act generally on the same principles; what is turned out must be brought in [and what is turned in brought out] by bandaging, agglutination,⁴ suspension, setting—the reverse reversely.

XII. In fractures, the length, breadth, thickness and number of compresses. Length to correspond with the bandaging, breadth, three or four fingers, thickness, folded thrice or four times. Number, sufficient to go round without overlapping or vacancy: when required to adjust the shape,⁵ long enough to go round, estimating breadth and thickness by the deficiency, but not filling it up with one compress.

Of the linen bandages, the under ones⁶ are two in number. Start with the first from the lesion and end upwards, but carry the second downwards from

¹ *i.e.* avoid bandaging as far as possible; Galen.

² Refers to turned in eyelashes.

³ *i.e.* in conical or irregular parts: not “deformity” as Adams.

⁴ This Hippocratic division of under and upper bandages did not survive. *ὑποδεσμίδες* remains a peculiar Hippocratic word for bandages below the pads or compresses. XVIII(2). 785 Galen.

ἐς τὸ ἄνω τελευτώσῃ τὰ κατὰ τὸ σίνος πιέζειν
 μάλιστα, ἥκιστα τὰ ἄκρα, τὰ δὲ ἄλλα κατὰ
 λόγον. ἡ δὲ ἐπίδεσις πολὺ τοῦ ὑγιέος προσ-
 λαμβανέτω.

Ἐπιδέσμων δὲ πλήθος, μῆκος, πλάτος· πλήθος
 μὲν μὴ ἡσσᾶσθαι τοῦ σίνεος, μηδὲ νάρθηξιν
 ἐνέρεισιν εἶναι, μηδὲ ἄχθος, μηδὲ περίρρεψιν,
 μηδὲ ἐκθήλυνσιν· μῆκος δὲ καὶ πλάτος, τριῶν ἢ
 20 τεσσάρων ἢ πέντε ἢ ἕξ πήχεων μὲν μῆκος, δακ-
 τύλων δὲ πλάτος. καὶ παραιρήματος περιβολαὶ
 τοσαῦται ὥστε μὴ πιέζειν· μαλθακὰ δέ, μὴ παχέα·
 ταῦτα πάντα ὡς ἐπὶ μήκει καὶ πλάτει καὶ πάχει
 τοῦ παθόντος.

Νάρθηκες δὲ λεῖοι, ὁμαλοί, σιμοὶ κατ' ἄκρα,
 σμικρῶ μείους ἔνθεν καὶ ἔνθεν τῆς ἐπιδέσιος,
 παχύτατοι δὲ ἢ ἐξήριπε τὸ κάτηγμα. ὅποσα δὲ
 κυρτὰ καὶ ἄσαρκα φύσει, φυλασσόμενον τῶν
 ὑπερεχόντων, οἷον τὰ κατὰ δακτύλους ἢ σφυρά,
 ἢ τῇ θέσει ἢ τῇ βραχύτητι. παραιρήμασι δὲ
 30 ἀρμόζειν, μὴ πιέζειν· τὸ πρῶτον κηρωτῇ μαλθακῇ
 31 καὶ λείῃ καὶ καθαρῇ ἐλίσσέτω.

XIII. Ὑδατος θερμότης, πλήθος· θερμότης μὲν
 κατὰ τῆς ἐνωτοῦ χειρὸς καταχεῖν, πλήθος δὲ
 χαλάσαι μὲν καὶ ἰσχνῆναι τὸ πλεῖστον ἄριστον,
 σαρκῶσαι δὲ καὶ ἀπαλῦναι τὸ μέτριον· μέτρον
 δὲ τῆς καταχύσιος, ἔτι μετεωριζόμενον δεῖ, πρὶν
 συμπίπτειν, παύεσθαι· τὸ μὲν γὰρ πρῶτον
 7 αἰέρεται, ἔπειτα δὲ ἰσχναίνεται.

XIV. Θέσις δὲ μαλθακῇ, ὁμαλῇ, ἀνάρροπος
 τοῖσι ἐξέχουσι τοῦ σώματος, οἷον πτέρυγῃ καὶ

¹ Or "where the fracture occurred."

the lesion, bringing it up again to end at the top. Make most pressure over the lesion and least at the ends, the rest in proportion. Let the bandaging include a good deal of the sound part.

Amount, length and breadth of the bandages. Amount sufficient to deal with the lesion, without either pressing in the splints, or being burdensome, or slipping round, or causing weakness. As to length and breadth, three, four, five or six cubits for length, fingers for breadth. The supporting bands in such a number of coils as not to compress, soft and not thick. All these suited to the length, breadth and thickness of the part affected.

Splints, smooth, even, tapering at the ends, a little shorter in each direction than the bandaging; thickest over the prominence at the fracture;¹ avoiding either by position or shortening the convexities naturally uncovered by flesh, such as on the fingers and ankles. Fit them on by supporting bands without pressure. Let the first dressing be made with bandages rolled in soft, smooth and clean cerate.²

XIII. Of water (one must consider) temperature, quantity. Temperature by pouring it over one's own hand. Quantity, for relaxation and attenuation the more the better, but for flesh forming and softening observe moderation, and for moderate douching one should stop while the part is still swollen up before it collapses, for first it swells and then becomes attenuated.

XIV. Permanent position: soft, smooth, sloping up for projecting parts as with the heel or hip, so

² So Galen, for cerate see Introduction. Pq. "before bandaging anoint the skin with."

ἰσχίῳ, ὥς μήτε ἀνακλᾶται [μήτε ἀποκλᾶται]¹
μήτε ἐκτρέπεται,² σωλῆνα παντὶ τῷ σκέλει ἢ
ἡμίσει· ἐς τὸ πάθος δὲ βλέπειν καὶ τὰ ἄλλα
6 ὁκόσα βλάπτει δῆλα.³

XV. Πάρεξις γάρ,⁴ καὶ διάτασις, καὶ ἀνά-
πλασις, καὶ τὰ ἄλλα κατὰ φύσιν. φύσις δὲ ἐν
μὲν ἔργοις, τοῦ ἔργου τῇ πρήξει, ὃ βούλεται
τεκμαρτέον· ἐς δὲ ταῦτα, ἐκ τοῦ ἐλινύοντος, ἐκ
τοῦ κοινοῦ, ἐκ τοῦ ἔθεος· ἐκ μὲν τοῦ ἐλινύοντος
καὶ ἀφειμένου τὰς ἰθυωρίας σκέπτεσθαι, οἶον τὸ
τῆς χειρός· ἐκ δὲ τοῦ κοινοῦ, ἑκτασιν, σύγκαμψιν,
οἶον τὸ ἐγγὺς τοῦ ἐγγωνίου πήχεος πρὸς βρα-
χίονα· ἐκ τοῦ ἔθεος, ὅτι οὐκ ἄλλα σχήματα
10 φέρειν δυνατώτερα. οἶον σκέλεα ἑκτασιν· ἀπὸ
τούτων γὰρ ῥῆϊστα πλεῖστον χρόνον ἔχοι ἂν μὴ
μεταλλάσσοντα. ἐν δὲ τῇ μεταλλαγῇ ἐκ δια-
τάσιος ὁμοιώτατα ἔχουσιν⁵ ἐς ἕξιν ἢ θέσιν μύες,
φλέβες, νεῦρα, ὅστέα, ἧ μάλιστα εὐθετα καὶ
15 εὐσχετα.

XVI. Διάτασις, μάλιστα τὰ μέγιστα καὶ πά-
χιστα, καὶ ὅπου ἀμφοτέρω· δεύτερα, ὧν τὸ ὑπο-
τεταγμένον, ἥκιστα ὧν τὸ ἄνω· μᾶλλον δὲ τοῦ
μετρίου βλάβη, πλὴν παιδίῳ· ἔχειν ἀνάντη
σμικρόν· διορθώσιος παράδειγμα, τὸ ὁμώνυμον, τὸ
6 ὁμόζυγον, τὸ ὅμοιον, τὸ ὕγιές.

¹ Galen omits.

² ἐκτρέπεται vulg Galen; ἐκτρίβηται Pq. The things to be feared are distortion or abrasion which would be ἐκτρίβηται; ἀποκλᾶται, which implies fracture, seems hardly possible.

ἡμίσει—Galen says ἦ is negative (ἀντ' ἀποφάσεως) as in *Iliad* 1. 117, but we discover this only by reference to *Fractures* XXII.

³ δηλαδὴ.

⁴ δέ.

as neither to be bent back [bent aside? broken off?] or distorted. Apply a hollow splint to the whole leg rather than to half. Consider the affection and also the obvious disadvantages (of this splint).

XV. Presentation, extension, setting, and the rest, according to nature. Now nature shows itself in actions, and one must judge what nature wants¹ by the performance of action: for the above matters (judge) from the state of rest, from what is normal, from the customary. From rest and relaxation estimate proper direction, for example as regards the arm: from what is normal judge extension and flexion, such as the nearly rectangular relation of the forearm to the arm; from habit infer the posture more easy to maintain than any other, such as extension in the case of the legs; for one would most easily keep such postures for the longest time without changing, and in the change after [surgical] extension the muscles, vessels, tendons and bones have the most similar relations as to habit and posture, and are thus most conveniently put up or slung.

XVI. Extension, most when the largest and thickest and when both bones [of the arm] are broken. Next in cases where it is the underneath one [ulna], least where it is the upper. Excessive tension does damage except in children.² Keep the limb a little raised. As model for adjustment take the homonymous,³ corresponding, similar, sound limb.

¹ Littre-Adams "what we want."

² Because their tendons are more elastic, G.; but it may be a confused reference to the case in *Fract.* IV.

³ G. says it should be "synonymous."

⁶ ὁμοιάτατα ἔχουσιν Κω. ὁμοία ταῦτα ἔξουσιν Ρι., as in XI.

XVII. Ἀνάτριψις δύναται λῦσαι, δῆσαι, σαρκῶσαι, μινυθῆσαι· ἢ σκληρῇ δῆσαι· ἢ μαλακῇ λῦσαι· ἢ πολλῇ μινυθῆσαι· ἢ μετρίῃ παχύναι.

XVIII. Ἐπιδεῖν δὲ τὸ πρῶτον· ὁ ἐπιδεδεμένος μάλιστα φάτω πεπιέχθαι κατὰ τὸ σίνος· ἥκιστα τὰ ἄκρα· ἡρμῶσθαι¹ δέ, μὴ πεπιέχθαι· πλήθει, μὴ ἰσχύι· τὴν δὲ ἡμέρην ταύτην καὶ νύκτα, ὀλίγω μᾶλλον, τὴν δὲ ὑστέρην, ἥσσον· τρίτη, χαλαρά· εὔρεθήτω δὲ τῇ μὲν ὑστεραίῃ ἐν ἄκροισιν οἶδημα μαλθακόν· τῇ τρίτῃ δὲ τὸ ἐπιδεθὲν λυθέν, ἰσχυρότερον, παρὰ πάσας τὰς ἐπιδέσιας τοῦτο· τῇ δὲ ὑστεραίῃ ἐπιδέσει, ἣν δικαίως ἐπιδεδεμένον
10 φανῇ, μαθεῖν δεῖ· ἐντεῦθεν δὲ μᾶλλον καὶ ἐπὶ πλέοσι πιεχθήτω· τῇ δὲ τρίτῃ ἐπὶ μᾶλλον καὶ ἐπὶ πλέοσιν· τῇ δὲ ἐβδόμῃ ἀπὸ τῆς πρώτης ἐπιδέσιος λυθέντα εὔρεθήτω ἰσχνά, χαλαρὰ τὰ ὀστέα· ἐς δὲ νάρθηκας δεθέντα, ἣν ἰσχνὰ καὶ ἄκινησμα καὶ ἀνέλκεα ἦ, εἰ μὴ μέχρις εἴκοσιν ἡμερέων ἀπὸ τοῦ σίνεος· ἣν δέ τι ὑποπτεύηται, λῦσαι
17 ἐν τῷ μέσῳ· νάρθηκας διὰ τρίτης ἐρείδειν.

XIX. Ἡ ἀνάληψις, ἢ θέσις, ἢ ἐπίδεσις, ὡς ἐν τῷ αὐτῷ σχήματι διαφυλάσσειν· κεφάλαια σχημάτων, ἔθρα, φύσιες ἐκάστου τῶν μελέων· τὰ δὲ εἶδεα, ἐκ τοῦ τρέχειν, ὁδοιπορεῖν, ἐστάναι, κατα-
5 κεῖσθαι, ἐκ τοῦ ἔργου, ἐκ τοῦ ἀφεῖσθαι.

XX "Οτι² χρήσις κρατύνει, ἀργίῃ δὲ τήκει.

XXI. Ἡ πίεξις πλήθει, μὴ³ ἰσχύι.

¹ ἡρμᾶσθαι.

τὸ δέ, ὅτι; Kw.

³ ἤ.

¹ Cf. *Fact.* VI.

² i.e. on alternate days.

³ G. considers XIX. a marginal note to XV.

⁴ Cf. *Joints* LVIII.

XVII. Friction can produce relaxation, constriction, increase of flesh, attenuation. Hard friction constricts, soft relaxes: if long continued it attenuates, when moderate it increases flesh.

XVIII. As to the first bandaging: the patient should say there is pressure chiefly over the injury, least at the ends: that the dressing fits firmly but without compression: pressure should be got by amount of bandaging not by tension. During this day and night pressure should increase a little, but be less during the next day, and lax on the third. A soft swelling should be found on the second day at the extremities. On the third the part when unbandaged should be less swollen, and so with every dressing. At the second dressing one must find out whether it seems properly done, and then use more bandages and greater pressure; at the third still more with more coils of bandage. On the seventh day¹ after the first dressing the parts when set free should be found without swelling and the bones mobile. When put up in splints, if the parts are not swollen and are free from itching or wound, leave alone till twenty days after the injury; but if there is any suspicion remove in the interval. Make the splints firm every third day.²

XIX. In suspension, putting up, bandaging, take care that the part keeps the same attitude, the general principle being the habitual natural position of each limb. The kinds of attitude are derived from running, walking, standing, lying, work, relaxation.³

XX. (Remember) that use strengthens, disuse debilitates.⁴

XXI. The pressure by quantity (of bandages) not by force.

- XXII. Ὅποσα δὲ ἐκχυμώματα, ἢ φλάσματα, ἢ σπάσματα, ἢ οἰδήματα ἀφλέγμαντα, ἐξαρύεται αἷμα ἐκ τοῦ τρώματος, ἐς μὲν τὸ ἄνω τοῦ σώματος τὸ πλείστον, βραχὺ δέ τι καὶ ἐς τὸ κάτω· μὴ κατάντη τὴν χεῖρα ἔχοντα ἢ τὸ σκέλος· τιθέμενον τὴν ἀρχὴν κατὰ τὸ τρώμα καὶ μάλιστα ἐρεῖδοντα, ἥκιστα τὰ ἄκρα, μέσως τὰ διὰ μέσου. τὸ ἔσχατον πρὸς τὸ ἄνω τοῦ σώματος νεμόμενον ἐπιδέσει, πιέξει· ἅταρ καὶ ταῦτα πλήθει μᾶλλον
- 10 ἢ ἰσχύι. μάλιστα δὲ τούτοισιν ὀθόνια, λεπτὰ, κούφα, μαλθακά, καθαρὰ, πλατέα, ὑγιᾶ, ὥς ἂν
- 12 ἄνευ ναρθήκων· καὶ καταχύσει χρῆσθαι πλέονι.

- XXIII. Τὰ δὲ ἐκπτώματα, ἢ στρέμματα, ἢ διαστήματα, ἢ ἀποσπάσματα, ἢ ἀποκλάσματα, ἢ διαστρέμματα, οἷα τὰ κυλλά, τὰ ἐτερόρροπα, ὅθεν¹ μὲν ἐξέστη, συνδιδόντα, ὅπη δέ, συντείνοντα, ὥς ἐς τὰναντία ῥέπη, ἐπιδεθέντα ἢ πρὶν ἐπιδεθῆναι, σμικρῶ μᾶλλον ἢ ὥστε ἐξ ἴσου εἶναι καὶ τοῖσιν ἐπιδέσμοισι, καὶ τοῖσι σπλήνεσι, καὶ τοῖσιν ἀναλήμμασι, καὶ τοῖσι σχήμασι, κατατάσει, ἀνατρίψει, διορθώσει, [ταῦτα καὶ]² κατα
- 10 χύσει πλέονι.

XXIV. Τὰ δὲ μινυθήματα, πολὺν προσλαμβάνοντα τοῦ ὑγιέος, ἐπιδεῖν ὥς ἂν ἐξ ἐπιδρομῆς τὰ συντακέντα πλέον ἢ αὐτὰ³ ἐμινύθει, ἀλλοίῃ τῇ ἐπιδέσει παραλλάξαντα, ἐκκλίνει⁴ ἐς τὴν αὔξησιν καὶ τὴν ἀνάπλασιν τῶν σαρκῶν ποιήσεται. βέλτιον δὲ καὶ τὰ ἄνωθεν, οἷον κνήμης καὶ τὸν μηρόν, καὶ τὸ ἕτερον σκέλος τῷ ὑγιεῖ⁵ συνεπιδεῖν,

¹ ἔθεν.

² Omit Galen. Kw.

³ αὐτόματα.

⁴ ἐκκλίνῃ.

⁵ τὸ ὑγιεῖ.

¹ Includes club foot, knock knee, bandy leg.

XXII. In case of bruising, crushings, ruptures of muscles or swellings without inflammation, blood is expressed from the injured part [by bandaging] mostly upwards, but some little downwards. This is done (with neither arm nor leg in a pendent position) by beginning the bandage at the wound and making most pressure there, least at the ends and moderate in between; the final turns being brought upwards. By bandaging, by compression—but here, too, pressure must be got by quantity of bandage rather than by force. In these cases especially, the linen bandages should be thin, light, soft, clean, broad and sound, as one would use without splints; use also copious douching.

XXIII. [Bandaging as regards] dislocations, sprains, separations, avulsions, fractures near joints or distortions, such as deformities to either side:¹ yielding on the side from which it deviates, bracing up on the side towards which it deviates, so that when it is put up, or before it is put up, it is not straight but has a slight inclination the opposite way. The treatment includes use of bandages, compresses, suspension, postures, extension, friction, adjustment; and in addition copious douching.

XXIV. [Bandaging as regards] atrophied parts: Apply the bandage, taking in a good deal of the sound parts in a way that the wasted tissues may gain more by afflux than they lose spontaneously; by changing to a different mode of bandaging² it may divert (the tissues) towards growth and bring about flesh formation. It is a rather good plan to bandage the upper parts also, such as the top of the leg and the thigh, also the sound leg that it may be

¹ From that described in XXII. A very obscure passage.

ὥς ὁμοιότερον ἢ καὶ ὁμοίως ἐλινύη, καὶ ὁμοίως
 τῆς τροφῆς ἀποκλείηται καὶ δέχεται. ὀθοίων
 10 πλήθει, μὴ πιέξει· ἀνιέντα πρῶτον τὸ μάλιστα
 δεόμενον, καὶ ἀνατρίψει χρώμενον σαρκούση καὶ
 12 καταχύσει· ἄνευ ναρθήκων.

XXV. Τὰ δὲ ἐρμάσματα καὶ ἀποστηρίγματα,
 οἷον στήθει, πλευρῇσι, κεφαλῇ, καὶ τοῖσιν ἄλλοι-
 σιν, ὅσα τοιαῦτα· τὰ μὲν σφυγμῶν ἔνεκεν, ὥς
 μὴ ἐνσεΐηται· τὰ δὲ καὶ τῶν διαστασίων τῶν
 κατὰ τὰς ἁρμονίας ἐν τοῖσι [τῶν] κατὰ τὴν
 κεφαλὴν ὁστέων¹ ἐρεισμάτων χάριν· ἐπὶ τε
 βηχῶν ἢ πταρμῶν, ἢ ἄλλης κινήσιος, οἷον² κατὰ
 θώρηκα καὶ κεφαλὴν ἀποστηρίγματα γίγνεται.
 τούτων ἀπάντων αἱ αὐταὶ συμμετρίαι τῆς ἐπιδέ-
 10 σιος· ἢ μὲν γὰρ τὰ σῖνη μάλιστα πεπιέχθαι
 ὑποτιθέναι οὖν [εἴριον]³ μαλθακὸν ἄρμοζον τῷ
 πάθει· ἐπιδεῖν δὲ μὴ μᾶλλον πιεξεῦντα ἢ ὥστε
 τοὺς σφυγμοὺς μὴ ἐνσεΐειν, μηδὲ μᾶλλον ἢ ὥστε
 τῶν διεστηκότων τὰ ἔσχατα τῶν ἁρμονίων συμ-
 ψαύειν ἀλλήλων, μηδὲ τὰς βῆχας καὶ τοὺς
 πταρμοὺς ὥστε κωλύειν, ἀλλ' ὥστε ἀποστηρίγμα
 17 εἶναι ὥς μήτε διαναγκάζεται, μήτε ἐνσεΐηται.

¹ ὁστέοις omit τῶν.

² οἷα τά.

³ Littré and Pq. omit and add τι after μαλθακόν.

in a like state, and share alike in rest and the deprivation or reception of nutriment. Use plenty of bandages, not compression; relaxing first where it is most needed, using friction of the flesh-forming kind and douching—no splints.

XXV. Supports attached or separate,¹ such as those for chest, ribs, head and other such parts; sometimes used because of pulsations² that the part may not be shaken; at other times, in cases of separation of the commissures in the bones of the head, as supports: also in case of coughings, sneezings and other movements they serve as separate supports (cushions?) for the chest and head. The suitable modes of bandaging in all these cases are the same, for where the lesion is there should be the chief pressure. Put something³ soft underneath suited to the affection. Do not make the bandaging tighter than suffices to prevent the pulsations from shaking the part, or than is necessary to bring the edges of the separated commissures into touch with one another; nor is it intended to prevent coughings and sneezings,⁴ but to act as a support for the avoidance both of forcible separation and shaking.

¹ So Galen, who says the words are usually synonymous.

² Includes everything from twitchings to respiratory movements. G.

³ Reading *μαλθακόν τι*.

⁴ The text seems corrupt, but it can hardly mean "so tight as to prevent sneezing"!