

ΠΕΡΙ ΤΡΟΦΗΣ

I. Τροφή καὶ τροφῆς εἶδος μία καὶ πολλάι·
μία μὲν ἢ γένος ἓν, εἶδος δὲ ὑγρότητι καὶ ξηρότητι·
καὶ ἐν τούτοις ἰδέαι καὶ πόσον ἐστὶ καὶ ἕς τινα
4 καὶ ἐς τοσαῦτα.

II. Αὕξει δὲ καὶ ῥώννυσι καὶ σαρκοῖ καὶ ὁμοιοῖ
καὶ ἀνομοιοῖ τὰ ἐν ἐκάστοις κατὰ φύσιν τὴν
3 ἐκάστου καὶ τὴν ἐξ ἀρχῆς δύναμιν.

III. Ὅμοιοι δὲ ἐς δύναμιν, ὅταν κρατήσῃ ἡ
ἐπεισιούσα, καὶ ὅταν ἐπικρατῇται ἡ προῦ-
3 πάρχουσα.¹

IV. Γίγνεται δὲ καὶ ἐξίτηλος, ὅτε μὲν ἡ προτέρη
ἐν χρόνῳ ἀπολυθεῖσα ἢ ἐπιπροστεθεῖσα, ὅτε δὲ ἡ
3 ὑστέρη ἐν χρόνῳ ἀπολυθεῖσα ἢ ἐπιπροστεθεῖσα.

¹ This is practically the reading of A, the spelling only being emended. Litré has ὁμοιοῖ δὲ ἐς (φύσιν καὶ) δύναμιν, ὁκόταν κρατῇ μὲν ἡ ἐπεισιούσα, ἐπικρατῇ δὲ ἡ προῦπάρχουσα. The explanation of Galen scarcely helps matters: ἡ μὲν οὖν φύσις ὁμοιοῖ, ὅταν κρατῇ καὶ πέττῃ τὴν τροφήν τὴν ἐπεισιούσαν· καὶ δύναμις ἡ προῦπάρχουσα ἐπικρατεῖ καὶ κατεργάζεται καὶ ἄλλοιοι καὶ ὁμοιοῖ καὶ τὸ τέλος τρέφει. It makes ἡ ἐπεισιούσα the object of κρατῇ; 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 moistness or dryness. These foods too have their forms¹ 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.

V. Ἀμαυροῖ δὲ ἐκατέρας ἐν χρόνῳ καὶ μετὰ χρόνον ἢ ἔξωθεν συνεχῆς ἐπειςκριθείσα καὶ ἐπὶ πολλὸν χρόνον στερεμνίως πᾶσι τοῖς μέλεσι
4 διαπλεκεῖσα.

VI. Καὶ τὴν μὲν ἰδίην ἰδέην ἐξέβλαστησε· <μεταβάλλει τε τὴν ἀρχαίην καὶ καταφέρεται· τρέφει δὲ πεττομένη·> τὴν δὲ προτέρην <ἰδέην ἐξαλλάσσει> ἔστιν ὅτε καὶ τὰς προτέρας ἐξη-
5 μαύρωσεν.¹

VII. Δύναμις δὲ τροφῆς ἀφικνεῖται καὶ ἐς ὀστέον καὶ πάντα τὰ μέρεα αὐτοῦ, καὶ ἐς νεῦρον καὶ ἐς φλέβα καὶ ἐς ἀρτηρίην καὶ ἐς μῦν καὶ ἐς ὑμένα καὶ σάρκα καὶ πιμελὴν καὶ αἷμα καὶ φλέγμα καὶ μυελὸν καὶ ἐγκέφαλον καὶ νωτιαῖον καὶ τὰ ἐντοσθίδια καὶ πάντα τὰ μέρεα αὐτῶν, καὶ δὴ καὶ ἐς θερμασίην καὶ πνεῦμα καὶ
8 ὑγρασίην.

VIII. Τροφὴ δὲ τὸ τρέφον, τροφὴ δὲ τὸ οἶον,
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.

X. Καὶ ὅσα κατὰ μέρος ἐν τροφῇ καλῶς καὶ κακῶς διοικεῖται, καλῶς μὲν ὅσα προεῖρηται, 3 κακῶς δὲ ὅσα τούτοις τὴν ἐναντίην ἔχει τάξιν.

XI. Χυλοὶ ποικίλοι καὶ χρώμασι καὶ δυνάμεσι καὶ ἐς βλαβὴν καὶ ἐς ὠφελίην, καὶ οὔτε βλάπτειν οὔτε ὠφελεῖν, καὶ πλήθει καὶ ὑπερβολῇ καὶ 4 ἐλλείψει καὶ διαπλοκῇ ὧν μὲν, ὧν δὲ οὔ.

XII. Καὶ πάντων ἐς θερμασίην βλάπτει καὶ ὠφελεῖ, ἐς ψύξιν βλάπτει καὶ ὠφελεῖ, ἐς δύναμιν 3· βλάπτει καὶ ὠφελεῖ.

XIII. Δυνάμιος δὲ ποικίλαι φύσεις.

XIV. Χυμοὶ φθείροντες καὶ ὅλον καὶ μέρος καὶ ἔξωθεν καὶ ἔνδοθεν, αὐτόματοι οὐκ αὐτόματοι, ἡμῖν μὲν αὐτόματοι αἰτίη δὲ οὐκ αὐτόματοι. αἰτίης δὲ τὰ μὲν δῆλα τὰ δὲ ἄδηλα, καὶ τὰ μὲν 5 δυνατὰ τὰ δὲ ἀδύνατα.

XV. Φύσις ἐξαρκεῖ πάντα πᾶσι.

XVI. Ἐς δὲ ταύτην, ἔξωθεν μὲν κατάπλασμα, κατάχρισμα, αἷμμα, γυμνότης ὅλου καὶ μέρους καὶ σκέπη ὅλου καὶ μέρους, θερμασίη καὶ ψύξις κατὰ τὸν αὐτὸν λόγον, καὶ στύψις καὶ ἔλκωσις καὶ δηγμὸς καὶ λίπασμα· ἔνδοθεν δὲ τινά τε τῶν εἰρημένων, καὶ ἐπὶ τούτοις αἰτίη ἄδηλος καὶ μέρει 7 καὶ ὅλῳ, τινί τε καὶ οὔ τινι.

(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.

NUTRIMENT, x.-xvi.

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, astringent, ulceration, biting,¹ 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.

XVII. Ἀποκρίσιες κατὰ φύσιν, κοιλίης, οὔρων, ἰδρῶτος, πτυάλου, μύξης, ὑστέρης, καθ' αἷμορροΐδα, θύμον, λέπρην, φῦμα, καρκίνωμα, ἐκ ῥινῶν, ἐκ πλεύμονος, ἐκ κοιλίης, ἐξ ἑδρης, ἐκ καυλοῦ, κατὰ φύσιν καὶ παρὰ φύσιν. αἱ διακρίσιες τούτων ἄλλοισι πρὸς ἄλλον λόγον ἄλλοτε καὶ ἄλλοίως. μία φύσις ἐστὶ ταῦτα πάντα καὶ οὐ
8 μία· πολλαὶ φύσιές εἰσι ταῦτα πάντα καὶ μία.

XVIII. Φαρμακείη ἄνω καὶ κάτω, οὔτε ἄνω
2 οὔτε κάτω.

XIX. Ἐν τροφῇ φαρμακείη ἄριστον, ἐν τροφῇ φαρμακείη φλαῦρον, φλαῦρον καὶ ἄριστον
3 πρὸς τι.

XX. Ἐλκος, ἐσχάρη, αἷμα, πύον, ἰχώρ, λέπρην, πίτυρον, ἄχωρ, λειχήν, ἀλφός, ἑφηλιν, ὅτε μὲν βλάπτει, ὅτε δὲ ὠφελεῖ, ὅτε δὲ οὔτε βλάπτει
4 οὔτε ὠφελεῖ.

XXI. Τροφή οὐ τροφή, ἣν μὴ δύνηται· μὴ τροφή τροφή, ἣν οἶόν τε ἢ τρέφεσθαι. οὔνομα τροφή, ἔργον δὲ οὐχί· ἔργον τροφή, οὔνομα δὲ
4 οὐχί.¹

XXII. Ἐς τρίχας καὶ ἐς ὄνυχας καὶ ἐς τὴν ἐσχάτην ἐπιφανείην ἐνδοθεν ἀφικνεῖται· ἔξωθεν τροφή ἐκ τῆς ἐσχάτης ἐπιφανείης ἐνδοτάτω
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.

NUTRIMENT, xvii.-xxii.

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.

(xxi) The only test of nutriment is power of nourishing.

(xxii) There is a circulation of nutriment from within outwards and *vice versa*.

XXIII. Σύρροια μία, σύμπνοια μία, συμπαθέα πάντα. κατὰ μὲν οὐλομελίην πάντα, κατὰ μέρος
3 δὲ τὰ ἐν ἐκάστω μέρει μέρεα πρὸς τὸ ἔργον.

XXIV. Ἀρχὴ μεγάλη ἐς ἔσχατον μέρος ἀφικνεῖται· ἐξ ἔσχάτου μέρεος ἐς ἀρχὴν μεγάλην
3 ἀφικνεῖται· μία φύσις εἶναι καὶ μὴ εἶναι.

XXV. Νούσων δὲ διαφοραὶ ἐν τροφῇ, ἐν πνεύματι, ἐν θερμασίῃ, ἐν αἵματι, ἐν φλέγματι, ἐν χολῇ, ἐν χυμοῖσιν, ἐν σαρκί, ἐν πιμελῇ, ἐν φλεβί, ἐν ἀρτηρίῃ, ἐν νεύρῳ, μυί, ὕμένι, ὀστέῳ, ἔγκεφάλῳ, νωτιαίῳ μυελῷ, στόματι, γλώσση, στομάχῳ, κοιλίῃ, ἐντέροισι, φρεσί, περιτοναίῳ, ἥπατι, σπληνί, νεφροῖς, κύστει, μήτρῃ, δέρματι. ταῦτα πάντα καὶ καθ' ἐν καὶ κατὰ μέρος. μέγεθος
9 αὐτῶν μέγα καὶ οὐ μέγα.

XXVI. Τεκμήρια, γαργαλισμός, ὀδύνη, ῥῆξις, γνώμη,¹ ἰδρώς, οὖρων ὑπόστασις, ἡσυχία, ῥιπτασμός, ὄψιος στάσις, φαντασίαι, ἔκτερος, λυγμοί, ἐπιληψία, αἷμα ὀλοσχερές,² ὕπνος, καὶ ἐκ τούτων καὶ τῶν ἄλλων τῶν κατὰ φύσιν, καὶ ὅσα ἄλλα τοιουτότροπα ἐς βλάβην καὶ ἐς ὠφελίην ὀρμᾷ· πόνοι ὅλου καὶ μέρεος μεγέθους σημεῖα, τοῦ μὲν ἐς τὸ μᾶλλον, τοῦ δὲ ἐς τὸ ἥσσον, καὶ ἀπ' ἀμφοτέρων ἐς τὸ μᾶλλον καὶ ἀπ' ἀμφοτέρων
10 ἐς τὸ ἥσσον.

¹ A reads γνώμης, which must be taken with ῥῆξις—an unusual phrase for delirium.

² ὀλοσχερές: E has ὀλοσχερής, which must be taken with ὕπνος, "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, conspiracy 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, condition¹ 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.

XXVII. Γλυκύ οὐ γλυκύ, γλυκὺ ἐς δύναμιν οἶον ὕδωρ, γλυκὺ ἐς γεῦσιν οἶον μέλι· σημεῖα ἐκατέρων, ἔλκεα, ὀφθαλμοὶ καὶ γεύσιες, καὶ ἐν τούτοις τὸ μᾶλλον καὶ τὸ ἥσσον· γλυκὺ ἐς τὴν ὄψιν καὶ ἐν χρώμασι καὶ ἐν ἄλλησι μίξεσι, γλυκὺ
6 μᾶλλον καὶ ἥττον.

XXVIII. Ἀραιότης σώματος ἐς διαπνοίην οἷς πλέον ἀφαιρεῖται ὑγιεινόν· πυκνότης σώματος ἐς διαπνοίην οἷς ἔλασσον ἀφαιρεῖται νοσηλόν· οἱ διαπνεόμενοι καλῶς ἀσθενέστεροι καὶ ὑγιεινότεροι καὶ εὐανάσφαλτοι, οἱ διαπνεόμενοι κακῶς πρὶν ἢ νοσεῖν ἰσχυρότεροι, νοσήσαντες δὲ δυσανά-
7 σφαλτοι· ταῦτα δὲ καὶ ὅλῳ καὶ μέρει.

XXIX. Πλεύμων ἐναντίην σώματος τροφήν
2 ἔλκει, τὰ δ' ἄλλα πάντα τὴν αὐτήν.

XXX. Ἀρχὴ τροφῆς πνεύματος, ῥίνες, στόμα, βρόγχος, πλεύμων, καὶ ἡ ἄλλη διαπνοίη· ἀρχὴ τροφῆς καὶ ὑγρῆς καὶ ξηρῆς, στόμα, στόμαχος, κοιλίη. ἡ δὲ ἀρχαιοτέρη τροφή διὰ τοῦ ἐπι-
5 γαστρίου, ἥ ὁ¹ ὀμφαλός.

XXXI. Ῥίζωσις φλεβῶν ἥπαρ, ῥίζωσις ἀρτηριῶν καρδίη· ἐκ τούτων ἀποπλανᾶται ἐς πάντα
3 αἷμα καὶ πνεῦμα, καὶ θερμασίη διὰ τούτων φοιτᾷ.

¹ Most MSS. read ὀμφαλός: A prefixes ἡ, and Littré alters to ἥ. 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.

NUTRIMENT, XXVII.-XXXI.

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.

XXXII. Δύναμις μία καὶ οὐ μία, ἥ πάντα ταῦτα καὶ τὰ ἑτεροῖα διοικεῖται, ἡ μὲν ἐς ζῶν ὅλου καὶ μέρους, ἡ δὲ ἐς αἰσθησιν ὅλου καὶ 4 μέρους.¹

XXXIII. Γάλα τροφή, οἷς γάλα τροφή κατὰ φύσιν, ἄλλοισι δὲ οὐχί, ἄλλοισι δὲ οἶνος τροφή, καὶ ἄλλοισιν οὐχί, καὶ σάρκες καὶ ἄλλαι ἰδέαι τροφῆς πολλαί, καὶ κατὰ χώραν καὶ κατ' 5 ἐθισμόν.²

XXXIV. Τρέφεται δὲ τὰ μὲν ἐς αὔξησιν καὶ ἐς τὸ εἶναι, τὰ δὲ ἐς τὸ εἶναι μῦνον, οἷον γέροντες, τὰ δὲ πρὸς τούτῳ³ καὶ ἐς ῥώμην. διάθεσις ἀθλητικὴ οὐ φύσει· ἕξις ὑγιεινὴ κρείσσων ἐν 5 πᾶσιν.

XXXV. Μέγα τὸ πόσον εὐστόχως ἐς δύναμιν 2 συναρμοσθέν.

XXXVI. Γάλα καὶ αἷμα τροφῆς πλεονασμός.

XXXVII. Περίοδοι ἐς πολλὰ σύμφωνοι, ἐς ἔμβρυον ἐς τὴν τούτου τροφήν. αὐτὶς δ' ἄνω 3 ῥέπει ἐς γάλα καὶ ἐς τροφήν βρέφους.

XXXVIII. Ζωοῦται τὰ μὴ ζῶα, ζωοῦται τὰ 2 ζῶα, ζωοῦται τὰ μέρεα τῶν ζώων.

¹ ἡ το μέρους omitted by A, probably because of μέρους preceding.

² κατ' before ἐθισμόν added by Ermerins. The text of this chapter is mainly Littré's, the MSS. showing some confusion in the arrangement of the words.

³ πρὸς τούτων MSS. : πρὸς τούτῳ 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.

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. Φύσιες πάντων ἀδίδακτοι.

XI. Αἷμα ἀλλότριον ὠφέλιμον, αἷμα ἴδιον ὠφέλιμον, αἷμα ἀλλότριον βλαβερόν, αἷμα ἴδιον βλαβερόν, χυμοὶ ἴδιοι βλαβεροί, χυμοὶ ἀλλότριοι βλαβεροί, χυμοὶ ἀλλότριοι συμφέροντες, χυμοὶ ἴδιοι συμφέροντες, τὸ σύμφωνον διάφωνον, τὸ διάφωνον σύμφωνον, γάλα ἀλλότριον ἀστεῖον, γάλα ἴδιον φλαῦρον, γάλα ἀλλότριον βλαβερόν,
8 γάλα ἴδιον ὠφέλιμον.

XLI. Σιτίον νέοις ἀκροσαπές, γέρουσιν ἐς τέλος
2 μεταβεβλημένον, ἀκμάζουσιν ἀμετάβλητον.

XLII. Ἐς τύπωσιν λέ' ἡέλιοι, ἐς κίνησιν ὀ',
ἐς τελειότητα σί'. ἄλλοι, ἐς ἰδέην μέ', ἐς κίνησιν
ς', ἐς ἔξοδον σο'. ἄλλοι, ν' ἐς ἰδέην, ἐς πρῶτον
ἄλμα ρ', ἐς τελειότητα τ'. ἐς διάκρισιν μ', ἐς
μετάβασιν π', ἐς ἔκπτωσιν σμ'. οὐκ ἔστι καὶ
ἔστι. γίνεται δὲ ἐν τούτοις καὶ πλείω καὶ ἐλάσσω,
καὶ καθ' ὅλον καὶ κατὰ μέρος, οὐ πολλὸν δὲ καὶ
8 πλείω πλείω καὶ ἐλάσσω ἐλάσσω.¹

¹ The MS. A mentions only three cases, as does Galen. Littré, 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."

(xi) The effects of a mother's humours upon embryo, and of mother's or nurse's milk upon child, vary according to circumstances.

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.

XLIII. Ὅστέων τροφή ἐκ κατήξιος, ῥινὶ δις πέντε, γνάθῳ καὶ κληίδι καὶ πλευρῇσι διπλάσιαι, πῆχει τριπλάσιαι, κνήμῃ καὶ βραχίονι τετραπλάσιαι, μηρῷ πενταπλάσιαι, καὶ εἴ τι ἐν τούτοις
5 δύναται πλέον ἢ ἔλασσον.

XLIV. Αἷμα ὑγρὸν καὶ αἷμα στερεόν. αἷμα ὑγρὸν ἀστεῖον, αἷμα ὑγρὸν φλαῦρον· αἷμα στερεὸν ἀστεῖον, αἷμα στερεὸν φλαυρόν· πρὸς τι πάντα
4 φλαῦρα καὶ πάντα ἀστεῖα.

XLV. Ὅδὸς ἄνω κάτω.

XLVI. Δύναμις τροφῆς κρέσσων ἢ ὄγκος, ὄγκος τροφῆς κρέσσων ἢ δύναμις, καὶ ἐν ὑγροῖς καὶ ἐν
3 ξηροῖς.

XLVII. Ἀφαιρεῖ καὶ προστίθουσιν οὐ τωυτό, τῷ μὲν ἀφαιρεῖ, τῷ δὲ προστίθουσιν τωυτό.¹

XLVIII. Φλεβῶν διασφύξεις καὶ ἀναπνοὴ πλεύμονος καθ' ἡλικίην, καὶ σύμφωνα καὶ διάφωνα, καὶ νούσου καὶ ὑγείης σημεῖα, καὶ ὑγείης μᾶλλον ἢ νούσου καὶ νούσου μᾶλλον ἢ ὑγείης·
5 τροφή γὰρ καὶ πνεῦμα.

XLIX. Ὑγρὴ τροφή εὐμετάβλητος μᾶλλον ἢ ξηρή· ξηρὴ τροφή εὐμετάβλητος μᾶλλον ἢ ὑγρή· ἢ δυσαλλοιώτος δυσεξανάλωτος, ἢ εὐπρόσθετος
4 εὐεξανάλωτος.

¹ A omits τῷ μὲν . . . τωυτό.

(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.

NUTRIMENT, XLIII.-XLIX.

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.

(xlv) 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.

L. Καὶ ὁκόσοι ταχείης προσθέσιος δέονται, ὑγρὸν ἷμα ἐς ἀνάληψιν δυνάμιος κράτιστον· ὁκόσοι δὲ ἔτι ταχυτέρης, δι' ὀσφρήσιος. ὁκόσοι
4 δὲ βραδυτέρης προσθέσιος δέονται, στερεὴ τροφή.

LI. Μῦες στερεώτεροι δυσέκτηκτοι <μᾶλλον¹> τῶν ἄλλων, παρὲξ ὀστέου καὶ νεύρου· δυσμετάβλητα τὰ γεγυμνασμένα, κατὰ γένος αὐτὰ ἐωυτῶν ἰσχυρότερα ἔοντα, διὰ τοῦτο αὐτὰ
5 ἐωυτῶν δυστηκτότερα.

LII. Πύον τὸ ἐκ σαρκός· πυῶδες τὸ ἐξ αἵματος καὶ ἐξ ἄλλης ὑγρασίας· πύον τροφή
3 ἑλκεος· πυῶδες τροφή φλεβός, ἀρτηρίας.

LIII. Μυελὸς τροφή ὀστέου, διὰ τοῦτο ἐπι-
2 πωροῦται.

LIV. Δύναμις πάντα αὔξει καὶ τρέφει καὶ
2 βλαστάνει.

LV. Ὑγρασίη τροφῆς ὄχημα.

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.