

ΠΕΡΙ ΔΙΑΙΤΗΣ ΥΓΙΕΙΝΗΣ

Ι. Τοὺς ιδιώτας ὧδε χρὴ διαιτᾶσθαι· τοῦ μὲν χειμῶνος ἐσθίειν ὥς πλείστα, πίνειν δ' ὥς ἐλάχιστα, εἶναι δὲ τὸ πόμα οἶνον ὥς ἀκρητέστατον, τὰ δὲ σιτία ἄρτον καὶ τὰ ὄψα ὅπτα πάντα, λαχάνοισι δὲ ὥς ἐλαχίστοιςι χρῆσθαι ταύτην τὴν ὥρην· οὕτω γὰρ ἂν μάλιστα τὸ σῶμα ξηρόν τε εἴη καὶ θερμόν. ὅταν δὲ τὸ ἔαρ ἐπιλαμβάνη, τότε πόμα χρὴ πλέον ποιεῖσθαι καὶ ὑδαρέστατον¹ καὶ κατ' ὀλίγον, καὶ τοῖσι σιτίοισι μαλακωτέροιςι
10 χρῆσθαι καὶ ἐλάσσοσι, καὶ τὸν ἄρτον ἀφαιρέοντα μάζαν προστιθέναι, καὶ τὰ ὄψα κατὰ τὸν αὐτὸν λόγον ἀφαιρεῖν, καὶ ἐκ τῶν ὀπτῶν πάντα ἐφθὰ ποιεῖσθαι, καὶ λαχάνοισιν ἤδη χρῆσθαι² τοῦ ἡρος ὑλίγοις, ὅπως ἐς τὴν θερίην καταστήσεται ὠνθρωπος τοῖσί τε σιτίοισι μαλθακοῖσι πᾶσι χρώμενος³ καὶ τοῖσιν ὄψοισιν ἐφθοῖσι καὶ λαχάνοις ὠμοῖσι καὶ ἐφθοῖσι· καὶ τοῖσι πόμασιν, ὥς ὑδαρεστάτοιςι καὶ πλείστοισιν, ἀλλ' ὅπως μὴ μεγάλη⁴ ἢ μεταβολὴ ἔσται κατὰ μικρὸν μὴ
20 ἐξαπίνης χρωμένῳ. τοῦ δὲ θέρεος τῇ τε μάζῃ μαλακῇ⁵ καὶ τῷ ποτῷ ὑδαρεῖ καὶ πολλῷ καὶ τοῖσιν ὄψοισι ἐφθοῖσι πᾶσι· δεῖ γὰρ χρῆσθαι

¹ ποιεεσθαι· καὶ ὑδαρέστατον A : ποιεῖν καὶ ὑδαρέστερον MV.

² ἤδη χρῆσθαι A : διαχρῆσθαι MV.

³ μαλθακοῖσι πᾶσι χρώμενος A : μαλακωτέροιςι χρεόμενος M : μαλακωτέροιςι χρώμενος V.

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I THE layman¹ ought to order his regimen in the following way. In winter eat as much as possible and drink as little as possible ; drink should be wine as undiluted as possible, and food should be bread, with all meats roasted ; during this season take as few vegetables as possible, for so will the body be most dry and hot. When spring comes, increase drink and make it very diluted, taking a little at a time ; use softer foods and less in quantity ; substitute for bread barley-cake ; on the same principle diminish meats, taking them all boiled instead of roasted, and eating when spring comes a few vegetables, in order that a man may be prepared for summer by taking all foods soft, meats boiled, and vegetables raw or boiled. Drinks should be as diluted and as copious as possible, the change to be slight, gradual and not sudden. In summer the barley-cake to be soft, the drink diluted and copious, and the meats in all cases boiled. For one must use these, when it is

¹ By "layman" (ιδιώτης) in this passage is meant the ordinary, normal person, whose business does not require, as does that, *e.g.*, of the professional athlete, special diet and exercise.

⁴ καὶ μὴ μεγάλη A : καὶ ὅπως μὴ μεγάλη (ὅπως above line in another hand) M : καὶ ὅπως μὴ μεγάλη V. Villaret omits ὅπως and reads ἔστω for ἔσται.

⁵ Here V has τρέφεισθαι.

τούτοισιν, ὅταν θέρος ᾗ, ὅπως τὸ σῶμα ψυχρὸν καὶ μαλακὸν γένηται· ἡ γὰρ ὥρη θερμή τε καὶ ξηρή, καὶ παρέχεται τὰ σώματα καυματώδεα καὶ αὐχμηρά· δεῖ οὖν τοῖσιν ἐπιτηδεύμασιν ἀλέξασθαι. κατὰ δὲ τὸν αὐτὸν λόγον, ὥσπερ ἐκ τοῦ χειμῶνος ἐς τὸ ἡρ, οὕτω ἐκ τοῦ ἡρος ἐς τὸ θέρος καταστήσεται,¹ τῶν μὲν σιτίων ἀφαιρέων, τῷ δὲ ποτῷ
 30 προστιθείς· οὕτω δὲ καὶ τὰ ἐναντία ποιέοντα καταστήσαι ἐκ τοῦ θέρεος ἐς τὸν χειμῶνα. ἐν δὲ τῷ φθινοπώρῳ τὰ μὲν σιτία πλέω ποιεύμενον καὶ ξηρότερα καὶ τὰ ὄψα κατὰ λόγον, τὰ δὲ ποτὰ ἐλάσσω καὶ ἀκρητέστερα, ὅπως ὁ τε χειμῶν ἀγαθὸς² ἔσται καὶ ὠνθρωπος διαχρήσεται τοῖσιν τε πόμασιν ἀκρητεστάτοις καὶ ὀλίγοις καὶ τοῖσι σιτίοις ὡς πλείστοις τε καὶ ξηροτάτοις· οὕτω γὰρ ἂν καὶ ὑγιαῖνοι μάλιστα καὶ ῥιγῶν
 39 ἤκιστα· ἡ γὰρ ὥρη ψυχρή τε καὶ ὑγρή.

II. Τοῖσι δὲ εἶδεσι τοῖσι σαρκώδεσι καὶ μαλακοῖσι καὶ ἐρυθροῖσι συμφέρει τὸν πλείστον χρόνον τοῦ ἐνιαυτοῦ ξηροτέροις τοῖσι διαιτήμασι χρῆσθαι· ὑγρὴ γὰρ ἡ φύσις τῶν εἰδέων τούτων. τοὺς δὲ στρυφνοὺς τε καὶ προσεσταλμένους καὶ πυρρὸς καὶ μέλανας τῇ ὑγροτέρῃ διαίτῃ χρῆσθαι τὸ πλεῖον τοῦ χρόνου· τὰ γὰρ σώματα τοιαῦτα ὑπάρχει ξηρὰ εἶντα. καὶ τοῖσι νέοις τῶν σωμάτων συμφέρει μαλθακωτέροις τε καὶ ὑγρο-
 10 τέροις χρῆσθαι τοῖσι διαιτήμασιν· ἡ γὰρ ἡλικία ξηρή, καὶ τὰ σώματα πέπηγεν.³ τοὺς δὲ πρεσβυτέρους τῷ ξηροτέρῳ τρόπῳ χρῆναι τὸ πλεον τοῦ χρόνου διάγειν· τὰ γὰρ σώματα ἐν ταύτῃ τῇ

¹ ἐκ τοῦ χειμῶνος ἐς τὸ ἡρ, οὕτω (καὶ M) ἐκ τοῦ ἡρος εἰς [ἐς M] τὸ θέρος καταστήσεται MV: ἕως τὸ ἔαρ ἐκ τοῦ χειμῶνος· οὕτως

summer, that the body may become cold and soft. For the season is hot and dry, and makes bodies burning and parched. Accordingly these conditions must be counteracted by way of living. On the same principle the change from spring to summer will be prepared for in like manner to that from winter to spring, by lessening food and increasing drink. Similarly, by opposing opposites prepare for the change from summer to winter. In autumn make food more abundant and drier, and meats too similar, while drinks should be smaller and less diluted, so that the winter may be healthy and a man may take his drink neat and scanty and his food as abundant and as dry as possible. For in this way he will be most healthy and least chilly, as the season is cold and wet.

II. Those with physiques that are fleshy, soft and red, find it beneficial to adopt a rather dry regimen for the greater part of the year. For the nature of these physiques is moist. Those that are lean and sinewy, whether ruddy or dark, should adopt a moister regimen for the greater part of the time, for the bodies of such are constitutionally dry. Young people also do well to adopt a softer and moister regimen, for this age is dry, and young bodies are firm. Older people should have a drier kind of diet for the greater part of the time,

ἐς τὸ θέρος καταστήσαι A. In some respects the reading of A is preferable, except for the use of ἔως.

² A omits ἀγαθὸς here. The sentence which follows seems a rather idle repetition of the preceding, and possibly the whole from ὅπως ὃ τε χειμῶν το ξηροτάτοισιν should be deleted as a gloss.

³ καὶ τὰ σώματα πέπηγεν MV (πέπηγε M): πέπηγεν ἔτι A.

ἡλικίῃ ὑγρὰ καὶ μαλθακὰ καὶ ψυχρά. δεῖ οὖν πρὸς τὴν ἡλικίην καὶ τὴν ὥρην καὶ τὸ ἔθος καὶ τὴν χώραν¹ καὶ τὰ εἶδεα τὰ διαιτήματα ποιεῖσθαι ἐναντιούμενον τοῖσι καθισταμένοισι καὶ θάλπει

18 καὶ χειμῶσιν· οὕτω γὰρ ἂν μάλιστα ὑγιαίνουσιν.

III. Καὶ ὁδοιορεῖν τοῦ μὲν χειμῶνος ταχέως χρή, τοῦ δὲ θέρεος ἡσυχῇ, ἣν μὴ διὰ καύματος ὁδοιορεῖν· δεῖ δὲ τοὺς μὲν σαρκώδεας θᾶσσον ὁδοιορεῖν,² τοὺς δὲ ἰσχνοὺς ἡσυχαιότερον.³ λουτροῖσι δὲ χρή πολλοῖσι χρῆσθαι τοῦ θέρεος, τοῦ δὲ χειμῶνος ἐλάσσοσι, τοὺς στρυφνοὺς χρή μᾶλλον λούεσθαι τῶν σαρκωδέων. ἡμφιέσθαι δὲ χρή τοῦ μὲν χειμῶνος καθαρὰ ἱμάτια, τοῦ δὲ
9 θέρεος ἐλαιοπινέα.

IV. Τοὺς δὲ παχέας χρή, ὅσοι βούλονται λεπτοὶ γενέσθαι, τὰς ταλαιπωρίας νήστιας ἐόντας ποιεῖσθαι ἀπάσας, καὶ τοῖσι σιτίοισιν ἐπιχειρεῖν ἀσθμαίνοντας καὶ μὴ ἀνεψυγμένους καὶ προπε-
πωκότας οἶνον κεκρημένον μὴ σφόδρα ψυχρόν, καὶ τὰ ὄψα σκευάζειν σησάμοις ἢ ἡδύσμασι καὶ τοῖσιν ἄλλοισι τοῖς τοιουτοτρόποισι· καὶ
πίονα δὲ⁴ ἔστω· οὕτω γὰρ ἂν ἀπὸ ἐλαχίστων ἐμπιπλαῖντο· καὶ μονοσιτεῖν καὶ ἀλουτεῖν καὶ
10 σκληροκοιτεῖν καὶ γυμνὸν περιπατεῖν ὅσον οἶόν τε μάλιστ' ἂν ᾔ. ὅσοι δὲ βούλονται λεπτοὶ ἐόντες παχέες γενέσθαι, τά τε ἄλλα ποιεῖν τὰναντία κείνοις, καὶ νήστιας μηδεμίην ταλαιπωρίην

14 ποιεῖσθαι.⁵

¹ καὶ τὸ ἔθος καὶ τὴν χώραν omitted by A.

² A reads ἡλίου for καύματος and omits ὁδοιορεῖν τοῦ θᾶσσον.

³ ἡσυχαιότερον AV and Holkhamensis 282: ἡσυχαιότερον M: ὀλιγέστερον Caius 50 and (according to Littré) C. This

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for bodies at this age are moist and soft and cold. So in fixing regimen pay attention to age, season, habit, land, and physique, and counteract the prevailing heat or cold. For in this way will the best health be enjoyed.

III. Walking should be rapid in winter and slow in summer, unless it be under a burning heat. Fleishy people should work faster, thin people slower. Bathe frequently in summer, less in winter, and the lean should bathe more than the fleshy. In winter wear unoled cloaks, but soak them in oil in summer.

IV. Fat people who wish to become thin should always fast when they undertake exertion, and take their food while they are panting and before they have cooled, drinking beforehand diluted wine that is not very cold. Their meats should be seasoned with sesame, sweet spices, and things of that sort. Let them also be rich. For so the appetite will be satisfied with a minimum. They should take only one full meal a day, refrain from bathing, lie on a hard bed, and walk lightly clad as much as is possible. Thin people who wish to become fat should do the opposite of these things, and in particular they should never undertake exertion when fasting.

curious difference between Holkhamensis and C (both copies of V), and agreement of C with a MS. of a totally different class, cannot be due to mere chance. As both C and Holkhamensis were copied by the same scribe from V, it looks as though C had been "edited."

⁴ Villaret omits δέ.

⁵ νήστιας μηδεμίην ταλαιπωρίην ποιέεσθαι Littré: νηστείην μηδεμίην καὶ ταλαιπωρίην ποιέεσθαι (with καὶ above the line) A: νῆστιν (M νηστιν with final -ν on an erasure) μὴδὲ μίην ποιέεσθαι MV.

V. Τοῖσι δὲ ἐμέτοισι χρὴ καὶ τοῖσι κατακλύσ-
 μασι τοῖσι τῆς κοιλίης ὧδε χρῆσθαι· ἕξ μῆνας τοὺς
 χειμερινοὺς ἐμείν, οὗτος γὰρ ὁ χρόνος φλεγμα-
 τωδέστερος τοῦ θερινοῦ, καὶ τὰ νοσήματα γίνεται
 περὶ τὴν κεφαλὴν καὶ τὸ χωρίον τοῦτο τὸ ὑπὲρ τῶν
 φρενῶν· ὅταν δὲ ἦ θάλπος, τοῖσι κατακλύσμασι
 χρῆσθαι, ἢ γὰρ ὥρη καυματώδης, καὶ χολωδέσ-
 τερον τὸ σῶμα, καὶ βαρύτητες ἐν τῇ ὀσφύϊ καὶ
 ἐν τοῖσι γούνασι, καὶ θερμαί γίνονται, καὶ ἐν τῇ
 10 γαστρὶ στρόφοι· δεῖ οὖν τὸ σῶμα ψύχειν καὶ τὰ
 μετεωριζόμενα κάτω ὑπάγειν ἀπὸ¹ τῶν χωρίων
 τούτων. ἔστω δὲ τὰ κατακλύσματα τοῖσι μὲν
 παχυτέροισι καὶ ὑγροτέροισιν ἀλμυρώτερα καὶ
 λεπτότερα, τοῖσι δὲ ξηροτέροισι καὶ προσε-
 σταλμένοισι καὶ ἀσθενεστέροισι λιπαρώτερα καὶ
 παχύτερα· ἔστι δὲ τῶν κατακλυσμάτων λιπαρὰ
 καὶ παχέα τὰ ἀπὸ τῶν γαλακτῶν καὶ ἀπὸ
 ἐρεβίνθων ὕδωρ ἐφθὸν καὶ τῶν ἄλλων τοιούτων·
 λεπτὰ δὲ καὶ ἀλμυρὰ τὰ τοιαῦτα, ἄλμη² καὶ
 20 θάλασσα. τοὺς δὲ ἐμέτους ὧδε χρὴ ποιεῖσθαι·
 ὅσοι μὲν τῶν ἀνθρώπων παχείες εἰσὶ καὶ μὴ
 ἰσχυροί,³ νήστιες ἐμεόντων δραμόντες ἢ ὁδοιπορή-
 σαντες διὰ τάχειος κατὰ μέσον ἡμέρης· ἔστω δὲ
 ἡμικοτύλιον ὑσώπου τετριμμένης ἐν ὕδατος
 χοεῖ, καὶ τοῦτο ἐκπιέτω, ὅξος παραχέων καὶ ἄλας
 παραβάλλων, ὅπως ἂν μέλλῃ ἥδιστον ἔσεσθαι,
 πινέτω δὲ τὸ πρῶτον ἡσυχαιότερον, ἔπειτα δ'
 ἐπὶ θάσσον. οἱ δὲ λεπτότεροι καὶ ἀσθενέσ-

¹ ἀπὸ A : ἐκ MV.

² ἄλμη A : κράμβη MV and Holkhamensis 282 : κράμβην C (according to Littré). If Littré has correctly collated C, this is a case where this MS. differs from V and the Holkham MS.

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V. Emetics and clysters for the bowels should be used thus. Use emetics during the six winter months, for this period engenders more phlegm than does the summer, and in it occur the diseases that attack the head and the region above the diaphragm. But when the weather is hot use clysters, for the season is burning, the body bilious, heaviness is felt in the loins and knees, feverishness comes on and colic in the belly. So the body must be cooled, and the humours that rise must be drawn downwards from these regions. For people inclined to fatness and moistness let the clysters be rather salt and thin; for those inclined to dryness, leanness and weakness let them be rather greasy and thick. Greasy, thick clysters are prepared from milk, or water boiled with chick-peas or similar things. Thin, salt clysters are made of things like brine and sea-water. Emetics should be employed thus. Men who are fat and not thin should take an emetic fasting after running or walking quickly in the middle of the day. Let the emetic consist of half a *cotyle* of hyssop compounded with a *chous*¹ of water, and let the patient drink this, pouring in vinegar and adding salt, in such a way as to make the mixture as agreeable as possible. Let him drink it quietly at first, and then more quickly. Thinner and weaker people should partake of food

¹ If the *chous* contained 12 *cotylae* or 5 $\frac{3}{4}$ pints it is plain that the prescription gives the proportions of the mixture rather than the size of the dose. A dose of 6 pints seems heroic.

² A omits καὶ μὴ ἰσχυροί.

- 30 *τεροι ἀπὸ σιτίων ποιείσθωσαν τὸν ἑμετον*
τρόπον τοιόνδε· λουσάμενος θερμῷ προπιέτω
ἀκρήτου κοτύλην, ἔπειτα σιτία παντοδαπὰ
ἐσθιέτω, καὶ μὴ πινέτω ἐπὶ τῷ σιτίῳ μηδ' ἀπὸ
τοῦ σιτίου, ἀλλ' ἐπισχέτω ὅσον δέκα στάδια
διελθεῖν, ἔπειτα δὲ συμμίξας οἶνους τρεῖς πίνειν
διδόναι αὐστηρὸν καὶ γλυκὺν καὶ ὀξύν, πρῶτον μὲν
ἀκρητέστερόν τε καὶ κατ' ὀλίγον καὶ διὰ πολλοῦ
χρόνου, ἔπειτα δὲ ὑδαρέστερόν τε καὶ θάσσον καὶ
κατὰ πολλόν. ὅστις δὲ εἴωθε τοῦ μηνὸς δις
ἐξεμεῖν, ἄμεινον ἐφεξῆς ποιεῖσθαι τοὺς ἐμέτους ἐν
40 *δυσὶν ἡμέρησι μᾶλλον, ἢ διὰ πεντεκαίδεκα· οἱ δὲ*
πᾶν τοῦναντίον ποιέουσιν. ὅσοις δὲ ἐπιτήδειον
ἀνεμεῖν τὰ σιτία, ἢ ὅσοισιν αἱ κοιλίαι οὐκ
εὐδιέξοδοι, τούτοισι πᾶσι συμφέρει πολλάκις τῆς
ἡμέρης ἐσθίειν, καὶ παντοδαποῖσι βρώμασι
χρῆσθαι καὶ ὄψοισι πάντας τρόπους ἐσκευασμέ-
νοισι, καὶ οἶνους πίνειν δισσοὺς καὶ τρισσοὺς·
ὅσοι δὲ μὴ ἀνεμέουσιν τὰ σιτία, ἢ καὶ κοιλίας
ἔχουσιν ὑγράς, τούτοισι δὲ πᾶσι τοῦναντίον τούτου
49 *τοῦ τρόπου συμφέρει ποιεῖν.*

VI. Τὰ δὲ¹ παιδία χρὴ τὰ νήπια βρέχειν ἐν θερμῷ
 ὕδατι πολὺν χρόνον, καὶ πίνειν διδόναι ὑδαρέα
 τὸν οἶνον καὶ μὴ ψυχρὸν παντάπασιν, τοῦτον δὲ
 διδόναι, ὃς ἥκιστα τὴν γαστέρα μετεωριεῖ καὶ
 φύσαν παρέξει· ταῦτα δὲ ποιεῖν, ὅπως οἷ τε
 σπασμοὶ ἦσσαν ἐπιλάβωσι, καὶ μείζονα γίνηται
 καὶ εὐχρωώτερα. τὰς δὲ² γυναῖκας χρὴ διαι-
 τᾶσθαι τῷ ξηροτέρῳ τῶν τρόπων· καὶ γὰρ τὰ
 σιτία τὰ³ ξηρὰ ἐπιτηδειότερα πρὸς τὴν μαλθακό-
 10 *τητα τῶν σαρκῶν, καὶ τὰ πόματα ἀκρητέστερα*
 11 *ἀμείνω πρὸς τὰς ὑστέρας καὶ τὰς κυοτροφίας.⁴*

before the emetic in the following way. After bathing in hot water let the patient first drink a cotyle of neat wine; then let him take food of all sorts without drinking either during or after the meal, but after waiting time enough to walk ten stades, give him to drink a mixture of three wines, dry, sweet and acid, first rather neat, and taken in small sips at long intervals, then more diluted, more quickly and in larger quantities.

He who is in the habit of taking an emetic twice a month will find it better to do so on two successive days than once every fortnight, though the usual custom is just the contrary. Those who benefit from vomiting up their food, or whose bowels do not easily excrete, all these profit by eating several times a day, partaking of all sorts of food and of meats prepared in every way, and by drinking two or three sorts of wine. Those who do not vomit up their food, or have loose bowels, all these profit by acting in exactly the opposite way to this.

VI. Infants should be washed in warm water for a long time, and be given to drink their wine well diluted and not altogether cold, and such that will least swell the belly and cause flatulence. This must be done that they may be less subject to convulsions, and that they may become bigger and of a better colour. Women should use a regimen of a rather dry character, for food that is dry is more adapted to the softness of their flesh, and less diluted drinks are better for the womb and for pregnancy.

¹ A omits δέ.

² A omits δέ.

³ A omits τὰ.

⁴ *κυστροφίας* Littré, slightly altering two inferior MSS. A reads *σκιητροφίας* and MV *σκιατροφίας*. Littré's reading certainly seems correct, but the other one must be very old, going back to the archetype of AM and V.

VII. Τοὺς γυμναζομένους χρή τοῦ χειμῶνος καὶ τρέχειν καὶ παλαίειν, τοῦ δὲ θέρεος παλαίειν μὲν ὀλίγα, τρέχειν δὲ μῆ, περιπατεῖν δὲ πολλὰ κατὰ ψῦχος. ὅσοι κοπιῶσιν ἐκ τῶν δρόμων, τούτους παλαίειν χρή· ὅσοι δὲ παλαίοντες κοπιῶσι, τούτους τρέχειν χρή· οὕτω γὰρ ἂν ταλαιπωρέων τῷ κοπιῶντι τοῦ σώματος διαθερμαίνοιτο καὶ συνιστῶτο¹ καὶ διαναπαύοιτο μάλιστα. ὁπόσους γυμναζομένους διάρροιαί λαμβάνουσι, 10 καὶ τὰ ὑποχωρήματα σιτώδεα καὶ ἄπεπτα, τούτοισί τε τῶν γυμνασίων ἀφαιρεῖν μὴ ἐλάσσω τοῦ τρίτου μέρους, καὶ τῶν σιτίων τοῖσιν ἡμίσεσι χρῆσθαι· δῆλον γὰρ δὴ ὅτι ἡ κοιλίη συνθάλλειν οὐ δύναται ὥστε πέσσεσθαι τὸ πλήθος τῶν σιτίων·² ἔστω δὲ τούτοισι τὰ σιτία ἄρτος ἐξοπτότατος, ἐν οἴνῳ ἐντεθρυμμένος, καὶ τὰ ποτὰ ἀκρητέστατα καὶ ἐλάχιστα, καὶ περιπάτοισι μὴ χρήσθωσαν ἀπὸ τοῦ σιτίου· μονοσιτεῖν δὲ χρή 20 ὑπὸ³ τούτου τὸν χρόνον· οὕτω γὰρ ἂν μάλιστα συνθάλλοιτο ἡ κοιλίη, καὶ τῶν ἐσιόντων ἐπικρατοίη. γίνεται δὲ ὁ τρόπος οὗτος τῆς διαρροίης τῶν σωμάτων τοῖσι πυκνοσάρκοισι μάλιστα, ὅταν ἀναγκάζεται ὠνθρωπος κρηφαγεῖν, τῆς φύσιος ὑπαρχούσης τοιαύτης· αἱ γὰρ φλέβες πυκνωθεῖσαι οὐκ ἀντιλαμβάνονται τῶν σιτίων τῶν ἐσιόντων· ἔστι δὲ αὕτη μὲν ἡ φύσις ὀξέη, καὶ τρέπεται ἐφ' ἐκάτερα, καὶ ἀκμάζει ὀλίγον χρόνον ἢ εὐεξίῃ ἐν τοῖσι τοιοντοτρόποισι τῶν σωμάτων. τὰ δὲ ἀραιότερα τῶν εἰδέων καὶ 30 δασύτερα καὶ τὴν ἀναγκοφαγίην⁴ δέχεται, καὶ τὰς ταλαιπωρίας μᾶλλον,⁵ καὶ χρονιώτεραι γίνονται

¹ συνιστῶτο is omitted by A.

VII. Athletes in training should in winter both run and wrestle ; in summer they should wrestle but little and not run at all, walking instead a good deal in the cool. Such as are fatigued after their running ought to wrestle ; such as are fatigued by wrestling ought to run. For by taking exercise in this way they will warm, brace and refresh best the part of the body suffering from fatigue. Such as are attacked by diarrhœa when training, whose stools consist of undigested food, should reduce their training by at least one-third and their food by one-half. For it is plain that their bowels cannot generate the heat necessary to digest the quantity of their food. The food of such should be well-baked bread crumbled into wine, and their drink should be as undiluted and as little as possible, and they ought not to walk after food. At this time they should take only one meal each day, a practice which will give the bowels the greatest heat, and enable them to deal with whatever enters them. This kind of diarrhœa attacks mostly persons of close flesh, when a man of such a constitution is compelled to eat meat, for the veins when closely contracted cannot take in the food that enters. This kind of constitution is apt sharply to turn in either direction, to the good or to the bad, and in bodies of such a sort a good condition is at its best only for a while. Physiques of a less firm flesh and inclined to be hairy are more capable of forcible feeding and of fatigue, and their good condition is of

² Before *σιτίων* A has *ἐσιόντων*.

³ A omits *ὑπό*.

⁴ Littré with slight authority reads *κρηφαγίην*, "meat-eating."

⁵ For *μᾶλλον* A has *μάλιστα*.

αὐτοῖσιν αἱ εὐεξίαι. καὶ ὅσοι τὰ σιτία ἀνερεύ-
 γονται τῇ ὑστεραίῃ, καὶ τὰ ὑποχόνδρια μετεω-
 ρίζεται αὐτοῖσιν ὡς ἀπέπτων τῶν σιτίων ἐόντων,
 τούτοισι καθεύδειν μὲν πλείονα χρόνον συμφέρει,
 τῇ δὲ ἄλλῃ ταλαιπωρίῃ ἀναγκάζειν χρὴ αὐτῶν
 τὰ σώματα, καὶ τὸν οἶνον ἀκρητέστερον πινόντων
 καὶ πλείω, καὶ τοῖσι σιτίοισιν ἐλάσσοσι χρῆσθαι
 ὑπὸ τοῦτον τὸν χρόνον· δῆλον γὰρ δὴ ὅτι ἡ
 40 κοιλίῃ ὑπὸ ἀσθενείης καὶ ψυχρότητος οὐ δύναται
 τὸ πλῆθος τῶν σιτίων καταπέσσειν. ὅσους δὲ
 δίψαι λαμβάνουσι, τούτοισι τῶν τε σιτίων καὶ
 τῶν ταλαιπωριῶν ἀφαιρεῖν, καὶ τὸν οἶνον
 πινόντων ὑδαρέα τε καὶ ὅτι ψυχρότατον. οἷσι
 δὲ ὀδύνη γίνεται τῶν σπλάγχχνων ἢ ἐκ γυμνα-
 σίης¹ ἢ ἐξ ἄλλης τινὸς ταλαιπωρίας, τούτοισι
 συμφέρει ἀναπαύεσθαι ἀσίτοισι, πόματι δὲ
 χρῆσθαι ὃ τι ἐλάχιστον ἐς τὸ σῶμα ἐσελθὼν
 πλεῖστον οὖρον διάξει, ὅπως αἱ φλέβες αἱ διὰ
 50 τῶν σπλάγχχνων πεφυκυῖαι μὴ κατατείνωνται
 πληρεῦμεναι· ἐκ γὰρ τῶν τοιούτων τά τε² φύματα
 52 γίνονται καὶ οἱ πυρετοί.

VIII. Οἷσιν αἱ νοῦσοι ἀπὸ τοῦ ἐγκεφάλου γίνον-
 ται, νάρκη πρῶτον ἴσχει τὴν κεφαλὴν, καὶ οὐρεῖ
 θαμινά, καὶ τᾶλλα πᾶσχει ὅσα ἐπὶ στραγγουρίῃ·
 οὗτος ἐφ' ἡμέρας ἐννέα τοῦτο πᾶσχει· καὶ ἦν μὲν³
 ῥαγῇ κατὰ τὰς ῥίνας ἢ κατὰ τὰ ὦτα ὕδωρ ἢ⁴
 βλέννα, ἀπαλλάσσεται τῆς νούσου, καὶ τῆς
 στραγγουρίας παύεται· οὐρεῖ δὲ ἀπόνως πολὺν
 καὶ λευκόν, ἔστ' ἂν εἴκοσιν ἡμέρας παρέλθῃ· καὶ
 ἐκ τῆς κεφαλῆς ἡ ὀδύνη ἐκλείπει τῷ ἀνθρώπῳ,
 10 ἐσορέοντι δὲ βλάπτεται οἱ ἡ ἀνγὴ.

¹ A has γυμνασίων.

longer duration. Such as throw up their food the day after, whose hypochondria are swollen because of the undigested food, are benefited by prolonging their sleep, but apart from this their bodies should be subjected to fatigue, and they should drink more wine and less diluted, and at such times partake of less food. For it is plain that their bellies are too weak and cold to digest the quantity of food. When people are attacked by thirst, diminish food and fatigue, and let them drink their wine well diluted and as cold as possible. Those who feel pains in the abdomen after exercise or after other fatigue are benefited by resting without food; they ought also to drink that of which the smallest quantity will cause the maximum of urine to be passed, in order that the veins across the abdomen may not be strained by repletion. For it is in this way that tumours and fevers arise.

VIII.¹ When a disease arises from the brain, at first a numbness seizes the head and there is frequent passing of urine with the other symptoms of strangury; this lasts nine days. Then, if water or mucus break out at the nostrils or ears, the illness ceases and there is no more strangury. The patient passes without pain copious white urine for the next twenty days. His headache disappears, but his vision is impaired.

¹ Chapter VIII is a fragment from the beginning of *περὶ νόσων* II.

² A omits *τὰ τε*.

³ A omits *μέν*.

⁴ For *ἡ* A has *καί*.

ΙΧ. Ἄνδρα δὲ¹ χρή, ὅς² ἐστι συνετός, λογισάμενον ὅτι τοῖσιν ἀνθρώποισι πλείστου ἄξιόν ἐστιν ἢ ὑγίειν, ἐπίστασθαι ἐκ³ τῆς ἑωυτοῦ γνώμης
 4 ἐν τῇσι νούσοισιν ὠφελεῖσθαι.

¹ A omits δέ.

² ὅς MV : ὅστις A.

³ ἐκ MV : ἀπὸ A.

REGIMEN IN HEALTH, IX.

IX.¹ A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit in his illnesses.

¹ Chapter IX is a fragment from the beginning of *περὶ παθῶν* (Littré, vi. 208).