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Hippocratic Writings

Hippocrates

ΟΡΚΟΣ
ΠΕΡΙ ΑΡΧΑΙΗΣ ΙΗΤΡΙΚΗΣ
ΑΦΟΡΙΣΜΟΙ

Hippocratic Writings

The Oath, On Ancient Medicine, the Aphorisms, and Nine More

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with a word-for-word interlinear English translation

preserving the original word order



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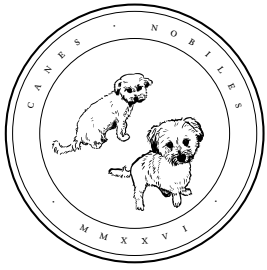

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HIPPOCRATES

ΟΡΚΟΣ

The Oath

ΟΡΚΟΣ

THE PHYSICIAN'S OATH

The physician swears by Apollo, Asclepius, Hygieia, Panacea, and all the gods: to hold his teacher equal to his parents and share his livelihood, to treat his teacher's sons as brothers and teach them the art without fee, and to share instruction only with his own sons, his teacher's sons, and sworn pupils. He will use regimen for the good of the sick, never to harm; he will give no deadly drug or abortive pessary, and will leave cutting for the stone to its practitioners. In every house he will abstain from wrongdoing and sexual acts, and keep silent on what he sees or hears. If he keeps the oath, may he be honored; if he breaks it, the opposite.

Ὄμνυμι Ἀπόλλωνα ἰητρὸν, καὶ Ἀσκληπιὸν, καὶ Ὑγείαν,
I-swear-by Apollo physician and Asclepius and Hygieia
καὶ Πανάκειαν, καὶ θεοὺς πάντας τε καὶ πάσας, ἵστορας
and Panacea and gods all both and all-(goddesses) witnesses
ποιεύμενος, ἐπιτελέα ποιήσειν κατὰ δύναμιν καὶ κρίσιν
making fulfilled to-make according-to ability and judgment
ἐμὴν ὅρκον τόνδε καὶ ξυγγραφὴν τήνδε· ἡγήσασθαι μὲν
my oath this and covenant this to-regard indeed
τὸν διδάξαντά με τὴν τέχνην ταύτην ἴσα γενέτῃσιν
the-(one) having-taught me the art this equal to-parents
ἐμοῖσι, καὶ βίου κοινώσασθαι, καὶ χρεὼν χρηΐζοντι
my and of-livelihood to-share-with-(him) and of-money (to-him)-needing
μετάδοσιν ποιήσασθαι, καὶ γένος τὸ ἐξ ὠυτέου ἀδελφοῖς
a-share to-make and offspring the from him to-brothers
ἴσον ἐπικρινέειν ἄῤῥεσι, καὶ διδάξειν τὴν τέχνην ταύτην, ἢν
equal to-judge male and to-teach the art this if
χρηΐζωσι μανθάνειν, ἄνευ μισθοῦ καὶ ξυγγραφῆς, παραγγελίης
they-need to-learn without fee and covenant of-precept
τε καὶ ἀκροήσιος καὶ τῆς λοιπῆς ἁπάσης μαθήσιος μετάδοσιν
both and of-lecture and of-the remaining all learning a-share

ποιήσασθαι υἱοῖσί τε ἐμοῖσι, καὶ τοῖσι τοῦ ἐμὲ διδάξαντος,
to-make to-sons both my and to-those of-the-(one) me having-taught
καὶ μαθηταῖσι συγγεγραμμένοισί τε καὶ ὡρκισμένοις νόμῳ
and to-pupils covenanted both and sworn by-law
ἰητρικῷ, ἄλλῳ δὲ οὐδενί. Διαιτήμασί τε χρήσομαι ἐπ'
medical to-other but no-one Regimens both I-will-use for
ὠφελείῃ καμνόντων κατὰ δύναμιν καὶ κρίσιν ἐμὴν, ἐπὶ
benefit of-the-sick according-to ability and judgment my from
δηλήσει δὲ καὶ ἀδικίῃ εἴρξειν. Οὐ δώσω δὲ οὐδὲ φάρμακον
harm but and wrong to-keep-(them) Not I-will-give and even drug
οὐδενὶ αἰτηθεὶς θανάσιμον, οὐδὲ ὑφηγήσομαι ξυμβουλίην
to-anyone being-asked deadly nor will-I-suggest counsel
τοιήνδε· ὁμοίως δὲ οὐδὲ γυναικὶ πεσσὸν φθόριον δώσω.
such likewise and nor to-a-woman pessary abortive will-I-give
Ἁγνῶς δὲ καὶ ὁσίως διατηρήσω βίον τὸν ἐμὸν καὶ τέχνην
Purely and also holily I-will-guard life the my and art
τὴν ἐμήν. Οὐ τεμέω δὲ οὐδὲ μὴν λιθιῶντας, ἐκχωρήσω δὲ
the my Not I-will-cut and even indeed (those)-with-the-stone I-will-give-way and
ἐργάτῃσιν ἀνδράσι πρήξιος τῆσδε. Ἐς οἰκίας δὲ ὁκόσας ἂν
to-workers men of-practice this Into houses and as-many-as —
ἐσίω, ἐσελεύσομαι ἐπ' ὠφελείῃ καμνόντων, ἐκτὸς ἐὼν πάσης
I-enter I-will-go-in for benefit of-the-sick outside being all
ἀδικίης ἑκουσίης καὶ φθορίης, τῆς τε ἄλλης καὶ ἀφροδισίων
wrongdoing voluntary and corruption of-the both other and of-sexual
ἔργων ἐπί τε γυναικείων σωμάτων καὶ ἀνδρῴων, ἐλευθέρων
acts upon both women's bodies and men's free
τε καὶ δούλων. Ἃ δ' ἂν ἐν θεραπείῃ ἢ ἴδω, ἢ ἀκούσω,
both and slaves What and — in treatment either I-see or I-hear
ἢ καὶ ἄνευ θεραπηίης κατὰ βίον ἀνθρώπων, ἃ μὴ χρή
or even without treatment in life of-men which not must
ποτε ἐκλαλέεσθαι ἔξω, σιγήσομαι, ἄῤῥητα ἡγεύμενος εἶναι
ever to-be-spoken-abroad outside I-will-keep-silent unspeakable regarding to-be

τὰ τοιαῦτα. Ὅρκον μὲν οὖν μοι τόνδε ἐπιτελέα ποιέοντι,
the such Oath indeed then to-me this fulfilled making
καὶ μὴ ξυγχέοντι, εἴη ἐπαύρασθαι καὶ βίου καὶ τέχνης
and not confounding may-it-be to-enjoy both of-life and of-art
δοξαζομένῳ παρὰ πᾶσιν ἀνθρώποις ἐς τὸν αἰεὶ χρόνον·
being-honored among all men for the always time
παραβαίνοντι δὲ καὶ ἐπιορκοῦντι, τἀναντία τουτέων.
transgressing but and forswearing the-opposite of-these

HIPPOCRATES

ΝΟΜΟΣ

The Law

ΝΟΜΟΣ

KNOWLEDGE AND OPINION

Medicine is the most distinguished of the arts but lags behind them all, since the cities fix no penalty for it but disrepute, and like the mute figures of tragedy, who wear an actor's dress but are no actors, many bear the name of physician while few practice the art. Learning it needs a gift by nature, teaching, a fit place, learning from youth, industry, and time, as crops need soil, seed, air, cultivation, and season. Inexperience is a bad treasure, the nurse of cowardice and rashness; knowledge makes a man know, opinion makes him ignorant, and holy things are shown only to the initiated.

Ἰητρικὴ τεχνέων μὲν πασέων ἐστὶν ἐπιφανεστάτη· 1
Medicine of-arts indeed of-all is most-distinguished
διὰ δὲ ἀμαθίην τῶν τε χρεομένων αὐτῇ, καὶ
because-of but ignorance of-those both using it and
τῶν εἰκῇ τοὺς τοιούσδε κρινόντων, πολύ τι
of-those at-random the such judging much somewhat
πασέων ἤδη τῶν τεχνέων ἀπολείπεται. Ἡ δὲ τῶνδε
of-all now the arts falls-behind The and of-these
ἁμαρτὰς τὰ μάλιστά μοι δοκέει ἔχειν αἰτίην τοιήνδε·
error the most to-me seems to-have cause such
πρόστιμον γὰρ ἰητρικῆς μούνης ἐν τῇσι πόλεσιν οὐδὲν
penalty for of-medicine alone in the cities none
ὥρισται, πλὴν ἀδοξίης· αὕτη δὲ οὐ τιτρώσκει τοὺς
is-fixed except disrepute this but not wounds those
ἐξ αὐτέης συγκειμένους. Ὁμοιότατοι γάρ εἰσιν οἱ
of it composed Most-like for are the
τοιοίδε τοῖσι παρεισαγομένοισι προσώποισιν ἐν τῇσι
such to-the brought-on masks in the
τραγῳδίῃσιν· ὡς γὰρ ἐκεῖνοι σχῆμα μὲν καὶ στολὴν
tragedies as for those form indeed and dress

καὶ πρόσωπον ὑποκριτοῦ ἔχουσιν, οὐκ εἰσὶ δὲ ὑποκριταὶ,
and mask of-an-actor have not are but actors
οὕτω καὶ ἰητροὶ, φήμῃ μὲν πολλοὶ, ἔργῳ δὲ πάγχυ
so also physicians by-repute indeed many in-fact but very
βαιοί.
few

2 Χρὴ γὰρ, ὅστις μέλλει ἰητρικῆς ξύνεσιν
One-must for whoever is-going of-medicine understanding
ἀτρεκέως ἁρμόζεσθαι, τῶνδέ μιν ἐπήβολον γενέσθαι·
exactly to-acquire of-these him possessed to-become
φύσιος· διδασκαλίης· τόπου εὐφυέος· παιδομαθίης·
of-nature of-teaching of-place well-suited of-learning-from-youth
φιλοπονίης· χρόνου. Πρῶτον μὲν οὖν πάντων
of-diligence of-time First indeed then of-all
δεῖ φύσιος· φύσιος γὰρ ἀντιπρησσούσης, κενεὰ
is-needed of-nature nature for opposing vain
πάντα· φύσιος δὲ ἐς τὸ ἄριστον ὁδηγεούσης,
all-things nature but to the best leading
διδασκαλίη τέχνης γίνεται· ἢν μετὰ φρονήσιος δεῖ
teaching of-the-art comes-about which with intelligence one-must
περιποιήσασθαι, παιδομαθέα γενόμενον ἐν τόπῳ, ὁκοῖος
to-acquire learner-from-youth having-become in place such-as
εὐφυὴς πρὸς μάθησιν ἔσται· ἔτι δὲ φιλοπονίην
well-suited for learning it-will-be further and diligence
προσενέγκασθαι ἐς χρόνον πουλὺν, ὅκως ἡ μάθησις,
to-bring-to for time long so-that the learning
ἐμφυσιωθεῖσα, δεξιῶς τε καὶ εὐαλδέως τοὺς καρποὺς
implanted skillfully both and well-thrivingly the fruits
ἐξενέγκηται.
may-bring-forth

Ὁκοίη γὰρ τῶν ἐν τῇ γῇ φυομένων θεωρίη, τοιήδε 3
Such-as for of-the in the earth growing (the)-observation such
καὶ τῆς ἰητρικῆς ἡ μάθησις. Ἡ μὲν γὰρ φύσις ἡμέων,
also of-the medicine the learning The indeed for nature our
ὁκοῖον ἡ χώρη· τὰ δὲ δόγματα τῶν διδασκόντων,
like the soil the and teachings of-the teachers
ὁκοῖον τὰ σπέρματα· ἡ δὲ παιδομαθίη, τὸ καθ᾽ ὥρην
like the seeds the and learning-from-youth the in season
αὐτὰ πεσεῖν εἰς τὴν ἄρουραν· ὁ δὲ τόπος ἐν ᾧ ἡ
them to-fall into the field the and place in which the
μάθησις, ὁκοῖον ἡ ἐκ τοῦ περιέχοντος ἠέρος τροφὴ
learning like the from the surrounding air nourishment
γιγνομένη τοῖσι φυομένοισιν· ἡ δὲ φιλοπονίη, ἐργασίη·
coming to-the growing-things the and diligence cultivation
ὁ δὲ χρόνος ταῦτα ἐνισχύει πάντα, ὡς τραφῆναι
the and time these strengthens all so-that to-be-nourished
τελέως.
perfectly

Ταῦτα ὧν χρὴ ἐς τὴν ἰητρικὴν τέχνην ἐσενεγκαμένους, 4
These-things then one-must into the medical art having-brought
καὶ ἀτρεκέως αὐτέης γνῶσιν λαβόντας, οὕτως
and exactly of-it knowledge having-taken thus
ἀνὰ τὰς πόλιας φοιτεῦντας, μὴ λόγῳ μοῦνον,
through the cities going-about not in-word only
ἀλλὰ καὶ ἔργῳ ἰητροὺς νομίζεσθαι. Ἡ δὲ ἀπειρίη,
but also in-fact physicians to-be-considered The but inexperience
κακὸς θησαυρὸς καὶ κακὸν κειμήλιον τοῖσιν ἔχουσιν
bad treasure and bad heirloom to-those having
αὐτέην, καὶ ὄναρ καὶ ὕπαρ, εὐθυμίης τε καὶ
it and in-dream and in-waking of-cheerfulness both and
εὐφροσύνης ἄμοιρος, δειλίης τε καὶ θρασύτητος
of-gladness without-share of-cowardice both and of-rashness

τιθήνη. Δειλίη μὲν γὰρ ἀδυναμίην σημαίνει·
nurse Cowardice indeed for powerlessness signifies
θρασύτης δὲ, ἀτεχνίην. Δύο γὰρ, ἐπιστήμη τε καὶ
rashness but lack-of-art Two for knowledge both and
δόξα, ὧν τὸ μὲν ἐπίστασθαι ποιέει, τὸ δὲ
opinion of-which the-one indeed to-know makes the-other but
ἀγνοεῖν.
to-be-ignorant
Τὰ δὲ ἱερὰ ἐόντα πρήγματα ἱεροῖσιν ἀνθρώποισι δείκνυται·
The but holy being things to-holy men are-shown
βεβήλοισι δὲ, οὐ θέμις, πρὶν ἢ τελεσθῶσιν ὀργίοισιν
to-profane but not it-is-lawful before than they-are-initiated in-the-rites
ἐπιστήμης.
of-knowledge

HIPPOCRATES

ΠΕΡΙ ΑΡΧΑΙΗΣ ΙΗΤΡΙΚΗΣ

On Ancient Medicine

ΠΕΡΙ ΑΡΧΑΙΗΣ ΙΗΤΡΙΚΗΣ

I · AGAINST THE POSTULATES

Those who write on medicine from a postulate, hot, cold, moist, or dry, narrow the cause of disease to one or two and err, for medicine has a beginning and a method long found. A postulate suits only unseen things, aloft or under the earth; medicine speaks to laymen of their own sufferings. Necessity found it: the food of the healthy did not help the sick, as the raw diet of beasts once proved too strong for the healthy, who learned to make bread and barley-cake. That discovery deserves the name medicine, and trainers still add to it by the same road.

Ὁκόσοι ἐπεχείρησαν περὶ ἰητρικῆς λέγειν ἢ γράφειν, 1
As-many-as have-attempted about medicine to-speak or to-write
ὑπόθεσιν σφίσιν αὐτέοισιν ὑποθέμενοι τῷ λόγῳ, θερμὸν,
a-postulate for-themselves themselves having-laid-down for-the argument hot
ἢ ψυχρὸν, ἢ ὑγρὸν, ἢ ξηρὸν, ἢ ἄλλ᾽ ὅ τι ἂν ἐθέλωσιν, ἐς
or cold or moist or dry or other what — — they-wish into
βραχὺ ἄγοντες, τὴν ἀρχὴν τῆς αἰτίης τοῖσιν ἀνθρώποισι τῶν
narrow leading the beginning of-the cause for-the men of-the
νούσων τε καὶ τοῦ θανάτου, καὶ πᾶσι τὴν αὐτέην, ἓν ἢ δύο
diseases both and of-the death and for-all the same one or two
προθέμενοι, ἐν πολλοῖσι μὲν καὶ οἷσι λέγουσι καταφανέες
having-proposed in many-things indeed even of-what they-say manifest
εἰσὶν ἁμαρτάνοντες· μάλιστα δὲ ἄξιον μέμψασθαι, ὅτι
are erring most but worthy to-blame that
ἀμφὶ τέχνης ἐούσης, ἧ χρέονταί τε πάντες ἐπὶ τοῖσι
concerning an-art being which use both all for the
μεγίστοισι καὶ τιμῶσι μάλιστα τοὺς ἀγαθοὺς χειροτέχνας καὶ
greatest-things and honor most the good craftsmen and
δημιουργούς. Εἰσὶ δὲ δημιουργοὶ, οἱ μὲν φλαῦροι, οἱ
workers Are and workers the-ones indeed poor the-others
δὲ πολλὸν διαφέροντες· ὅπερ, εἰ μὴ ἦν ἰητρικὴ ὅλως, μηδ᾽ ἐν
and much excelling which if not was medicine wholly nor in

αὐτέῃ ἔσκεπτο, μηδ' εὕροιτο μηδὲν, οὐκ ἂν ἦν, ἀλλὰ
it had-been-examined nor found nothing not — would-be but
πάντες ἂν ὁμοίως αὐτέης ἄπειροί τε καὶ ἀνεπιστήμονες
all — alike of-it inexperienced both and unknowing
ἦσαν, καὶ τύχῃ ἂν πάντα τὰ τῶν καμνόντων διῳκέετο.
would-be and by-chance — all the of-the sick would-be-managed
Νῦν δ' οὐχ οὕτως ἔχει, ἀλλ' ὥσπερ καὶ τῶν ἄλλων
Now but not so it-is but just-as also of-the other
τεχνέων πασέων οἱ δημιουργοὶ πολλὸν ἀλλήλων διαφέρουσι
arts all the workers much one-another differ
κατὰ χεῖρα καὶ κατὰ γνώμην, οὕτω δὴ καὶ ἐπὶ ἰητρικῆς.
in hand and in judgment so indeed also in medicine
Διὸ οὐκ ἠξίουν ἔγωγε κενῆς αὐτέην ὑποθέσιος δέεσθαι,
Therefore not did-think I of-empty it of-postulate to-need
ὥσπερ τὰ ἀφανέα τε καὶ ἀπορεόμενα· περὶ ὧν ἀνάγκη,
just-as the unseen-things both and puzzling-things about which necessity
ἤν τις ἐπιχειροίη λέγειν, ὑποθέσει χρέεσθαι· οἷον περὶ τῶν
if anyone should-attempt to-speak a-postulate to-use such-as about the
μετεώρων ἢ τῶν ὑπὸ γῆν εἰ λέγοι τις καὶ γινώσκοι
things-aloft or the-things under earth if should-say anyone and should-know
ὡς ἔχει, οὔτ' ἂν αὐτέῳ τῷ λέγοντι οὔτε τοῖσιν ἀκούουσι
how it-is neither — to-himself the speaking nor to-those hearing
δῆλα ἂν εἴη, εἴ τε ἀληθέα ἐστὶν εἴτε μή· οὐ γὰρ
clear — it-would-be whether both true they-are or not not for
ἔστι πρὸς ὅ τι χρὴ ἐπανενέγκαντα εἰδέναι τὸ σαφές.
there-is to what — one-must referring to-know the certainty

2 Ἰητρικῇ δὲ πάντα πάλαι ὑπάρχει, καὶ ἀρχὴ καὶ ὁδὸς
To-medicine but all-things long-since exist both beginning and way
εὑρημένη, καθ' ἣν καὶ τὰ εὑρημένα πολλά τε καὶ
found by which both the discoveries many both and
καλῶς ἔχοντα εὕρηται ἐν πολλῷ χρόνῳ, καὶ τὰ λοιπὰ
well holding have-been-found in much time and the rest

εὑρεθήσεται, ἤν τις ἱκανός τε ἐὼν καὶ τὰ εὑρημένα
will-be-found if anyone capable both being and the discoveries
εἰδὼς, ἐκ τουτέων ὁρμώμενος ζητέῃ. Ὅστις δὲ ταῦτα
knowing from these setting-out should-seek Whoever but these-things
ἀποβαλὼν καὶ ἀποδοκιμάσας πάντα, ἑτέρῃ ὁδῷ καὶ
having-thrown-away and having-rejected all by-another way and
ἑτέρῳ σχήματι ἐπιχειρέει ζητέειν, καὶ φήσει τι
by-another form attempts to-seek and will-say something
εὑρηκέναι, ἐξηπάτηται καὶ ἐξαπατᾶται· ἀδύνατον γάρ. Δι᾽
to-have-found has-been-deceived and is-deceived impossible for Through
ἃς δὲ ἀνάγκας ἀδύνατον, ἐγὼ πειρήσομαι ἐπιδεῖξαι, λέγων
what and necessities impossible I will-try to-show saying
καὶ δεικνὺς τὴν τέχνην ὅ τι ἐστίν. Ἐκ δὲ τουτέου
and pointing-out the art what — is From and this
καταφανὲς ἔσται ἀδύνατα ἐόντα ἄλλως πως τουτέων
manifest will-be impossible being otherwise somehow than-these
εὑρίσκεσθαι. Μάλιστα δέ μοι δοκέει περὶ ταύτης δεῖν
to-be-found Most and to-me seems about this one-must
λέγοντα τῆς τέχνης γνωστὰ λέγειν τοῖσι δημότῃσιν. Οὐ
speaking the art knowable-things to-say to-the laymen Not
γὰρ περὶ ἄλλου τινὸς οὔτε ζητέειν προσήκει οὔτε λέγειν
for about other any-thing either to-seek befits or to-speak
ἢ περὶ τῶν παθημάτων ὧν αὐτοὶ οὗτοι νοσέουσί τε καὶ
than about the sufferings which themselves these are-ill both and
πονέουσιν· αὐτοὺς μὲν οὖν τὰ σφέων αὐτέων παθήματα
suffer them indeed then the of-themselves themselves sufferings
καταμαθεῖν, ὡς γίνεται καὶ παύεται, καὶ δι᾽ οἵας
to-learn how they-come-about and cease and because-of what
προφάσιας αὔξεταί τε καὶ φθίνει, δημότας ἐόντας, οὐ
causes grow both and wane laymen being not
ῥηΐδιον· ὑπ᾽ ἄλλου δ᾽ εὑρημένα καὶ λεγόμενα εὐπετές. Οὐδὲν
easy by another but found-out and told easy Nothing

γὰρ ἕτερον ἢ ἀναμμνήσκεται ἕκαστος ἀκούων τῶν ἑωυτῷ
for other than recalls each hearing of-the to-himself
ξυμβαινόντων. Εἰ δέ τις τῶν ἰδιωτέων γνώμης ἀποτεύξεται,
happening If but anyone of-the laymen of-judgment shall-miss
καὶ μὴ διαθήσει τοὺς ἀκούοντας οὕτως, τοῦ ἐόντος
and not shall-dispose the hearers so of-the being
ἀποτεύξεται. Καὶ διὰ ταῦτα οὖν οὐδὲν δέεται ὑποθέσιος.
shall-miss And because-of these-things then nothing it-needs a-postulate
3 Τὴν γὰρ ἀρχὴν οὔτ' ἂν εὑρέθη ἡ τέχνη ἡ ἰητρικὴ,
At-the for outset neither — would-have-been-found the art the medical
οὔτ' ἂν ἐζητήθη (οὐδὲν γὰρ αὐτέης ἔδει), εἰ
nor — would-have-been-sought nothing for of-it there-would-be-need if
τοῖσι κάμνουσι τῶν ἀνθρώπων, τὰ αὐτὰ διαιτωμένοισί τε
for-the sick of-the men the same dieting both
καὶ προσφερομένοισιν, ἅπερ οἱ ὑγιαίνοντες ἐσθίουσί τε καὶ
and taking-in which the healthy eat both and
πίνουσι καὶ τἄλλα διαιτέονται, ξυνέφερε, καὶ εἰ μὴ ἦν
drink and the-other-things live-by benefited and if not were
ἕτερα τουτέων βελτίω. Νῦν δ' αὐτὴ ἡ ἀνάγκη ἰητρικὴν
others than-these better Now but itself the necessity medicine
ἐποίησε ζητηθῆναί τε καὶ εὑρεθῆναι ἀνθρώποισιν· ὅτι
made to-be-sought both and to-be-found for-men because
κάμνουσι ταὐτὰ προσφερομένοισιν, ἅπερ οἱ ὑγιαίνοντες,
to-the-sick the-same taking-in as the healthy
οὐ ξυνέφερεν, ὡς οὐδὲ νῦν ξυμφέρει. Ἔτι δ' ἄνωθεν
not benefited as nor now does-it-benefit Further but from-higher-up
ἔγωγε ἀξιῶ οὐδ' ἂν τῶν ὑγιαινόντων δίαιτάν τε καὶ
I think nor — of-the healthy the-diet both and
τροφὴν, ἣ νῦν χρέονται, εὑρεθῆναι, εἰ ἐξήρκεε τῷ
nourishment which now they-use to-have-been-found if sufficed for-the
ἀνθρώπῳ ταὐτὰ ἐσθίοντι καὶ πίνοντι βοΐ τε καὶ ἵππῳ
man the-same eating and drinking as-an-ox both and a-horse

καὶ πᾶσιν ἐκτὸς ἀνθρώπου, οἷον τὰ ἐκ τῆς γῆς φυόμενα,
and all outside of-man such-as the from the earth growing
καρπούς τε καὶ ὕλην καὶ χόρτον· ἀπὸ τουτέων γὰρ
fruits both and wood and grass from these for
καὶ αὔξονται καὶ ἄπονοι διάγουσιν, οὐδὲν προσδεόμενοι
both they-grow and untroubled live nothing needing-further
ἄλλης διαίτης. Καί τοι τὴν ἀρχὴν ἔγωγε ἀξιῶ καὶ τὸν
other regimen And yet at-the outset I think also the
ἄνθρωπον τοιαύτῃ τροφῇ κεχρῆσθαι.
man such nourishment to-have-used
Τὰ δέ γε νῦν διαιτήματα εὑρημένα καὶ τετεχνημένα ἐν
The but at-least now regimens found and contrived in
πολλῷ χρόνῳ γεγενῆσθαί μοι δοκέει. Ὡς γὰρ ἔπασχον
much time to-have-come-about to-me seems As for they-suffered
πολλά τε καὶ δεινὰ ἀπὸ ἰσχυρῆς τε καὶ θηριώδεος
many both and terrible-things from strong both and bestial
διαίτης, ὠμά τε καὶ ἄκρητα καὶ μεγάλας δυνάμιας ἔχοντα
regimen raw both and unmixed and great powers having
ἐσφερόμενοι, οἷά περ ἂν καὶ νῦν ὑπ᾽ αὐτέων πάσχοιεν,
taking-in such-as indeed — also now by them they-would-suffer
πόνοισί τε ἰσχυροῖσι καὶ νούσοισι περιπίπτοντες, καὶ διὰ
by-pains both strong and diseases falling-into and through
ταχέος θανάτοισιν. Ἧσσον μὲν οὖν ταῦτα τότε εἰκὸς
quickness by-deaths Less indeed then these-things at-that-time likely
ἦν πάσχειν διὰ τὴν συνήθειαν· ἰσχυρῶς δὲ καὶ τότε·
was to-suffer because-of the habit strongly but even at-that-time
καὶ τοὺς μὲν πλείστους τε καὶ ἀσθενεστέρην φύσιν
and the-ones indeed most both and weaker nature
ἔχοντας ἀπόλλυσθαι εἰκὸς, τοὺς δὲ τουτέων ὑπερέχοντας
having to-perish likely the-ones but these surpassing
πλείω χρόνον ἀντέχειν· ὥσπερ καὶ νῦν ἐκ τῶν ἰσχυρῶν
more time to-hold-out just-as also now from the strong

βρωμάτων· οἱ μὲν γὰρ ῥηϊδίως ἀπαλλάσσονται, οἱ
foods the-ones indeed for easily get-off the-others
δὲ μετὰ πολλῶν πόνων τε καὶ κακῶν. Διὰ δὴ ταύτην
but with many pains both and ills Through indeed this
τὴν χρείην καὶ οὗτοί μοι δοκέουσι ζητῆσαι τροφὴν
the need also these to-me seem to-have-sought nourishment
ἁρμόζουσαν τῇ φύσει, καὶ εὑρεῖν ταύτην, ἣ νῦν
fitting to-the nature and to-have-found this which now
χρεόμεθα· ἐκ μὲν οὖν τῶν πυρῶν, βρέξαντες καὶ πτίσαντες
we-use from indeed then the wheat having-soaked and having-hulled
καὶ καταλέσαντες πάντα, καὶ διασήσαντες, καὶ φορύξαντες,
and having-ground all and having-sifted and having-kneaded
καὶ ὀπτήσαντες, ἀπετέλεσαν ἄρτον· ἐκ δέ γε τῶν κριθέων
and having-baked they-produced bread from and at-least the barley
μᾶζαν, ἄλλα τε συχνὰ περὶ ταύτην πρηγματευσάμενοι,
barley-cake other-things both many about this having-labored
ἥψησάν τε καὶ ὤπτησαν, καὶ ἔμιξαν, καὶ ἐκέρασαν τὰ
they-boiled both and baked and mixed and blended the
ἰσχυρά τε καὶ ἄκρητα τοῖσιν ἀσθενεστέροισι, πλάσσοντες
strong-things both and unmixed with-the weaker-things molding
πάντα πρὸς τὴν τοῦ ἀνθρώπου φύσιν τε καὶ δύναμιν,
all to the of-the man nature both and power
ἡγεύμενοι, ὅτι ὅσα μὲν ἂν ἰσχυρότερα ᾖ, οὐ δυνήσεται
believing that as-many-as indeed — stronger are not will-be-able
κρατέειν ἡ φύσις, ἢν ἐσβάληται, ἀπὸ τουτέων δ' αὐτέων
to-master the nature if it-takes-in from these but themselves
πόνους τε καὶ νούσους καὶ θανάτους ἔσεσθαι· ὅσων
pains both and diseases and deaths will-be of-as-many-as
δ' ἂν δύνηται ἐπικρατέειν, ἀπὸ τουτέων τροφήν τε καὶ
but — it-can to-master from these nourishment both and
αὔξησιν καὶ ὑγιείην. Τῷ δ' εὑρήματι τούτῳ καὶ ζητήματι
growth and health To-the and discovery this and inquiry

τί ἄν τις οὔνομα δικαιότερον ἢ προσῆκον μᾶλλον θείη
what — anyone name juster or fitting more could-give
ἢ ἰητρικήν; ὅτι γε εὕρηται ἐπὶ τῇ τοῦ ἀνθρώπου
than medicine since at-least it-has-been-found for the of-the man
ὑγιείῃ τε καὶ τροφῇ καὶ σωτηρίῃ, ἄλλαγμα κείνης τῆς
health both and nourishment and safety an-exchange for-that the
διαίτης, ἐξ ἧς οἱ πόνοι καὶ νοῦσοι καὶ θάνατοι ἐγίνοντο.
regimen from which the pains and diseases and deaths came
Εἰ δὲ μὴ τέχνη αὐτὴ νομίζεται εἶναι, οὐκ ἀπεικός· ἧς 4
If but not an-art itself is-considered to-be not unlikely of-which
γὰρ μηδείς ἐστιν ἰδιώτης, ἀλλὰ πάντες ἐπιστήμονες διὰ
for no-one is layman but all knowledgeable because-of
τὴν χρῆσίν τε καὶ ἀνάγκην, οὐ προσήκει ταύτης οὐδένα
the use both and necessity not it-befits of-this no-one
τεχνίτην καλέεσθαι· ἐπεὶ τό γε εὕρημα καὶ μέγα καὶ
craftsman to-be-called since the at-least discovery both great and
πολλῆς τέχνης τε καὶ σκέψιος. Ἔτι γοῦν καὶ νῦν οἱ
of-much art both and inquiry Further at-least even now those
τῶν γυμνασίων τε καὶ ἀσκησίων ἐπιμελόμενοι αἰεί τι
of-the gymnasia both and exercises in-charge always something
προσεξευρίσκουσι, κατὰ τὴν αὐτέην ὁδὸν ζητέοντες ὅ
discover-further along the same way seeking what
τι ἔδων τε καὶ πίνων ἐπικρατήσει τε αὐτέων μάλιστα,
— eating both and drinking he-will-master both them most
καὶ ἰσχυρότερος αὐτὸς ἑωυτοῦ ἔσται.
and stronger himself than-himself will-be

II · MEDICINE WAS FOUND BY THE SAME ROAD

Medicine was sought because the regimen of the healthy did not help the sick; barbarians and some Greeks who use no medicine still live as the healthy do, for pleasure. The first physicians cut the quantity of food, then made gruels by mixing a little strong food with much water, and then drinks for those who could not master even gruels. Strong food harms most, sick and healthy alike, and a healthy man who eats an ox's fodder suffers no less than a sick man who takes bread or barley-cake out of season. So medicine was found by the same road as diet.

Σκεψώμεθα γοῦν καὶ τὴν ὁμολογουμένως ἰητρικὴν, τὴν
Let-us-consider at-least also the admittedly medicine the
ἀμφὶ τοὺς κάμνοντας εὑρημένην, ἣ καὶ οὔνομα καὶ
concerning the sick found which both name and
τεχνίτας ἔχει, εἰ κρατέειν καὶ αὐτὴ τῶν αὐτέων ἐθέλει,
craftsmen has whether to-master also it the same-things it-wishes
καὶ ὁπόθεν ποτὲ ἥρκται. Ἐμοὶ μὲν γὰρ, ὅπερ ἐν ἀρχῇ
and whence ever it-began To-me indeed for what in beginning
εἶπον, οὐδ' ἂν ζητῆσαι δοκέοι ἰητρικὴν οὐδεὶς, εἰ ταὐτὰ
I-said nor — to-seek would-seem medicine anyone if the-same
διαιτήματα τοῖσί τε κάμνουσι καὶ τοῖσιν ὑγιαίνουσιν
regimens to-the both sick and to-the healthy
ἥρμοζεν. Ἔτι γοῦν καὶ νῦν ὅσοι ἰητρικῇ μὴ χρέονται,
fitted Further at-least even now as-many-as medicine not use
οἵ τε βάρβαροι καὶ τῶν Ἑλλήνων ἔνιοι τὸν αὐτὸν τρόπον,
the both barbarians and of-the Greeks some the same manner
ὅν περ οἱ ὑγιαίνοντες, διαιτέονται πρὸς ἡδονὴν, καὶ
which indeed the healthy live for pleasure and
οὔτ' ἂν ἀπόσχοιντο οὐδενὸς ὧν ἐπιθυμέουσιν, οὔθ'
neither — would-they-abstain from-anything of-what they-desire nor
ὑποστείλαιντο ἄν. Οἱ δὲ ζητήσαντές τε καὶ εὑρόντες
would-they-restrain-themselves — Those but having-sought both and having-found

ἰητρικὴν, τὴν αὐτέην κείνοισι διάνοιαν ἔχοντες περὶ ὧν
medicine the same with-those judgment having about which
μοι ὁ πρότερος λόγος εἴρηται, πρῶτον μὲν οἶμαι,
to-me the former argument has-been-spoken first indeed I-think
ὑφεῖλον τοῦ πλήθεος τῶν σιτίων αὐτέων τουτέων,
they-took-away-from the quantity of-the foods themselves these
καὶ ἀντὶ πλεόνων ὀλίγα ἐποίησαν· ἐπεὶ δ' αὐτέοισι
and instead-of more few made since and to-them
τοῦτό ἐστι μὲν ὅτε πρός τινος τῶν καμνόντων ἤρκεσε,
this is indeed when for some of-the sick it-sufficed
καὶ φανερὸν ἐγένετο ὠφελῆσαν, οὐ μέντοι πᾶσί γε· ἀλλ'
and manifest became having-benefited not however to-all at-least but
ἦσάν τινες οὕτως ἔχοντες, ὡς μὴ ὀλίγων σιτίων δύνασθαι
were some so being as not few foods to-be-able
ἐπικρατέειν· ἀσθενεστέρου δὲ δή τινος οἱ τοιοίδε ἐδόκεον
to-master weaker and indeed something the such seemed
δέεσθαι, εὗρον τὰ ῥοφήματα, μίξαντες ὀλίγα τῶν ἰσχυρῶν
to-need they-found the gruels having-mixed few of-the strong-things
πολλῷ τῷ ὕδατι, καὶ ἀφαιρεόμενοι τὸ ἰσχυρὸν τῇ
with-much the water and taking-away the strong-thing by-the
κρήσει τε καὶ ἑψήσει. Ὁκόσοι δὲ μηδὲ τῶν ῥοφημάτων
blending both and boiling As-many-as but not-even the gruels
ἐδύναντο ὑποκρατέειν, ἀφεῖλον καὶ ταῦτα, καὶ ἀφίκοντο
could master they-took-away also these and came
ἐς πόματα, καὶ ταῦτα τῇσί τε κρήσεσι καὶ τῷ πλήθεϊ
to drinks and these by-the both blendings and by-the quantity
διαφυλάσσοντες ὡς μετρίως ἔχῃ, μήτε πλείω τῶν
guarding so-that moderately it-may-be neither more than-the
δεόντων μήτε ἀκρητέστερα προσφερόμενοι, μηδ' ἐνδεέστερα.
needful nor more-unmixed taking-in nor more-deficient

6 Εὖ δὲ χρὴ τοῦτο εἰδέναι, ὅτι τισὶ τὰ ῥοφήματα ἐν
Well but one-must this to-know that for-some the gruels in
τῇσι νούσοισιν οὐ ξυμφέρει, ἀλλ᾽ ἄντικρυς, ὅταν ταῦτα
the diseases not benefit but outright when these-things
προσαίρωνται, παροξύνονται σφίσιν οἵ τε πυρετοὶ καὶ τὰ
they-take are-aggravated for-them the both fevers and the
ἀλγήματα· καὶ δῆλον τὸ προσενεχθὲν τῇ μὲν νούσῳ
pains and clear the taken-in for-the indeed disease
τροφή τε καὶ αὔξησις γενόμενον, τῷ δὲ σώματι φθίσις
nourishment both and growth having-become for-the but body wasting
τε καὶ ἀρρωστίη. Ὁκόσοι δ᾽ ἂν τῶν ἀνθρώπων ἐν
both and sickliness As-many-as but — of-the men in
ταύτῃ τῇ διαθέσει ἐόντες προσενέγκωνται ξηρὸν σιτίον,
this the condition being take-in dry food
ἢ μᾶζαν, ἢ ἄρτον, καὶ πάνυ σμικρὸν, δεκαπλασίως
or barley-cake or bread even very small tenfold
ἂν μᾶλλον καὶ ἐπιφανέστερον κακωθεῖεν ἢ ῥοφέοντες,
— more and more-manifestly would-be-harmed than gruel-taking
δι᾽ οὐδὲν ἄλλο ἢ διὰ τὴν ἰσχὺν τοῦ βρώματος
because-of nothing other than because-of the strength of-the food
πρὸς τὴν διάθεσιν· καὶ ὅτῳ ῥοφέειν ξυμφέρει, ἐσθίειν
against the condition and for-whom to-take-gruel benefits to-eat
δ᾽ οὔ, εἰ πλείω φάγοι, πολὺ ἂν μᾶλλον κακωθείη
but not if more he-should-eat much — more he-would-be-harmed
ἢ ὀλίγα· καὶ εἰ ὀλίγα δὲ, πονήσειεν ἄν. Πάντα δὴ
than few-things and if few-things but he-would-suffer — All indeed
τὰ αἴτια τοῦ πόνου ἐς τὸ αὐτὸ ἀνάγεται, τὰ ἰσχυρότατα
the causes of-the pain to the same are-referred the strongest-things
μάλιστά τε καὶ ἐπιφανέστατα λυμαίνεσθαι τὸν ἄνθρωπον,
most both and most-manifestly to-harm the man
καὶ τὸν ὑγιέα ἐόντα, καὶ τὸν νοσέοντα.
both the healthy being and the sick

Τί οὖν φαίνεται ἑτεροῖον διανοηθεὶς ὁ καλεύμενος ἰητρὸς 7
What then appears different having-thought the so-called physician
καὶ ὁμολογημένως χειροτέχνης, ὃς ἐξεῦρε τὴν ἀμφὶ τοὺς
and admittedly craftsman who discovered the concerning the
κάμνοντας δίαιτάν τε καὶ τροφὴν, ἢ κεῖνος ὁ ἀπ'
sick regimen both and nourishment than that-one the-(one) from
ἀρχῆς τοῖσι πᾶσιν ἀνθρώποισι τροφὴν, ἣ νῦν χρεόμεθα,
beginning for-the all men nourishment which now we-use
ἐξ ἐκείνης τῆς ἀγρίης καὶ θηριώδεος εὑρών τε καὶ
from that the wild and bestial having-discovered both and
παρασκευάσας διαίτης; ἐμοὶ μὲν γὰρ φαίνεται ὠυτὸς
having-prepared regimen to-me indeed for appears the-same
τρόπος, καὶ ἕν τι καὶ ὅμοιον τὸ εὕρημα. Ὁ μὲν,
manner and one something and like the discovery The-one indeed
ὅσων μὴ ἠδύνατο ἡ φύσις ἡ ἀνθρωπίνη ἐπικρατέειν
as-many-things-as not could the nature the human to-master
ὑγιαίνουσα ἐμπιπτόντων, διὰ ἀγριότητά τε καὶ ἀκρησίην,
healthy falling-in because-of wildness both and unmixedness
ὁ δὲ, ὅσων ἡ διάθεσις, ἐν οἵῃ ἂν ἑκάστοτε ἕκαστος
the-other but as-many-as the condition in which — each-time each
τύχῃ διακείμενος, μὴ ἦν δυνατὸς ἐπικρατέειν, ταῦτα
may-happen being-disposed not was able to-master these-things
ἐζήτησεν ἀφελεῖν. Τί δὴ τοῦτ' ἐκείνου διαφέρει ἀλλ' ἢ
sought to-take-away What indeed this from-that differs but than
πλέον τό γε εἶδος, καὶ ὅτι ποικιλώτερον, καὶ πλέονος
more the at-least form and that more-varied and of-more
πραγματείης, ἀρχὴ δὲ κείνη ἡ πρότερον γενομένη;
labor beginning but that the earlier having-come-about
Εἰ δέ τις σκέπτοιτο τὴν τῶν καμνόντων δίαιταν πρὸς τὴν 8
If but anyone should-consider the of-the sick regimen against the
τῶν ὑγιαινόντων, εὕροι ἂν οὐ βλαβερωτέρην ἤ περ
of-the healthy he-would-find — not more-harmful than indeed

τὴν τῶν ὑγιαινόντων πρὸς τὴν τῶν θηρίων τε καὶ πρὸς
the of-the healthy against the of-the beasts both and against
τὴν τῶν ἄλλων ζώων. Ἀνὴρ γὰρ κάμνων νουσήματι μήτε
the of-the other animals A-man for sick with-a-disease neither
τῶν χαλεπῶν τε καὶ ἀφόρων, μήτ' αὖ τῶν παντάπασιν
of-the severe both and intractable nor again of-the altogether
εὐηθέων, ἀλλ' ἢ αὐτέῳ ἐξαμαρτάνοντι μέλλει ἐπίδηλον
mild but except to-him erring is-going manifest
ἔσεσθαι, εἰ ἐθέλει καταφαγεῖν ἄρτον, καὶ κρέας, ἢ ἄλλο
to-be if he-wishes to-eat-up bread and meat or other
τι ὧν οἱ ὑγιαίνοντες ἐσθίοντες ὠφελέονται, μὴ
something of-what the healthy eating are-benefited not
πολλὸν, ἀλλὰ πολλῷ ἔλασσον, ἢ ὑγιαίνων ἂν ἠδύνατο·
much but much less than healthy — he-could
ἄλλος τε τῶν ὑγιαινόντων φύσιν ἔχων μήτε παντάπασιν
other both of-the healthy nature having neither altogether
ἀσθενέα, μήτ' αὖ ἰσχυρὴν, φαγών τι ὧν βοῦς
weak nor again strong having-eaten something of-what an-ox
ἢ ἵππος φαγὼν ὠφελέοιτό τε καὶ ἰσχύοι, ὀρόβους,
or a-horse having-eaten would-be-benefited both and would-be-strong vetches
ἢ κριθὰς, ἢ ἄλλο τι τῶν τοιουτέων μὴ πολὺ, ἀλλὰ
or barley or other something of-the such not much but
πολλῷ μεῖον ἢ δύναιτο· οὐκ ἂν ἧσσον ὁ ὑγιαίνων τοῦτο
much less than he-could not — less the healthy-man this
ποιήσας πονήσειέ τε καὶ κινδυνεύσειε κείνου τοῦ νοσέοντος,
having-done would-suffer both and would-be-in-danger than-that the sick-man
ὃς τὸν ἄρτον ἢ τὴν μᾶζαν ἀκαίρως προσηνέγκατο.
who the bread or the barley-cake unseasonably took-in
Ταῦτα δὴ πάντα τεκμήρια, ὅτι αὕτη ἡ τέχνη πᾶσα ἡ
These indeed all proofs that this the art all the
ἰητρικὴ τῇ αὐτέῃ ὁδῷ ζητεομένη εὑρίσκοιτο ἄν.
medical by-the same way sought would-be-found —

III · TOO LITTLE HARMS AS TOO MUCH

If only strong food harmed, the safe course would be easy, but too little food harms no less than too much, for hunger can lame, weaken, and kill. There is no measure but the body's feeling, so the physician who errs little is to be praised; bad physicians, like bad helmsmen who pass unnoticed in a calm, are exposed only in a great disease. A man used to one meal who takes lunch grows heavy, drowsy, and thirsty, and one used to lunch who skips it grows weak, trembling, and faint; any healthy man who fasts two or three days suffers the same. Medicine's near precision comes by reasoning, not by chance.

Καὶ εἰ μὲν ἦν ἁπλῶς, ὥσπερ ὑφηγέεται, ὅσα μὲν ἦν 9
And if indeed it-were simply as it-guides as-many-as indeed were
ἰσχυρότερα ἔβλαπτεν, ὅσα δ' ἦν ἀσθενέστερα ὠφέλεέ
stronger harmed as-many-as but were weaker benefited
τε καὶ ἔτρεφε τὸν κάμνοντα καὶ τὸν ὑγιαίνοντα, εὐπετὲς
both and nourished the sick and the healthy easy
ἂν ἦν τὸ πρῆγμα· πολλὸν γὰρ τοῦ ἀσφαλέος ἂν
— would-be the matter much for of-the safe-course —
ἔδει περιλαμβάνοντας ἄγειν ἐπὶ τὸ ἀσθενέστατον.
there-would-be-need embracing to-lead to the weakest
Νῦν δὲ οὐκ ἔλασσον ἁμάρτημα, οὐδὲ ἧσσον λυμαίνεται τὸν
Now but not less error nor less does-it-harm the
ἄνθρωπον, ἢν ἐλάσσονα καὶ ἐνδεέστερα τῶν ἱκανῶν
man if fewer and more-deficient than-the sufficient-things
προσφέρηται· τὸ γὰρ τοῦ λιμοῦ μέρος δύναται ἰσχυρῶς ἐν
he-takes-in the for of-the hunger part can strongly in
τῇ φύσει τοῦ ἀνθρώπου καὶ γυιῶσαι καὶ ἀσθενέα ποιῆσαι καὶ
the nature of-the man both to-lame and weak to-make and
ἀποκτεῖναι. Πολλὰ δὲ καὶ ἄλλα κακὰ, ἑτεροῖα μὲν τῶν
to-kill Many and also other evils different indeed from-those
ἀπὸ πληρώσιος, οὐχ ἧσσον δὲ ἅμα δεινὰ καὶ ἀπὸ κενώσιος·
from repletion not less but at-once terrible also from depletion

δι᾽ ὧν πολλὸν ποικιλώτερά τε καὶ διὰ πλέονος ἀκριβίης
through which much more-varied both and through more exactness
ἐστί. Δεῖ γὰρ μέτρου τινὸς στοχάσασθαι· μέτρον δὲ, οὐδὲ
it-is One-must for a-measure some to-aim-at measure but nor
σταθμὸν, οὐδὲ ἀριθμὸν οὐδένα ἄλλον, πρὸς ὃ ἀναφέρων
weight nor number any other to which referring
εἴσῃ τὸ ἀκριβὲς, οὐκ ἂν εὑροίης ἄλλ᾽ ἢ τοῦ σώματος
you-will-know the exact not — you-would-find other than of-the body
τὴν αἴσθησιν· διὸ ἔργον οὕτω καταμαθεῖν ἀκριβέως,
the perception therefore a-task so to-learn exactly
ὥστε σμικρὰ ἁμαρτάνειν ἔνθα ἢ ἔνθα· κἂν ἐγὼ τοῦτον
so-as small to-err here or there and I this
τὸν ἰητρὸν ἰσχυρῶς ἐπαινέοιμι τὸν σμικρὰ ἁμαρτάνοντα.
the physician strongly would-praise the-(one) small erring
Τὸ δ᾽ ἀκριβὲς ὀλιγάκις ἐστὶ κατιδεῖν· ἐπεὶ οἱ πολλοί γε
The but exact seldom is to-see since the many at-least
τῶν ἰητρῶν ταὐτά μοι δοκέουσι τοῖσι κακοῖσι κυβερνήτῃσι
of-the physicians the-same to-me seem to-the bad helmsmen
πάσχειν· καὶ γὰρ ἐκεῖνοι ὅταν ἐν γαλήνῃ κυβερνῶντες
to-suffer and for those when in calm steering
ἁμαρτάνωσιν, οὐ καταφανέες εἰσίν· ὅταν δὲ αὐτοὺς κατάσχῃ
they-err not manifest are when but them takes-hold-of
χειμών τε μέγας καὶ ἄνεμος ἐξώστης, φανερῶς ἤδη πᾶσιν
storm both great and wind driving-ashore plainly now to-all
ἀνθρώποισι δι᾽ ἀγνωσίην καὶ ἁμαρτίην δῆλοί εἰσιν
men because-of ignorance and error clear are
ἀπολέσαντες τὴν ναῦν. Οὕτω δὴ καὶ οἱ κακοί τε καὶ
having-lost the ship So indeed also the bad both and
πλεῖστοι ἰητροὶ, ὅταν μὲν θεραπεύωσιν ἀνθρώπους μηδὲν
most physicians when indeed they-treat men nothing
δεινὸν ἔχοντας, ἐς οὓς ἄν τις καὶ τὰ μέγιστα ἁμαρτάνων
terrible having into whom — anyone even the greatest erring

οὐδὲν δεινὸν ἐργάσαιτο, πολλὰ δὲ τὰ τοιαῦτα νουσήματα καὶ
nothing terrible would-do many and the such diseases and
πολὺ πλέον τῶν δεινῶν ἀνθρώποισι ξυμβαίνει, ἐν μὲν δὴ
much more than-the terrible to-men happen in indeed indeed
τοῖσι τοιούτοισιν ἁμαρτάνοντες οὐ καταφανέες εἰσὶ τοῖσιν
the such erring not manifest are to-the
ἰδιώτῃσιν. Ὁκόταν δ' ἐντύχωσι μεγάλῳ τε καὶ ἰσχυρῷ
laymen When but they-meet great both and strong
καὶ ἐπισφαλεῖ νουσήματι, τότε σφέων τὰ ἁμαρτήματα
and dangerous disease then their the errors
καὶ ἡ ἀτεχνίη πᾶσι καταφανής ἐστιν· οὐ γὰρ ἐς μακρὸν
and the lack-of-art to-all manifest is not for to long
αὐτέων ἑκατέρου αἱ τιμωρίαι, ἀλλὰ διὰ ταχέος πάρεισιν.
of-them of-each the punishments but through speed are-present
Ὅτι δὲ οὐδὲν ἐλάσσους ἀπὸ κενώσιος ἀκαίρου 10
That but not fewer from depletion untimely
κακοπάθειαι γίνονται τῷ ἀνθρώπῳ ἢ καὶ ἀπὸ
sufferings come-about to-the man than also from
πληρώσιος, καταμανθάνειν καλῶς ἔχει ἐπαναφέροντας ἐπὶ
repletion to-learn well it-is referring to
τοὺς ὑγιαίνοντας. Ἔστι γὰρ οἷσιν αὐτέων ξυμφέρει
the healthy There-are for for-whom of-them it-benefits
μονοσιτέειν, καὶ τοῦτο διὰ τὸ ξυμφέρον οὕτως αὐτοὶ
to-eat-once-a-day and this because-of the advantage so they-themselves
συνετάξαντο· ἄλλοισι δὲ ἀριστῆν, διὰ τὴν αὐτὴν
arranged for-others but to-take-lunch because-of the same
ἀνάγκην· οὕτω γὰρ αὐτέοισι ξυμφέρει, καὶ μὴ τούτοισιν, οἳ
necessity so for to-them it-benefits and not to-those who
δι' ἡδονὴν ἢ δι' ἄλλην τινὰ ξυγκυρίην ἐπετήδευσαν
because-of pleasure or because-of other some chance practiced
ὁπότερον αὐτέων· τοῖσι μὲν γὰρ πλείστοισι τῶν ἀνθρώπων
whichever of-them to-the indeed for most of-the men

οὐδὲν διαφέρει πότερον ἂν ἐπιτηδεύσωσιν, εἴτε μονοσιτέειν,
nothing differs which — they-practice whether to-eat-once-a-day
εἴτε ἀριστῇν, τουτέῳ τῷ ἔθεϊ χρέεσθαι. Εἰσὶ δέ τινες
or to-take-lunch this the habit to-use There-are and some
οἳ οὐκ ἂν δύναιντο, ἔξω τοῦ ξυμφέροντος ποιέοντες,
who not — could outside of-the advantage doing
ῥηϊδίως ἀπαλλάσσειν, ἀλλὰ ξυμβαίνει αὐτέων ἑκατέροισι
easily to-get-off but it-happens of-them to-each-of-both
παρ᾽ ἡμέρην μίην, καὶ ταύτην οὐχ ὅλην μεταβάλλουσιν,
in day one and this not whole changing
ὑπερφυὴς κακοπαθείη. Οἱ μὲν γὰρ ἢν ἀριστήσωσι μὴ
extraordinary suffering The-ones indeed for if they-take-lunch not
ξυμφέροντος αὐτέοισιν, εὐθὺς βαρέες καὶ νωθροὶ τὸ σῶμα
benefiting to-them at-once heavy and sluggish the body
καὶ τὴν γνώμην, χάσμης τε καὶ νυσταγμοῦ καὶ δίψης
and the mind of-yawning both and of-drowsiness and of-thirst
πλήρεες· ἢν δὲ ἐπιδειπνήσωσι, καὶ φῦσα καὶ στρόφος καὶ
full if but they-dine-besides also wind and colic and
ἡ κοιλίη καταρρήγνυται· καὶ πολλοῖσιν ἀρχὴ νούσου αὕτη
the belly breaks-down and for-many beginning of-disease this
μεγάλης ἐγένετο, ἢν τὰ αὐτὰ σιτία, ἃ μεμαθήκεσαν ἅπαξ
great became if the same foods which they-had-learned once
ἀναλίσκειν, δὶς προσενέγκηται, καὶ μηδὲν ἔτι πλέον.
to-consume twice he-takes-in and nothing further more
Τοῦτο δὲ, ἢν ἀριστῇν μεμαθηκώς τις, καὶ οὕτως
This and if to-take-lunch having-learned anyone and so
αὐτέῳ ξυμφέρον, μὴ ἀριστήσῃ, ὅταν τάχιστα παρέλθῃ
to-him benefiting not takes-lunch as soon-as passes
ἡ ὥρη, εὐθὺς ἀδυναμίη δεινὴ, τρόμος, ἀψυχίη· ἐπὶ
the hour at-once powerlessness terrible trembling faintness upon
τούτοισιν ὀφθαλμοὶ χλωρότεροι, οὖρον παχὺ καὶ θερμὸν,
these eyes paler urine thick and hot

στόμα πικρὸν, καὶ τὰ σπλάγχνα οἱ δοκέει κρεμᾶσθαι,
mouth bitter and the bowels to-him seem to-hang
σκοτοδινίη, δυσθυμίη, δυσεργίη· ταῦτα δὲ πάντα, καὶ
dizziness despondency listlessness these-things but all and
ὅταν δειπνέειν ἐπιχειρήσῃ, ἀηδέστερος μὲν ὁ σῖτος,
when to-dine he-attempts more-unpleasant indeed the food
ἀναλίσκειν δὲ οὐ δύναται ὅσα ἀριστιζόμενος πρότερον
to-consume but not he-can what lunching before
ἐδείπνει· ταῦτα δὲ αὐτὰ μετὰ στρόφου τε καὶ ψόφου
he-dined-on these-things but themselves with colic both and noise
καταβαίνοντα ξυγκαίει τὴν κοιλίην, δυσκοιτέουσί τε καὶ
going-down burn the belly they-sleep-badly both and
ἐνυπνιάζονται τεταραγμένα καὶ θορυβώδεα· πολλοῖσι δὲ
dream troubled and tumultuous for-many and
καὶ τουτέων αὕτη ἀρχὴ νούσου ἐγένετο.
also of-these this beginning of-disease became
Σκέψασθαι δὲ χρὴ διὰ τίνας προφάσιας αὐτέοισι· ταῦτα 11
To-consider but one-must because-of what causes to-them these-things
ξυνέβη· τῷ μὲν, οἶμαι, μεμαθηκότι μονοσιτέειν, ὅτι
happened for-the-one indeed I-think having-learned to-eat-once-a-day because
οὐκ ἀνέμεινε τὸν χρόνον τὸν ἱκανὸν μέχρις αὐτέου ἡ κοιλίη
not he-waited the time the sufficient until of-it the belly
τῶν τῇ προτεραίῃ προσενηνεγμένων σιτίων ἀπολαύσῃ
of-the on-the day-before taken-in foods should-enjoy
τελέως, καὶ ἐπικρατήσῃ, καὶ λαπαχθῇ τε καὶ ἡσυχάσῃ,
completely and should-master and should-be-emptied both and should-rest
ἀλλ' ἐπιζέουσάν τε καὶ ἐζυμωμένην καινὰ ἐπεσηνέγκατο·
but seething both and fermenting new-things he-brought-in-upon
αἱ δὲ τοιαῦται κοιλίαι πολλῷ τε βραδύτερον πέσσουσι,
the and such bellies much both more-slowly concoct
καὶ πλέονος δέονται ἀναπαύσιός τε καὶ ἡσυχίης. Ὁ δὲ
and of-more need rest both and quiet The-other but

μεμαθηκὼς ἀριστίζεσθαι, ὅτι οὐκ, ἐπειδὴ τάχιστα ἐδεήθη
having-learned to-lunch because not as soon-as needed
τροφῆς τὸ σῶμα, καὶ τὰ πρότερα κατανάλωτο, καὶ οὐκ
nourishment the body and the former-things had-been-consumed and not
εἶχεν οὐδεμίην ἀπόλαυσιν, εὐθέως αὐτέῳ παρεγένετο καινὴ
it-had any enjoyment at-once to-him came new
τροφὴ, φθίνει δὴ καὶ ξυντήκεται ὑπὸ λιμοῦ. Πάντα γὰρ,
nourishment wastes indeed and melts-away by hunger All for
ἃ λέγω πάσχειν τὸν τοιοῦτον ἄνθρωπον, λιμῷ ἀνατίθημι.
which I-say to-suffer the such man to-hunger I-attribute
Φημὶ δὲ καὶ τοὺς ἄλλους ἀνθρώπους ἅπαντας, οἵ τινες ἂν
I-say and also the other men all who — —
ὑγιαίνοντες ἄσιτοι δύο ἢ τρεῖς ἡμέρας γένωνται, ταῦτα
healthy without-food two or three days become these-things
πείσεσθαι οἷα περὶ τῶν ἀναρίστων γενομένων εἴρηκα.
to-suffer such-as about the lunchless having-become I-have-said

12 Τὰς δὲ τοιαύτας φύσιας ἔγωγέ φημι, τὰς ταχέως τε καὶ
The but such natures I I-say the quickly both and
ἰσχυρῶς τῶν ἁμαρτημάτων ἀπολαυούσας, ἀσθενεστέρας
strongly the errors enjoying weaker
εἶναι τῶν ἑτέρων· ἐγγύτατα δὲ τοῦ ἀσθενέοντός ἐστιν ὁ
to-be than-the others nearest and to-the being-ill is the
ἀσθενής· ἔστι δὲ ἀσθενέστερος ὁ ἀσθενέων, καὶ μᾶλλον
weak is and weaker the being-ill and more
αὐτέῳ προσήκει ὅ τι ἂν τοῦ καιροῦ ἀποτυγχάνῃ, πονέειν.
to-him it-befits what — — the right-moment he-misses to-suffer
Χαλεπὸν, μὴ τοιαύτης ἀκριβίης ἐούσης περὶ τὴν τέχνην,
Hard not such exactness being about the art
τυγχάνειν αἰεὶ τοῦ ἀτρεκεστάτου· πολλὰ δὲ εἴδεα κατ᾽
to-hit always the most-precise many and forms in
ἰητρικὴν ἐς τοσαύτην ἀκριβίην ἥκει, περὶ ὧν εἰρήσεται. Οὐ
medicine to such exactness come about which it-will-be-spoken Not

φημὶ δὴ διὰ τοῦτο δεῖν τὴν τέχνην ὡς οὐκ ἐοῦσαν οὐδὲ
I-say indeed because-of this one-must the art as not being nor
καλῶς ζητεομένην τὴν ἀρχαίην ἀποβαλέσθαι, εἰ μὴ ἔχει περὶ
well being-sought the ancient to-throw-away if not it-has about
πάντα ἀκριβίην, ἀλλὰ πολὺ μᾶλλον, διὰ τὸ ἐγγὺς, οἶμαι,
all-things exactness but much more because-of the near I-think
τοῦ ἀτρεκεστάτου ὁμοῦ δύνασθαι ἥκειν λογισμῷ, προσίεσθαι,
the most-precise together to-be-able to-come by-reasoning to-accept
καὶ ἐκ πολλῆς ἀγνωσίης θαυμάζειν τὰ ἐξευρημένα, ὡς
and from much ignorance to-wonder-at the discoveries how
καλῶς καὶ ὀρθῶς ἐξεύρηται, καὶ οὐκ ἀπὸ τύχης.
well and rightly it-has-been-found and not from chance

IV · NOT HOT AND COLD BUT THE POWERS

If hot, cold, dry, or moist harmed a man, the cure would be the opposite; yet a weak man harmed by raw wheat, raw meat, and water is cured by bread, boiled meat, and wine, and the baker took no hot or cold from the wheat. A man holds many powers, bitter, salt, sweet, acid, astringent, and the rest, which do no harm while blended and harm when one is separated. A physician cannot order something hot without saying which food, and hot and cold are the weakest powers, since each quickly brings on the other, as a chilled man grows warm once sheltered and a chill gives way to fever.

Ἐπὶ δὲ τῶν τὸν καινὸν τρόπον τὴν τέχνην ἐξ ὑποθέσιος 13
To but those the new manner the art from postulate
ζητεόντων λόγου ἐπανελθεῖν βούλομαι. Εἰ γάρ ἐστι θερμὸν, ἢ
seeking argument to-return I-wish If for it-is hot or
ψυχρὸν, ἢ ξηρὸν, ἢ ὑγρὸν τὸ λυμαινόμενον τὸν ἄνθρωπον,
cold or dry or moist the-thing harming the man
καὶ δεῖ τὸν ὀρθῶς ἰητρεύοντα βοηθέειν τῷ μὲν θερμῷ
and one-must the rightly treating to-help-with the indeed hot

ἐπὶ τὸ ψυχρὸν, τῷ δὲ ψυχρῷ ἐπὶ τὸ θερμὸν, τῷ δὲ ξηρῷ
against the cold the and cold against the hot the and dry
ἐπὶ τὸ ὑγρὸν, τῷ δ' ὑγρῷ ἐπὶ τὸ ξηρόν· ἔστω μοι
against the moist the and moist against the dry let-there-be for-me
ἄνθρωπος μὴ τῶν ἰσχυρῶν φύσει, ἀλλὰ τῶν ἀσθενεστέρων·
a-man not of-the strong by-nature but of-the weaker
οὗτος δὲ πυροὺς ἐσθιέτω οὓς ἂν ἀπὸ τῆς ἅλω ἀνέλῃ,
this-one and wheat let-him-eat which — from the threshing-floor he-takes
ὠμοὺς καὶ ἀργοὺς, καὶ κρέα ὠμὰ, καὶ πινέτω ὕδωρ.
raw and unprepared and meats raw and let-him-drink water
Ταύτῃ χρεόμενος τῇ διαίτῃ, εὖ οἶδ' ὅτι πείσεται πολλὰ
This using the regimen well I-know that he-will-suffer many-things
καὶ δεινά· καὶ γὰρ πόνους πονήσει, καὶ τὸ σῶμα ἀσθενὲς
and terrible and for pains he-will-suffer and the body weak
ἔσται, καὶ ἡ κοιλίη φθαρήσεται, καὶ ζῆν πουλὺν χρόνον οὐ
will-be and the belly will-be-ruined and to-live much time not
δυνήσεται. Τί δεῖ τοιγαροῦν βοήθημα παρασκευάσασθαι
he-will-be-able What one-must therefore remedy to-prepare
ὧδ' ἔχοντι; θερμὸν, ἢ ψυχρὸν, ἢ ξηρὸν, ἢ ὑγρόν;
so for-one-being hot or cold or dry or moist
δῆλον γὰρ ὅτι τουτέων τι. Εἰ γὰρ τὸ λυμαινόμενόν
clear for that of-these something If for the harming
ἐστι τουτέων τὸ ἕτερον, τῷ ὑπεναντίῳ προσήκει λῦσαι,
is of-these the one by-the opposite it-befits to-undo
ὡς ὁ ἐκείνων λόγος ἔχει. Τὸ μὲν γὰρ βεβαιότατόν τε καὶ
as the their argument has The indeed for surest both and
προφανέστατον φάρμακον ἀφελόντα τὰ διαιτήματα οἷσιν
plainest remedy having-taken-away the regimens which
ἐχρῶτο· ἀντὶ μὲν τῶν πυρῶν ἄρτον διδόναι, ἀντὶ δὲ
he-used instead-of indeed the wheat bread to-give instead-of and
τῶν ὠμῶν κρεῶν ἑφθὰ, πιεῖν τε ἐπὶ τούτοισιν οἶνου, ταῦτα
the raw meats boiled to-drink and on these of-wine these-things

μεταβάλλοντα οὐχ οἷόν τε μὴ ὑγιέα γενέσθαι, ἤν γε μὴ
changing not possible — not healthy to-become if at-least not
παντάπασιν ᾖ διεφθαρμένος ὑπὸ χρόνου τε καὶ τῆς διαίτης.
altogether he-is ruined by time both and the regimen
Τί δὴ φήσομεν; πότερον αὐτέῳ ὑπὸ ψυχροῦ κακοπαθέοντι
What indeed shall-we-say whether to-him by cold suffering
θερμὰ ταῦτα προσενέγκαντες ὠφέλησαν, ἢ τἀναντία; οἶμαι
hot these-things having-given they-benefited or the-opposite I-think
γὰρ ἔγωγε πολλὴν ἀπορίην ἐρωτηθέντι παρασχεῖν· ὁ γὰρ
for I much perplexity to-one-asked to-provide the-one for
τὸν ἄρτον σκευάζων τῶν πυρῶν τὸ θερμὸν, ἢ τὸ ψυχρὸν,
the bread preparing of-the wheat the hot or the cold
ἢ τὸ ξηρὸν, ἢ τὸ ὑγρὸν ἀφείλατο; οὗτος γὰρ καὶ πυρὶ καὶ
or the dry or the moist took-away this for both to-fire and
ὕδατι δίδοται, καὶ πολλοῖσιν εἴργασται, ὧν ἕκαστον
to-water is-given and with-many-things has-been-worked of-which each
ἰδίην δύναμιν καὶ φύσιν ἔχει, καὶ τὰ μὲν τῶν ὑπαρχόντων
own power and nature has and the-ones indeed of-the existing-things
ἀποβέβληκεν, ἄλλοισι δὲ κέκρηται καὶ μέμικται.
it-has-lost with-others and it-has-been-blended and it-has-been-mixed
Οἶδα μὲν γὰρ καὶ τάδε δήπου, ὅτι διαφέρει ἐς τὸ σῶμα 14
I-know indeed for also these-things surely that differs for the body
τοῦ ἀνθρώπου καθαρὸς ἄρτος ἢ ξυγκομιστὸς, ἢ ἀπτίστων
of-the man pure bread or unsifted or of-unhulled
πυρῶν ἢ ἐπτισμένων, ἢ πολλῷ ὕδατι πεφυρημένος, ἢ
wheat or of-hulled or with-much water kneaded or
ὀλίγῳ, ἰσχυρῶς πεφυρημένος ἢ ἀφύρητος, ἢ ἔξοπτος, ἢ
with-little strongly kneaded or unkneaded or overbaked or
ἔνωμος, ἄλλα τε πρὸς τουτέοισι μυρία· ὡς δ' αὔτως καὶ
underbaked others and besides these countless as and likewise also
περὶ μάζης· καὶ αἱ δυνάμιες μεγάλαι τε ἑκάστου, καὶ
about barley-cake and the powers great both of-each and

οὐδὲν ἡ ἑτέρη τῇ ἑτέρῃ ἐοικυῖα. Ὅστις δὲ ταῦτα οὐκ
nothing the one to-the other resembling Whoever but these-things not
ἐπέσκεπται, ἢ σκεπτόμενος οὐκ οἶδε, πῶς ἄν τι οὗτος
has-examined or examining not knows how — anything this-one
δύναιτο τῶν κατὰ τὸν ἄνθρωπον παθημάτων εἰδέναι; ὑπὸ
could of-the in the man sufferings to-know by
γὰρ ἑνὸς ἑκάστου τουτέων πάσχει τε καὶ ἑτεροιοῦται
for one each of-these suffers both and is-altered
ὁ ἄνθρωπος ἢ τοῖον ἢ τοῖον· καὶ διὰ τουτέων πᾶς
the man either such or such and through these all
ὁ βίος καὶ ὑγιαίοντι, καὶ ἐκ νούσου ἀνατρεφομένῳ,
the life both for-one-healthy and from disease recovering
καὶ κάμνοντι. Οὐκ ἂν οὖν ἕτερα τουτέων χρησιμώτερα,
and for-one-sick Not — then others than-these more-useful
οὐδ' ἀναγκαιότερα ἔῃ εἰδέναι δήπου. Ὥστε καλῶς καὶ
nor more-necessary would-be to-know surely So-that well and
λογισμῷ προσήκοντι ζητήσαντες πρὸς τὴν τοῦ ἀνθρώπου
by-reasoning fitting having-sought for the of-the man
φύσιν εὗρον αὐτὰ οἱ πρῶτοι εὑρόντες, καὶ ᾠήθησαν ἀξίην
nature found them the first finders and thought worthy
τὴν τέχνην θεῷ προσθεῖναι, ὡς καὶ νομίζεται.
the art to-a-god to-ascribe as also it-is-believed
Οὐ γὰρ τὸ ξηρὸν, οὐδὲ τὸ ὑγρὸν, οὐδὲ τὸ θερμὸν,
Not for the dry nor the moist nor the hot
οὐδὲ τὸ ψυχρὸν, οὐδ' ἄλλο τουτέων οὐδὲν ἡγησάμενοι
nor the cold nor other of-these anything having-believed
οὔτε λυμαίνεσθαι οὔτε προσδέεσθαι οὐδενὸς τουτέων τὸν
either to-harm or to-need anything of-these the
ἄνθρωπον, ἀλλὰ τὸ ἰσχυρὸν ἑκάστου καὶ τὸ κρέσσον
man but the strong-part of-each and the stronger-than
τῆς φύσιος τῆς ἀνθρωπίνης· οὗ μὴ ἠδύνατο κρατέειν,
the nature the human which not could to-master

τοῦτο βλάπτειν ἡγήσαντο, καὶ τοῦτο ἐζήτησαν ἀφελέειν.
this to-harm they-believed and this they-sought to-take-away
Ἰσχυρότατον δέ ἐστι τοῦ μὲν γλυκέος τὸ γλυκύτατον, τοῦ δὲ
Strongest and is of-the indeed sweet the sweetest of-the and
πικροῦ τὸ πικρότατον, τοῦ δὲ ὀξέος τὸ ὀξύτατον, ἑκάστου δὲ
bitter the bitterest of-the and acid the most-acid of-each and
πάντων τῶν ἐόντων ἡ ἀκμή· ταῦτα γὰρ ἑώρων καὶ τῷ
all of-the things-that-are the peak these-things for they-saw both in-the
ἀνθρώπῳ ἐνεόντα καὶ λυμαινόμενα τὸν ἄνθρωπον. Ἔνι
man being-present and harming the man There-is-in
γὰρ ἀνθρώπῳ καὶ πικρὸν καὶ ἁλμυρὸν, καὶ γλυκὺ καὶ ὀξὺ, καὶ
for a-man both bitter and salt and sweet and acid and
στρυφνὸν καὶ πλαδαρὸν, καὶ ἄλλα μυρία, παντοίας δυνάμιας
astringent and insipid and others countless of-all-kinds powers
ἔχοντα, πλῆθός τε καὶ ἰσχύν. Ταῦτα μὲν μεμιγμένα καὶ
having in-quantity both and in-strength These indeed mixed and
κεκρημένα ἀλλήλοισιν οὔτε φανερά ἐστιν, οὔτε λυπέει τὸν
blended with-one-another neither manifest are nor pain the
ἄνθρωπον· ὅταν δέ τι τουτέων ἀποκριθῇ, καὶ αὐτὸ ἐφ' ἑωυτοῦ
man when but any of-these is-separated and itself by itself
γένηται, τότε καὶ φανερόν ἐστι καὶ λυπέει τὸν ἄνθρωπον.
becomes then both manifest it-is and pains the man
Τοῦτο δὲ, τῶν βρωμάτων ὅσα ἡμῖν ἀνεπιτήδειά ἐστι
This and of-the foods as-many-as for-us unsuitable are
καὶ λυμαίνεται τὸν ἄνθρωπον ἐμπεσόντα, τουτέων ἕκαστον
and harm the man having-fallen-in of-these each
ἢ πικρόν τι καὶ ἄκρητόν ἔστιν, ἢ ἁλμυρὸν ἢ
either bitter something and unmixed is or salt or
ὀξὺ, ἢ ἄλλο τι ἄκρητόν τε καὶ ἰσχυρὸν, καὶ διὰ
acid or other something unmixed both and strong and because-of
τοῦτο ταρασσόμεθα ὑπ' αὐτέων, ὥσπερ καὶ ὑπὸ τῶν ἐν
this we-are-disturbed by them just-as also by the in

τῷ σώματι ἀποκρινομένων. Πάντα δὲ ὅσα ἄνθρωπος
the body being-separated All but as-many-as a-man
ἐσθίει ἢ πίνει, τὰ τοιαῦτα βρώματα ἥκιστα τουτέου χυμοῦ
eats or drinks the such foods least of-this humor
ἀκρήτου τε καὶ διαφέροντος δῆλα ἔσται μετέχοντα, οἷον
unmixed both and differing clearly will-be partaking such-as
ἄρτος τε καὶ μᾶζα καὶ τὰ ἑπόμενα τουτέοισιν οἷσιν
bread both and barley-cake and the-things following these which
εἴθισται ὥνθρωπος πλείστοισί τε καὶ αἰεὶ χρέεσθαι,
is-accustomed the-man most both and always to-use
ἔξω τῶν πρὸς ἡδονήν τε καὶ κόρον ἠρτυμένων τε καὶ
outside-of those for pleasure both and satiety seasoned both and
ἐσκευασμένων· καὶ ἀπὸ τουτέων πλείστων ἐσιόντων ἐς
prepared and from these most entering into
τὸν ἄνθρωπον ταραχή τε καὶ ἀπόκρισις τῶν ἀμφὶ τὸ
the man disturbance both and separation of-the about the
σῶμα δυναμίων ἥκιστα γίνεται, ἰσχὺς δὲ, καὶ αὔξησις,
body powers least comes-about strength but and growth
καὶ τροφὴ μάλιστα, δι' οὐδὲν ἕτερον γίνεται, ἢ ὅτι
and nourishment most because-of nothing other comes-about than that
εὖ τε ξυγκέκρηται, καὶ οὐδὲν ἔχει ἄκρητον, οὐδὲ ἰσχυρὸν,
well both it-has-been-blended and nothing has unmixed nor strong
ἀλλ' ὅλον ἕν τε γέγονε καὶ ἁπλόον καὶ μὴ ἰσχυρόν.
but whole one both has-become and simple and not strong
15 Ἀπορέω δ' ἔγωγε, οἱ τὸν λόγον ἐκεῖνον λέγοντες, καὶ
Am-at-a-loss and I those the argument that saying and
ἀπάγοντες ἐκ ταύτης τῆς ὁδοῦ ἐπὶ ὑπόθεσιν τὴν τέχνην,
leading-away from this the way to a-postulate the art
τίνα ποτὲ τρόπον θεραπεύσουσι τοὺς ἀνθρώπους, ὥσπερ
in-what ever manner they-will-treat the men as
ὑποτίθενται. Οὐ γάρ ἐστιν αὐτέοισιν, ὡς ἐγὼ οἶμαι,
they-postulate Not for is for-them as I think

ἐξευρημένον αὐτό τι ἐφ᾽ ἑωυτοῦ θερμὸν, ἢ ψυχρὸν, ἢ
discovered itself something by itself hot or cold or
ξηρὸν, ἢ ὑγρὸν, μηδενὶ ἄλλῳ εἴδεϊ κοινωνέον, ἀλλ᾽ οἶμαι
dry or moist with-no other form sharing but I-think
ἔγωγε ταῦτα πόματα καὶ βρώματα αὐτέοισιν ὑπάρχειν
I the-same drinks and foods to-them to-be-available
οἷσι πάντες χρεόμεθα. Προστιθέασι δὲ τῷ μὲν εἶναι
which all we-use They-attribute but to-the-one indeed to-be
θερμῷ, τῷ δὲ ψυχρῷ, τῷ δὲ ξηρῷ, τῷ δὲ
hot to-the-other and cold to-the-other and dry to-the-other and
ὑγρῷ. Ἐπεὶ ἐκεῖνό γε ἄπορον προστάξαι τῷ κάμνοντι,
moist Since that at-least impossible to-order the sick-man
θερμόν τι προσενέγκασθαι· εὐθὺς γὰρ ἐρωτήσει, τί
hot something to-take at-once for he-will-ask what
ἐστιν; ὥστε ληρέειν ἀνάγκη, ἢ ἐς τουτέων τι τῶν
it-is so-that to-talk-nonsense necessity or to of-these something of-the
γινωσκομένων καταφεύγειν. Εἰ δὲ δὴ τυγχάνει τὸ μὲν
known-things to-take-refuge If and indeed happens the-one indeed
θερμὸν ἐὸν στριφνὸν, ἄλλο δὲ θερμὸν ἐὸν πλαδαρὸν, ἄλλο
hot being astringent another but hot being insipid another
δὲ θερμὸν, ἄραδον ἔχον (ἔστι γὰρ καὶ ἄλλα πολλὰ θερμὰ
but hot disturbance having there-are for also others many hot-things
καὶ ἄλλας πολλὰς δυνάμιας ὑπεναντίας ἑωυτοῖσιν ἔχοντα),
and other many powers opposite to-themselves having
δεήσει δέ τι αὐτέων προσενεγκεῖν, ἢ τὸ θερμὸν
it-will-be-needed and something of-them to-give either the hot
καὶ στριφνὸν, ἢ τὸ θερμὸν καὶ πλαδαρὸν, ἢ ἅμα τὸ
and astringent or the hot and insipid or together the
ψυχρὸν καὶ στριφνὸν (ἔστι γὰρ καὶ τοῦτο), καὶ τὸ ψυχρόν
cold and astringent is for also this and the cold
τε καὶ πλαδαρόν· ὡς μὲν γὰρ ἔγωγε οἶδα, πᾶν τοὐναντίον
both and insipid as indeed for I know wholly the-opposite

ἀφ᾽ ἑκατέρου αὐτέων ἀποβαίνει, καὶ οὐ μόνον ἐν ἀνθρώπῳ,
from each of-them results and not only in a-man
ἀλλὰ καὶ ἐν σκύτεϊ καὶ ἐν ξύλῳ καὶ ἐν ἄλλοισι πολλοῖσιν
but also in leather and in wood and in other many-things
ἅ ἐστιν ἀνθρώπου ἀναισθητότερα· οὐ γὰρ τὸ θερμόν ἐστι
which are than-a-man less-sensitive not for the hot is
τὸ τὴν μεγάλην δύναμιν ἔχον, ἀλλὰ τὸ στρυφνὸν καὶ
the-thing the great power having but the astringent and
τὸ πλαδαρὸν, καὶ τἆλλα ὅσα μοι εἴρηται, καὶ ἐν
the insipid and the-other-things as-many-as by-me have-been-spoken both in
τῷ ἀνθρώπῳ, καὶ ἔξω τοῦ ἀνθρώπου, καὶ ἐσθιόμενα καὶ
the man and outside of-the man both eaten and
πινόμενα καὶ ἔξωθεν ἐπιχριόμενά τε καί πως πλασσόμενα.
drunk and from-outside smeared-on both and somehow plastered-on

16 Ψυχρότητα δ᾽ ἔγωγε καὶ θερμότητα πασέων ἥκιστα τῶν
Coldness but I and heat of-all least of-the
δυναμίων νομίζω δυναστεύειν ἐν τῷ σώματι διὰ τάσδε
powers think to-hold-power in the body because-of these
τὰς προφάσιας· ὧν μὲν ἂν δήπου χρόνον μεμιγμένα
the causes what indeed — surely time mixed
αὐτὰ αὐτέοισιν, ἅμα τὸ ψυχρόν τε καὶ θερμὸν ἔῃ, οὐ
themselves with-themselves together the cold both and hot are not
λυπέει· κρῆσις γὰρ καὶ μετριότης τῷ μὲν ψυχρῷ γίνεται
pains blending for and moderation to-the indeed cold comes
ἀπὸ τοῦ θερμοῦ, τῷ δὲ θερμῷ ἀπὸ τοῦ ψυχροῦ· ὅταν
from the hot to-the and hot from the cold when
δὲ ἀποκριθείη χωρὶς ἑκάτερον, τότε λυπέει· ἐν δὲ δὴ
but it-be-separated apart each then it-pains in but indeed
τουτέῳ τῷ καιρῷ, ὅταν τὸ ψυχρὸν ἐπιγένηται καί τι
this the moment when the cold comes-on and somewhat
λυπήσῃ τὸν ἄνθρωπον, διὰ ταχέος πρῶτον δι᾽ αὐτὸ
pains the man through quickness first because-of itself

τοῦτο πάρεστι τὸ θερμὸν αὐτόθεν ἐκ τοῦ ἀνθρώπου,
this is-present the hot from-the-spot out-of the man
οὐδεμιῆς βοηθείης οὐδὲ παρασκευῆς δεόμενον· καὶ ταῦτα
no help nor preparation needing and these-things
καὶ ἐν ὑγιαίνουσι τοῖσιν ἀνθρώποισιν ἀπεργάζεται, καὶ ἐν
both in healthy the men it-effects and in
κάμνουσιν. Τοῦτο μὲν, εἴ τις θέλει ὑγιαίνων χειμῶνος
sick-ones This indeed if anyone wishes being-healthy in-winter
διαψῦξαι τὸ σῶμα, ἢ λουσάμενος ψυχρῷ, ἢ ἄλλῳ τῳ
to-chill-thoroughly the body either having-bathed in-cold or in-another some
τρόπῳ, ὅσῳ ἂν αὐτὸ ἐπιπλέον ποιήσῃ, καὶ ἤν γε μὴ
way the-more — it the-further he-does and if at-least not
παντάπασι παγῇ τὸ σῶμα, ὅταν εἵματα λάβῃ καὶ ἔλθῃ ἐς
altogether is-frozen the body when clothes he-takes and comes into
τὴν σκέπην, μᾶλλον καὶ ἐπὶ πλέον θερμαίνεται τὸ σῶμα.
the shelter more and to more is-warmed the body
Τοῦτο δὲ, εἰ θέλοι ἐκθερμανθῆναι στερεῶς ἢ λουτρῷ
This and if he-should-wish to-be-heated firmly either by-a-bath
θερμῷ, ἢ πολλῷ πυρὶ, ἐκ δὲ τουτέου τὸ αὐτὸ εἶμα
hot or by-much fire from and this the same garment
ἔχων ἐν τῷ αὐτέῳ χωρίῳ τὴν διατριβὴν ποιέεσθαι, ὥσπερ
having in the same place the stay to-make as-if
διεψυγμένος, πολὺ φανεῖται καὶ ψυχρότερος καὶ ἄλλως
chilled much he-will-appear and colder and otherwise
φρικαλεώτερος. Εἰ ῥιπιζόμενός τις ὑπὸ πνίγεος καὶ
more-shivery If fanned anyone by stifling-heat and
παρασκευαζόμενος αὐτὸς ἑωυτῷ ψύχος ἐκ τοιούτου ἂν
preparing himself for-himself cool from such —
τρόπου, διαπαύσαιτο τοῦτο ποιέων, δεκαπλάσιον ἔσται τὸ
manner should-leave-off this doing tenfold will-be the
καῦμα καὶ τὸ πνῖγος ἢ τῷ μηδὲν τουτέων ποιέοντι.
burning and the stifling-heat than for-the-one nothing of-these doing

Τὰ δὲ δὴ καὶ πουλὺ μείζω, ὅσοι ἂν διὰ χιόνος ἢ
The but indeed also much greater-things as-many-as — through snow or
ἄλλης ψύξιος βαδίσαντες ῥιγώσωσι διαφερόντως πόδας, ἢ
other cold having-walked are-chilled exceedingly feet or
χεῖρας, ἢ κεφαλὴν, οἷα πάσχουσιν ἐς τὴν νύκτα, ὅταν
hands or head what-things they-suffer into the night when
περισταλέωσί τε καὶ ἐν ἀλέῃ γένωνται, ὑπὸ καύματος καὶ
they-are-wrapped-up both and in warmth they-come by burning and
κνησμοῦ· καὶ ἔστιν οἷσι φλυκταῖναι ἀνίστανται ὡς ἀπὸ
by-itching and there-are for-whom blisters rise-up as from
πυρὸς κατακεκαυμένοισι· καὶ οὐ πρότερον τοῦτο πάσχουσιν
fire for-those-burned and not before this they-suffer
πρὶν ἢ θερμανθῶσιν. Οὕτως ἑτοίμως ἑκάτερον αὐτέων ἐπὶ
than — they-are-warmed So readily each of-them to
θάτερα παραγίνεται. Μυρία δ' ἂν καὶ ἕτερα ἔχοιμι εἰπεῖν.
the-other comes-over Countless and — also others I-could to-say
Τὰ δὲ κατὰ τοὺς νοσέοντας, οὐχ οἷσιν ἂν ῥῖγος
The-things but among the sick not for-whom — a-chill
γένηται, τουτέοισιν ὀξύτατος ὁ πυρετὸς ἐκλάμπει; καὶ οὐχ
comes-about for-these most-acute the fever flares-up and not
οὕτως ἰσχυρῶς, ἀλλὰ καὶ παυόμενος, δι' ὀλίγου, καὶ
so strongly but also ceasing through little and
ἄλλως τὰ πολλὰ ἀσινής· καὶ ὅσον ἂν χρόνον παρέῃ,
otherwise for-the most-part harmless and as-much-as — time it-is-present
διάθερμος, καὶ διεξιὼν διὰ παντὸς, τελευτᾷ ἐς τοὺς
hot-through and going-through through all ends in the
πόδας μάλιστα, οὗπερ τὸ ῥῖγος καὶ ἡ ψύξις νενικωτάτη
feet most where the chill and the cold most-vigorous
καὶ ἐπὶ πλέον ἐχρόνισεν· πάλιν δὲ ὅταν ἱδρώσῃ καὶ
and for longer lingered again but when he-sweats and
ἀπαλλαγῇ ὁ πυρετὸς, πολὺ μᾶλλον ἔψυξεν ἢ εἰ μὴ
is-freed the fever much more it-cooled than if not

ἔλαβε τὴν ἀρχήν. Ὧ οὖν διαταχέος οὕτω παραγίνεται
it-had-taken the beginning To-whom then quickly so comes-over
τὸ ἐναντιώτατόν τε καὶ ἀφελόμενον τὴν δύναμιν ἀπὸ
the most-opposite both and taking-away the power from
ταυτομάτου, τί ἂν ἀπὸ τουτέου μέγα ἢ δεινὸν γένοιτο;
of-itself what — from this great or terrible could-come
ἢ τίνος δεῖ πολλῆς ἐπὶ τουτέῳ βοηθείης;
or of-what is-there-need much for this help

V · THE HUMORS CONCOCTED

Fever does not come from heat alone: the same humor is hot and bitter, hot and acid, or hot and salt, and these powers do the harm, the heat only sharing their strength. A cold in the head stops burning when its acrid discharge is concocted and thickened, and so with the fluxes of eyes and throat. Yellow bile brings nausea and burning until it is purged, and acid humors gnaw until they are mixed. Concoction passes through many forms, so crises and the numbers of days matter; a man is best disposed when no power shows on its own.

Εἴποι ἄν τις, ἀλλ' οἱ πυρεταίνοντες τοῖσι καύσοισί τε 17
Might-say — someone but those having-fever with-the ardent-fevers both
καὶ περιπλευμονίῃσι καὶ ἄλλοισιν ἰσχυροῖσι νουσήμασιν οὐ
and pneumonias and other strong diseases not
ταχέως ἐκ τῆς θερμῆς ἀπαλλάσσονται, οὐδὲ πάρεστιν
quickly out-of the heat are-freed nor is-present
ἐνταῦθα ἔτι τὸ θερμὸν ἢ τὸ ψυχρόν. Ἐγὼ δὲ τοῦτό μοι
there still the hot or the cold I but this to-me
μέγιστον τεκμήριον ἡγεῦμαι εἶναι, ὅτι οὐ διὰ τὸ θερμὸν
greatest proof believe to-be that not because-of the hot
ἁπλῶς πυρεταίνουσιν οἱ ἄνθρωποι, οὐδὲ τοῦτο εἴη τὸ
simply have-fever the men nor this would-be the

αἴτιον τῆς κακώσιος μοῦνον, ἀλλ᾽ ἔστι καὶ πικρὸν καὶ
cause of-the harm alone but there-is both bitter and
θερμὸν τὸ αὐτὸ, καὶ θερμὸν καὶ ὀξὺ, καὶ ἁλμυρὸν καὶ
hot the same and hot and acid and salt and
θερμὸν, καὶ ἄλλα μυρία, καὶ πάλιν γε ψυχρὸν μετὰ
hot and others countless and again at-least cold with
δυνάμιων ἑτέρων. Τὰ μὲν οὖν λυμαινόμενα ταῦτά ἐστι·
powers other The-things indeed then harming these-things are
ξυμπάρεστι δὲ καὶ τὸ θερμὸν, ῥώμης μετέχον, ὡς ἂν τὸ
is-present-together and also the hot strength sharing as — the-thing
ἡγεύμενον καὶ παροξυνόμενον καὶ αὐξανόμενον ἅμα
leading and being-aggravated and increasing together-with
κείνῳ, δύναμιν δὲ οὐδεμίην πλείω τῆς προσηκούσης.
that power but no greater than-the proper

18 Δῆλα δὲ ταῦτα ὅτι ὧδε ἔχει ἐπὶ τῶνδε τῶν σημείων·
Clear and these-things that so it-is from these the signs
πρῶτον μέν ἐστι φανερώτατα ὧν πάντες ἔμπειροι
first indeed are most-manifest-things of-which all experienced
πολλάκις ἤδη ἐσμέν τε καὶ ἐσόμεθα. Τοῦτο μὲν, ὅσοισιν
often already we-are both and will-be This indeed for-whomever
ἂν ἡμέων κόρυζα ἐγγένηται καὶ ῥεῦμα κινηθῇ διὰ
— of-us a-cold occurs and flux is-set-moving through
τῶν ῥινέων, τοῦτο ὡς πολὺ δριμύτερον τοῦ πρότερον
the nostrils this as for-the-most more-acrid than-the before
γινομένου τε καὶ ἰόντος ἐκ τῶν ῥινέων καθ᾽ ἑκάστην
coming-about both and going from the nostrils by each
ἡμέρην, καὶ οἰδέειν μὲν ποιέει τὴν ῥῖνα, καὶ ξυγκαίει
day and to-swell indeed makes the nose and burns
θερμήν τε καὶ διάπυρον ἐσχάτως· ἢν δὲ τὴν χεῖρα
hot both and fiery to-the-utmost if but the hand
προσφέρῃς καὶ πλείω χρόνον παρέῃ, καὶ ἐξελκοῦται τὸ
you-put-to and more time it-is-present also is-ulcerated the

χωρίον, ἄσαρκόν τε καὶ σκληρὸν ἐόν. Παύεται δέ πως
place fleshless both and hard being Ceases and somehow
τό γε καῦμα ἐκ τῆς ῥινὸς, οὐχ ὅταν τὸ ῥεῦμα γίνηται
the at-least burning from the nose not when the flux comes-about
καὶ ἡ φλεγμονὴ ἔῃ· ἀλλ᾽ ἐπειδὰν παχύτερόν τε καὶ
and the inflammation is but when thicker both and
ἧσσον δριμὺ ῥέῃ πέπον τε καὶ μεμιγμένον μᾶλλον τῷ
less acrid it-flows ripe both and mixed more with-the
πρότερον γινομένῳ, τότ᾽ ἤδη καὶ τὸ καῦμα πέπαυται· ἀλλ᾽
before coming-about then now also the burning has-ceased but
οἷσι δὲ ὑπὸ ψύχεος φανερῶς αὐτέου μούνου γίνεται,
for-whom and by cold manifestly of-it alone it-comes-about
μηδενὸς ἄλλου ξυμπαραγενομένου, πᾶσιν αὕτη ἡ ἀπαλλαγὴ,
of-nothing other accompanying for-all this the release
ἐκ μὲν τῆς ψύξιος διαθερμανθῆναι, ἐκ δὲ τοῦ καύματος
from indeed the cold to-be-warmed-through from and the burning
διαψυχθῆναι, καὶ ταῦτα ταχέως παραγίνεται καὶ πέψιος
to-be-cooled-through and these-things quickly come-about and concoction
οὐδεμιῆς προσδέεται. Τὰ δ᾽ ἄλλα πάντα ὅσα διὰ
no need-in-addition The but other all-things as-many-as because-of
χυμῶν δριμύτητας καὶ ἀκρησίας φημὶ ἔγωγε γίνεσθαι,
of-humors acridities and unmixednesses I-say I to-come-about
τὸν αὐτὸν τρόπον ἀποκαθίσταται κρηθέντα καὶ πεφθέντα.
the same manner are-restored blended and concocted
Ὅσα τ᾽ αὖ ἐπὶ τοὺς ὀφθαλμοὺς τρέπεται τῶν 19
As-many-as and again to the eyes turn of-the
ῥευμάτων, ὡς ἰσχυρὰς καὶ παντοίας δριμύτητας ἔχοντα,
fluxes as strong and of-all-kinds acridities having
ἑλκοῖ μὲν βλέφαρα, κατεσθίει δὲ ἐνίων γνάθους τε καὶ
ulcerate indeed eyelids eat-away and of-some cheeks both and
τὰ ὑπὸ τοῖσιν ὀφθαλμοῖσιν, ἐφ᾽ ὅ τι ἂν ἐπιρρυῇ,
the-parts under the eyes on what — — it-flows-onto

ῥήγνυσί τε καὶ διεσθίει τὸν ἀμφὶ τὴν ὄψιν χιτῶνα. Ὀδύναι
it-breaks both and eats-through the about the sight membrane Pains
δὲ καὶ καῦμα καὶ φλογμὸς ἔσχατος κατέχει μέχρι τινὸς,
but and burning and inflammation utmost hold until some-point
μέχρις ἂν τὰ ῥεύματα πεφθῇ καὶ γένηται παχύτερα, καὶ
until — the fluxes are-concocted and become thicker and
λήμη ἀπ᾽ αὐτέων ἴῃ· τὸ δὲ πεφθῆναι γίνεται ἐκ τοῦ
rheum from them goes the and to-be-concocted comes-about from the
μιχθῆναι, κρηθῆναί τε ἀλλήλοισι καὶ ξυνεψηθῆναι. Τοῦτο
to-be-mixed to-be-blended both with-one-another and to-be-boiled-together This
δ᾽, ὅσα ἐς τὴν φάρυγγα ἀφ᾽ ὧν βράγχοι γίνονται,
and as-many-as into the throat from which hoarsenesses come-about
κυνάγκαι, ἐρυσιπέλατα, περιπλευμονίαι, πάντα ταῦτα τὸ
quinsies erysipelases pneumonias all these-things the
μὲν πρῶτον ἁλμυρά τε καὶ ὑγρὰ καὶ δριμέα ἀφίει· καὶ ἐν
indeed first salty both and moist and acrid discharge and in
τοῖσι τουτέοισιν ἔρρωται τὰ νουσήματα. Ὅταν δὲ παχύτερα
the these are-strong the diseases When but thicker
καὶ πεπαίτερα γένηται καὶ πάσης δριμύτητος ἀπηλλαγμένα,
and riper they-become and of-all acridity freed
τότ᾽ ἤδη καὶ οἱ πυρετοὶ λύονται καὶ τἆλλα τὰ λυπέοντα
then now both the fevers are-resolved and the-other-things the paining
τὸν ἄνθρωπον· Δεῖ δὲ δήπου ταῦτα αἴτια ἑκάστου
the man One-must and surely these-things causes of-each
ἡγέεσθαι, ὧν παρεόντων μὲν τοιοῦτον τρόπον ἀνάγκη
to-believe of-which being-present indeed such manner necessity
γίνεσθαι, μεταβαλλόντων δὲ ἐς ἄλλην κρῆσιν παύεσθαι.
to-come-about changing but into another blend to-cease
Ὁκόσα οὖν ἀπὸ αὐτέης τῆς θερμῆς εἰλικρινέος ἢ ψύξιος
As-many-as then from the-very the heat pure or cold
γίνηται, καὶ μὴ μετέχῃ ἄλλης δυνάμιος μηδεμιῆς, οὕτω
come-about and not share-in other power any so

παύοιτ᾽ ἂν, ὅταν μεταβάλλῃ ἐκ τοῦ ψυχροῦ ἐς τὸ θερμὸν,
would-cease — when it-changes from the cold to the hot
καὶ ἐκ τοῦ θερμοῦ ἐς τὸ ψυχρόν· μεταβάλλει δ᾽ ὅν
and from the hot to the cold it-changes and which
μοι προείρηται τρόπον. Ἔτι τοίνυν τἄλλα ὅσα
by-me has-been-said-before manner Further therefore the-other-things as-many-as
κακοπαθέει ἄνθρωπος, πάντα ἀπὸ δυνάμιων γίνεται. Τοῦτο
suffers a-man all from powers come-about This
μὲν, ὅταν πικρότης τις ἀποχυθῇ, ἣν δὴ χολὴν ξανθὴν
indeed when bitterness some is-poured-out which indeed bile yellow
καλέομεν, οἷαι ἄσαι καὶ καῦμα καὶ ἀδυναμίαι κατέχουσιν·
we-call such-as nauseas and burning and powerlessnesses hold
ἀπαλλασσόμενοί τε τουτέου ἐνίοτε καὶ καθαιρόμενοι, ἢ
being-freed both of-this sometimes and being-purged either
αὐτόματοι, ἢ ὑπὸ φαρμάκου, ἢν ἐν καιρῷ τι αὐτέων γένηται,
spontaneously or by drug if in season any of-them comes-about
φανερῶς καὶ τῶν πόνων καὶ τῆς θερμῆς ἀπαλλάσσονται·
manifestly both of-the pains and of-the heat they-are-freed
ὅσον δ᾽ αὖ χρόνον ταῦτα μετέωρα ἔῃ καὶ ἄπεπτα καὶ
as-long but again time these-things aloft are and unconcocted and
ἄκρητα, μηχανὴ οὐδεμίη οὔτε τῶν πόνων παύσασθαι οὔτε
unmixed contrivance none either of-the pains to-stop or
τῶν πυρετῶν. Καὶ οἷσι μὲν ὀξύτητες προσίστανται δριμεῖαί
of-the fevers And for-whom indeed acidities attach acrid
τε καὶ ἰώδεες, οἷαι λύσσαι, καὶ δήξιες σπλάγχνων καὶ
both and rusty such-as madnesses and gnawings of-bowels and
θώρηκος, καὶ ἀπορίη· οὐ παύεται τουτέου πρότερον πρὶν ἢ
of-chest and distress not ceases this before than —
ἀποκαθαρθῇ τε καὶ καταστορεσθῇ, καὶ μιχθῇ τοῖσιν ἄλλοισιν.
it-is-purged both and is-settled and is-mixed with-the others

Πέσσεσθαι δὲ καὶ μεταβάλλειν καὶ λεπτύνεσθαι καὶ
To-be-concocted but and to-change and to-be-thinned and
παχύνεσθαι, ἐς χυμῶν εἶδος διὰ πολλῶν εἰδέων καὶ
to-be-thickened into of-humors form through many forms and
παντοίων· διὸ καὶ αἱ κρίσιες καὶ οἱ ἀριθμοὶ τῶν χρόνων ἐν
of-all-kinds therefore also the crises and the numbers of-the times in
τοῖσι τουτέοισι μέγα δύνανται. Πάντων δὴ τουτέων ἥκιστα
the these much have-power Of-all indeed these least
προσήκει θερμῷ ἢ ψυχρῷ πάσχειν· οὔτε γὰρ ἂν τοῦτό γε
befits by-hot or by-cold to-suffer neither for — this at-least
σαπῇ, οὔτε παχυνθῇ. Τί δ' ἂν αὐτὸ φαίημεν εἶναι;
would-putrefy nor would-thicken What and — it would-we-say to-be
Κρήσιας αὐτέων, ἄλλην πρὸς ἄλληλα ἐχούσας δύναμιν.
Blends of-them other toward one-another having power
Ἐπεὶ ἄλλῳ γε οὐδενὶ τὸ θερμὸν μιχθὲν παύσεται τῆς
Since by-other at-least nothing the hot mixed will-cease of-the
θέρμης ἢ τῷ ψυχρῷ, οὐδέ γε πάλιν τὸ ψυχρὸν ἢ τῷ
heat than by-the cold nor at-least again the cold than by-the
θερμῷ. Τὰ δ' ἄλλα πάντα περὶ τὸν ἄνθρωπον, ὅσῳ
hot The-things but other all about the man by-as-much-as
ἂν πλέοσι μίσγηται, τοσούτῳ ἠπιώτερα καὶ βελτίονα.
— with-more it-is-mixed by-so-much milder and better
Πάντων δὲ ἄριστα διάκειται ὥνθρωπος, ὅταν πέσσηται
Of-all but best is-disposed the-man when is-concocted
καὶ ἐν ἡσυχίῃ ἔῃ, μηδεμίην δύναμιν ἰδίην ἀποδεικνύμενος.
and in rest is no power own displaying
Περὶ μὲν οὖν τουτέων ἱκανῶς μοι ἡγεῦμαι ἐπιδεδεῖχθαι.
About indeed then these-things sufficiently by-me I-believe to-have-been-shown

Some physicians and sophists say medicine needs knowing what man is, an argument tending to philosophy like Empedocles'; he holds that such writing belongs more to painting, and that only medicine gives clear knowledge of nature. A physician must know how a man stands to each food, drink, and habit: cheese harms some men and not others, and many physicians blame a relapse on whatever new thing was done that day, a bath or a walk. Ills come from powers and from shapes; a hollow organ narrowing from broad, like a cupping glass, draws moisture most, and the dense liver suffers most from wind. Sweet humor turns first to acid, the least suitable, and the best lies farthest from the unsuitable.

Λέγουσι δέ τινες καὶ ἰητροὶ καὶ σοφισταὶ ὡς οὐκ ἔνι δυνατὸν 20
Say and some both physicians and sophists that not it-is possible
ἰητρικὴν εἰδέναι ὅστις μὴ οἶδεν ὅ τί ἐστιν ἄνθρωπος· ἀλλὰ
medicine to-know whoever not knows what — is a-man but
τοῦτο δεῖ καταμαθεῖν τὸν μέλλοντα ὀρθῶς θεραπεύσειν
this one-must to-learn the-one going rightly to-treat
τοὺς ἀνθρώπους. Τείνει δὲ αὐτέοισιν ὁ λόγος ἐς
the men Tends and their the argument to
φιλοσοφίην, καθάπερ Ἐμπεδοκλῆς ἢ ἄλλοι οἳ περὶ φύσιος
philosophy just-as Empedocles or others who about nature
γεγράφασιν ἐξ ἀρχῆς ὅ τί ἐστιν ἄνθρωπος, καὶ ὅπως
have-written from beginning what — is a-man and how
ἐγένετο πρῶτον καὶ ὅπως ξυνεπάγη. Ἐγὼ δὲ τουτέων
he-came-about first and how he-was-compacted I but of-these
μὲν ὅσα τινὶ εἴρηται σοφιστῇ ἢ ἰητρῷ, ἢ γέγραπται
indeed as-many-as by-some have-been-said sophist or physician or have-been-written
περὶ φύσιος, ἧσσον νομίζω τῇ ἰητρικῇ τέχνῃ προσήκειν
about nature less I-think to-the medical art to-belong
ἢ τῇ γραφικῇ. Νομίζω δὲ περὶ φύσιος γνῶναί τι
than to-the painting I-think and about nature to-know something

σαφὲς οὐδαμόθεν ἄλλοθεν εἶναι ἢ ἐξ ἰητρικῆς. Τοῦτο δὲ,
clear from-nowhere else to-be than from medicine This and
οἷόν τε καταμαθεῖν, ὅταν αὐτέην τις τὴν ἰητρικὴν ὀρθῶς
possible — to-learn when itself anyone the medicine rightly
πᾶσαν περιλάβῃ· μέχρι δὲ τουτέου πολλοῦ μοι δοκέει δεῖν·
whole embraces until and this much to-me seems to-lack
λέγω δὲ τὴν ἱστορίην ταύτην εἰδέναι ἄνθρωπος τί ἐστι,
I-mean and the inquiry this to-know man what he-is
καὶ δι᾽ οἵας αἰτίας γίνεται, καὶ τἆλλα ἀκριβέως.
and because-of what causes he-comes-about and the-other-things exactly
Ἐπεί τοί γέ μοι δοκέει ἀναγκαῖον εἶναι παντὶ ἰητρῷ
Since surely at-least to-me seems necessary to-be for-every physician
περὶ φύσιος εἰδέναι, καὶ πάνυ σπουδάσαι ὡς εἴσεται, εἴπερ
about nature to-know and very to-be-zealous how he-will-know if-indeed
τι μέλλει τῶν δεόντων ποιήσειν, ὅ τί ἐστιν ἄνθρωπος
anything he-is-going of-the needful-things to-do what — is a-man
πρὸς τὰ ἐσθιόμενα καὶ πινόμενα, καὶ ὅ τι πρὸς
in-relation-to the things-eaten and drunk and what — in-relation-to
τὰ ἄλλα ἐπιτηδεύματα, καὶ ὅ τι ἀφ᾽ ἑκάστου ἑκάστῳ
the other practices and what — from each to-each
ξυμβήσεται. Καὶ μὴ ἁπλῶς οὕτω δοκέειν ὅτι πονηρὸν βρῶμα
will-result And not simply so to-think that bad food
τυρός· πόνον γὰρ φέρει τῷ πληρωθέντι αὐτέου, ἀλλὰ
cheese pain for brings to-the-one filled with-it but
τίνα τε πόνον καὶ διὰ τί καὶ τίνι τῶν ἐν τῷ ἀνθρώπῳ
what both pain and because-of what and to-which of-the in the man
ἐνεόντων ἀνεπιτήδειον. Ἔστι γὰρ καὶ ἄλλα πολλὰ βρώματα
being-present unsuitable There-are for also other many foods
καὶ πόματα φύσει πονηρὰ, καὶ διατίθησι τὸν ἄνθρωπον οὐ
and drinks by-nature bad and dispose the man not
τὸν αὐτὸν τρόπον. Οὕτως οὖν μοι ἔστω τῷ λόγῳ οἷον
the same manner So then to-me let-it-be for-the argument such-as

οἶνος ἄκρητος πολὺς ποθεὶς, διατίθησί πως τὸν ἄνθρωπον
wine unmixed much drunk disposes somehow the man
ἀσθενέα· καὶ ἅπαντες ἂν ἰδόντες τοῦτο γνοίησαν, ὅτι αὕτη
weak and all — having-seen this would-know that this
ἡ δύναμις οἴνου καὶ αὐτός ἐστιν αἴτιος· καὶ οἷσί γε
the power of-wine and itself is cause and to-which at-least
τῶν ἐν τῷ ἀνθρώπῳ τοῦτο μάλιστά γε δύναται, οἴδαμεν.
of-the in the man this most at-least has-power we-know
Τοιαύτην δὴ βούλομαι ἀληθείην καὶ περὶ τῶν ἄλλων
Such indeed I-wish truth also about the others
φανῆναι. Τυρὸς γὰρ, ἐπειδὴ τουτέῳ σημείῳ ἐχρησάμην, οὐ
to-appear Cheese for since this as-sign I-used not
πάντας ἀνθρώπους ὁμοίως λυμαίνεται, ἀλλ' εἰσὶν οἵτινες
all men alike harms but there-are some-who
αὐτέου πληρεύμενοι οὐδ' ὁτιοῦν βλάπτονται· ἀλλὰ καὶ
of-it filled not-even anything are-harmed but also
ἰσχὺν, οἷσιν ἂν ξυμφέρῃ, θαυμασίως παρέχεται· εἰσὶ
strength to-whom — it-benefits wonderfully it-provides there-are
δὲ οἳ χαλεπῶς ἀπαλλάσσουσι· διαφέρουσι δὲ τουτέων αἱ
and who hard get-off differ and of-these the
φύσιες· διαφέρουσι δὲ κατὰ τοῦτο· ὅπερ ἐν τῷ σώματι
natures differ and in this which in the body
ἔνεστι πολέμιον τυρῷ, ὑπὸ τοιουτέου ἐγείρεταί τε καὶ
is-in hostile to-cheese by such is-roused both and
κινέεται· οἷσιν ὁ τοιοῦτος χυμὸς τυγχάνει πλέον ἐνεὼν
is-set-moving in-whom the such humor happens more being-in
καὶ μᾶλλον ἐνδυναστεύων ἐν τῷ σώματι, τουτέους μᾶλλον
and more holding-power in the body these more
καὶ κακοπαθέειν εἰκός. Εἰ δὲ πάσῃ τῇ ἀνθρωπίνῃ φύσει
also to-suffer is-likely If and to-all the human nature

ἦν κακὸν, πάντας ἂν ἐλυμαίνετο. Ταῦτα δὲ εἴ τις
it-were bad all — it-would-harm These-things and if anyone
εἰδοίη, οὐκ ἂν πάσχοι.
should-know not — he-would-suffer

21 Τὰ δ' ἐν τῇσιν ἀνακομιδῇσι τῇσιν ἐκ τῶν νούσων,
The-things and in the recoveries the from the diseases
ἔτι δὲ καὶ ἐν τῇσι νούσοισι τῇσι μακρῇσι γίνονται
further and also in the diseases the long come-about
πολλαὶ ξυνταράξιες, αἱ μὲν ἀπὸ ταυτομάτου, αἱ
many disturbances the-ones indeed from of-itself the-others
δὲ καὶ ἀπὸ τῶν προσενεχθέντων τῶν τυχόντων. Οἶδα
but also from the things-taken-in the chance-ones I-know
δὲ τοὺς ἰητροὺς τοὺς πολλοὺς, ὡς τοὺς ἰδιώτας, ἢν
and the physicians the many like the laymen if
τύχωσι περὶ τὴν ἡμέρην ταύτην τι κεκαινουργηκότες,
they-happen about the day this something having-innovated
ὡς λουσάμενοι, ἢ περιπατήσαντες, ἢ φαγόντες τι
such-as having-bathed or having-walked or having-eaten something
ἑτεροῖον, ταῦτα δὲ πάντα βελτίω προσενηνεγμένα ἢ
different these-things but all better taken-in or
μὴ, οὐδενὸς ἧσσον τὴν αἰτίην τουτέων τινὶ ἀνατιθέντας,
not no less the cause of-these to-some attributing
τὸ μὲν αἴτιον ἀγνοεῦντας, τὸ δὲ ξυμφορώτατον, ἢν
the indeed cause not-knowing the-thing and most-beneficial if
οὕτω τύχῃ, ἀφανίσαντας. Δεῖ δὲ οὔ· ἀλλ' εἰδέναι τί
so it-happens having-done-away-with One-must but not but to-know what
λουτρὸν ἀκαίρως προσγενόμενον ἐργάσεται, καὶ τί κόπος.
a-bath untimely added will-do and what fatigue
Οὐδέποτε γὰρ ἡ αὐτὴ κακοπαθίη τουτέων, οὐδ' ἑτέρου,
Never for the same suffering of-these nor of-the-other
οὐδέ γε ἀπὸ πληρώσιος, οὐδέ γε ἀπὸ βρώματος
nor at-least from repletion nor at-least from food

τοίου ἢ τοίου. Ὅστις οὖν ταῦτα μὴ εἴσεται ὡς ἕκαστα
such or such Whoever then these-things not will-know how each
ἔχει πρὸς τὸν ἄνθρωπον, οὔτε γινώσκειν τὰ γινόμενα ἀπ᾽
stands toward the man neither to-recognize the consequences from
αὐτέων δυνήσεται, οὔτε χρέεσθαι ὀρθῶς.
them will-be-able nor to-use rightly
Δεῖν δέ μοι δοκέει καὶ ταῦτ᾽ εἰδέναι, ὅσα τῷ 22
To-be-necessary and to-me seems also these-things to-know as-many-as to-the
ἀνθρώπῳ παθήματα ἀπὸ δυνάμιων ἔρχεται, καὶ ὅσα
man sufferings from powers come and as-many-as
ἀπὸ σχημάτων. Λέγω δὲ τί τοῦτο; Δύναμιν μὲν εἶναι
from structures I-mean but what this Power indeed to-be
τῶν χυμῶν τὰς ἀκρότητάς τε καὶ ἰσχῦς· σχήματα δὲ
of-the humors the intensities both and strengths structures but
λέγω ὅσα ἔνεστιν ἐν τῷ ἀνθρώπῳ. Τὰ μὲν γὰρ
I-mean as-many-as are-in in the man The-ones indeed for
κοῖλά τε καὶ ἐξ εὐρέος ἐς στενόν ἐστι συνηγμένα, τὰ
hollow both and from broad into narrow are drawn-together the-others
δὲ καὶ ἐκπεπταμένα, τὰ δὲ στερεά τε καὶ στρογγύλα,
and also spread-out the-others and solid both and round
τὰ δὲ πλατέα καὶ ἐπικρεμάμενα, τὰ δὲ διατεταμένα,
the-others and flat and hanging the-others and stretched
τὰ δὲ μακρὰ, τὰ δὲ πυκνὰ, τὰ δὲ μανά τε καὶ
the-others and long the-others and dense the-others and loose both and
τεθηλότα, τὰ δὲ σπογγοειδέα καὶ ἀραιά. Τοῦτο μὲν,
swollen the-others and spongy and porous This indeed
ἑλκύσαι ἐφ᾽ ἑωυτὸ καὶ ἐπισπάσασθαι ὑγρότητα ἐκ τοῦ
to-draw to itself and to-attract moisture from the
ἄλλου σώματος, πότερον τὰ κοῖλά τε καὶ ἐκπεπταμένα, ἢ
other body whether the hollow both and spread-out or
τὰ στερεά τε καὶ στρογγύλα, ἢ τὰ κοῖλά τε καὶ ἐς στενὸν
the solid both and round or the hollow both and into narrow

ἐξ εὐρέος συνηγμένα, δύναιτ' ἂν μάλιστα; Οἶμαι μέντοι τὰ
from broad drawn-together could — most I-think however the
τοιαῦτα ἐς στενὸν συνηγμένα ἐκ κοίλου τε καὶ εὐρέος.
such into narrow drawn-together from hollow both and broad
Καταμανθάνειν δὲ δεῖ αὐτὰ ἔξωθεν ἐκ τῶν φανερῶν.
To-learn and one-must them from-outside from the manifest-things
Τοῦτο μὲν γὰρ, τῷ στόματι κεχηνὼς ὑγρὸν οὐδὲν
This indeed for with-the mouth gaping liquid nothing
ἀνασπάσαις· προμυλλήνας δὲ καὶ συστείλας, πιέσας τε τὰ
you-would-draw-up pouting but and contracting pressing both the
χείλεα, ἔτι τε αὐλὸν προσθέμενος, ῥηϊδίως ἀνασπάσαις ἂν
lips further and a-pipe applying easily you-would-draw-up —
ὅ τι θέλοις. Τοῦτο δὲ, αἱ σικύαι προσβαλλόμεναι ἐξ
what — you-wish This and the cupping-glasses applied from
εὐρέος ἐς στενώτερον ἐστενωμέναι πρὸς τοῦτο τετεχνέαται,
broad to narrower narrowed for this have-been-contrived
πρὸς τὸ ἕλκειν ἀπὸ τῆς σαρκὸς καὶ ἐπισπᾶσθαι, ἄλλα τε
for the to-draw from the flesh and to-attract others and
πολλὰ τοιουτότροπα. Τῶν δ' ἔσω τοῦ ἀνθρώπου φύσις καὶ
many of-such-kind Of-the and inside of-the man nature and
σχῆμα τοιοῦτον· κύστις τε καὶ κεφαλὴ, καὶ ὑστέρα γυναιξί·
structure such bladder both and head and womb in-women
καὶ φανερῶς ταῦτα μάλιστα ἕλκει, καὶ πλήρεά ἐστιν ἐπάκτου
and manifestly these most draw and full are of-acquired
ὑγρότητος αἰεί. Τά δὲ κοῖλα καὶ ἐκπεπταμένα ἐπιῤῥυεῖσαν
moisture always The but hollow and spread-out flowing-in
μὲν ἂν ὑγρότητα μάλιστα δέξαιτο πάντων, ἐπισπάσαιτο
indeed — moisture most would-receive of-all would-attract
δ' ἂν οὐχ ὁμοίως. Τὰ δέ γε στερεὰ καὶ στρογγύλα οὔτ'
but — not alike The but at-least solid and round neither
ἂν ἐπισπάσαιτο οὔτ' ἂν ἐπιῤῥυεῖσαν δέξαιτο· περιολισθάνοι
— would-attract nor — flowing-in would-receive would-slip-around

τε γὰρ ἂν, καὶ οὐκ ἔχοι ἕδρην ἐφ᾽ ἧς μένοι. Τὰ
both for — and not would-have seat on which it-might-stay The
δὲ σπογγοειδέα τε καὶ ἀραιὰ, οἷον σπλὴν, πλεύμων καὶ
but spongy both and porous such-as spleen lung and
μαζοὶ, προσκαθεζόμενα μάλιστα ἀναπίοι καὶ σκληρυνθείη
breasts lying-against most would-drink-up and would-harden
καὶ αὐξηθείη, ὑγρότητος προσγενομένης, ταῦτα μάλιστα.
and would-grow moisture having-been-added these most
Οὐ γὰρ ἂν ἐν σπληνὶ, ὥσπερ ἐν κοιλίῃ ἐν ᾗ τὸ ὑγρὸν,
Not for — in spleen as in belly in which the liquid
ἔξω τε περιέχοι αὕτη ἡ κοιλίη καὶ ἐξαλίζοιτ᾽ ἂν καθ᾽
outside both would-contain this the belly and would-be-emptied — by
ἑκάστην ἡμέρην· ἀλλ᾽ ὅταν πίῃ καὶ δέξηται αὐτὸς ἐς
each day but when it-drinks and receives it into
ἑωυτὸν τὸ ὑγρὸν, τὰ κενὰ καὶ ἀραιὰ ἐπληρώθη, καὶ
itself the liquid the empty-spaces and porous-parts were-filled and
τὰ σμικρὰ πάντα, καὶ ἀντὶ ἀραιοῦ τε καὶ μαλθακοῦ
the small all and instead-of porous both and soft
σκληρός τε καὶ πυκνὸς ἐγένετο, καὶ οὔτ᾽ ἐκπέσσει οὔτ᾽
hard both and dense it-became and neither concocts nor
ἀφίησι· ταῦτα δὲ πάσχει διὰ τὴν φύσιν τοῦ σχήματος.
discharges these-things and it-suffers because-of the nature of-the structure
Ὅσα δὲ φῦσάν τε καὶ ἀνειλήματα ἐνεργάζονται ἐν
As-many-as and wind both and rumblings produce in
τῷ σώματι, προσήκει ἐν μὲν τοῖσι κοίλοισί τε καὶ
the body it-befits in indeed the hollow both and
εὐρυχώροισιν, οἷον κοιλίῃ τε καὶ θώρηκι, ψόφον τε καὶ
roomy such-as belly both and chest noise both and
πάταγον ἐμποιέειν. Ὅτε γὰρ ἂν μὴ ἀποπληρώσῃ οὕτως
clatter to-produce When for — not it-fills-up so
ὥστε στῆναι, ἀλλ᾽ ἔχῃ μεταβολάς τε καὶ κινήσιας, ἀνάγκη
as to-stand but it-has changes both and motions necessity

ὑπ᾽ αὐτέων καὶ ψόφον καὶ καταφανέας κινήσιας γίνεσθαι.
by them both noise and manifest motions to-come-about
Ὅσα δὲ σαρκώδεά τε καὶ μαλθακὰ, ἐν τοῖσι τουτέοισι
As-many-as but fleshy both and soft in the these
νάρκαι τε καὶ πληρώματα, οἷα ἐν τοῖσιν ἀποπληγεῖσι
numbnesses both and fillings such-as in the stricken
γίνεται· ὅταν δ᾽ ἐγκύρσῃ πλατεῖ τε καὶ ἀντικειμένῳ, καὶ
come-about when but it-meets broad both and opposing and
πρὸς αὐτὸ ἀντιπαίσῃ, καὶ φύσει τοῦτο τύχῃ, μήτε ἰσχυρὸν
against it it-strikes and by-nature this happens neither strong
ἐὸν, ὥστε δύνασθαι ἀντέχεσθαι τῆς βίης καὶ μηδὲν κακὸν
being so-as to-be-able to-hold-out-against the force and no harm
παθεῖν, μήτε μαλθακόν τε καὶ ἀραιὸν, ὥστ᾽ ἐκδέξασθαί τε
to-suffer nor soft both and porous so-as to-receive both
καὶ ὑπεῖξαι, ἁπαλὸν δὲ καὶ τεθηλὸς καὶ ἔναιμον καὶ πυκνὸν,
and to-yield delicate but and swollen and full-of-blood and dense
οἷον ἦπαρ, διὰ μὲν τὴν πυκνότητα καὶ πλατύτητα
such-as liver because-of indeed the density and breadth
ἀνθέστηκέ τε καὶ οὐχ ὑπείκει. Φῦσα δὲ ὑποδεχομένη
it-resists both and not yields Wind but being-received
αὔξεταί τε καὶ ἰσχυροτέρη γίνεται, καὶ ὁρμᾷ μάλιστα πρὸς
grows both and stronger becomes and rushes most to
τὸ ἀντιπαῖον. Διὰ δὲ τὴν ἁπαλότητα καὶ τὴν ἐναιμότητα
the resisting-thing Through and the delicacy and the bloodiness
οὐ δύναται ἄνευ πόνων εἶναι, καὶ διὰ ταύτας τὰς
not it-can without pains to-be and because-of these the
προφάσιας ὀδύναι τε ὀξύταται καὶ πυκνόταται πρὸς τοῦτο
causes pains both most-acute and most-frequent toward this
τὸ χωρίον γίνονται, ἐκπυήματά τε καὶ φύματα πλεῖστα.
the place come-about abscesses both and growths most
Γίνεται δὲ καὶ ὑπὸ φρένας ἰσχυρῶς, ἧσσον δὲ πολλόν·
It-comes-about and also under diaphragm strongly less but much

διάτασις μὲν γὰρ φρενῶν πλατείη καὶ ἀντικειμένη, φύσις
extension indeed for of-diaphragm broad and opposing nature
δὲ νευρωδεστέρη τε καὶ ἰσχυροτέρη, διὸ ἧσσον ἐπώδυνά
and more-sinewy both and stronger therefore less painful-things
ἐστι. Γίνονται δὲ καὶ περὶ ταῦτα καὶ πόνοι καὶ φύματα.
are Come-about and also about these-parts both pains and growths
Πολλὰ δὲ καὶ ἄλλα καὶ ἔσω καὶ ἔξω τοῦ σώματος 23
Many and also other both inside and outside of-the body
εἴδεα σχημάτων, ἃ μεγάλα ἀλλήλων διαφέρει πρὸς
forms of-structures which greatly from-one-another differ in-respect-to
τὰ παθήματα καὶ νοσέοντι καὶ ὑγιαίνοντι, οἷον κεφαλαὶ
the sufferings both for-one-sick and for-one-healthy such-as heads
σμικραὶ ἢ μεγάλαι, τράχηλοι λεπτοὶ ἢ παχέες, μακροὶ
small or large necks thin or thick long
ἢ βραχέες, κοιλίαι μακραὶ ἢ στρογγύλαι, θώρηκος καὶ
or short bellies long or round of-chest and
πλευρέων πλατύτητες ἢ στενότητες, καὶ ἄλλα μυρία,
of-ribs breadths or narrownesses and others countless
ἃ δεῖ πάντα εἰδέναι ἧ διαφέρει, ὅπως, τὰ αἴτια
which one-must all to-know in-what they-differ so-that the causes
ἑκάστων εἰδὼς, ὀρθῶς τηροίης.
of-each knowing rightly you-may-watch
Περὶ δὲ δυνάμιων χυμῶν, αὐτέων τε ἕκαστος ὅ τι 24
About and powers of-humors themselves both each what —
δύναται ποιέειν τὸν ἄνθρωπον ἐσκέφθαι, καὶ πρότερον
can to-do the man to-have-been-examined also before
εἴρηται, καὶ τὰς ξυγγενείας ὡς ἔχουσι πρὸς ἀλλήλους.
it-has-been-said and the kinships how they-stand toward one-another
Λέγω δὲ τὸ τοιοῦτον· εἰ γλυκὺς χυμὸς μεταβάλλοι ἐς
I-mean and the such-thing if sweet humor should-change into
ἄλλο εἶδος, μὴ ἀπὸ ξυγκρήσιος, ἀλλ' αὐτὸς ἐξιστάμενος,
other form not from blending but itself departing

ποῖός τις πρῶτος γένοιτο, πικρὸς, ἢ ἁλμυρὸς, ἢ
what-kind — first would-it-become bitter or salt or
στρυφνὸς, ἢ ὀξύς; Οἶμαι μὲν, ὀξύς. Ὁ ἄρα ὀξὺς χυμὸς
astringent or acid I-think indeed acid The then acid humor
ἀνεπιτήδειος προσφόρων ἂν τῶν λοιπῶν μάλιστα εἴη,
unsuitable of-the-things-offered — of-the remaining most would-be
εἴπερ ὁ γλυκύς γε πάντων ἐπιτηδειότατος. Οὕτως,
if-indeed the sweet at-least of-all most-suitable So
εἴ τις δύναιτο ζητέων ἔξωθεν ἐπιτυγχάνειν, δύναιτ' ἂν
if anyone could seeking from-outside to-hit-upon be-could —
πάντων ἐκλέγεσθαι αἰεὶ τὸ βέλτιστον· βέλτιστον δέ ἐστι
of-all to-choose always the best best and is
τὸ προσωτάτω τοῦ ἀνεπιτηδείου ἀπέχον.
the-thing farthest from-the unsuitable being-away

HIPPOCRATES

ΠΕΡΙ ΤΕΧΝΗΣ

The Art

ΠΕΡΙ ΤΕΧΝΗΣ

I · A DEFENSE OF THE ART

Some make an art of reviling the arts, to display their own learning; discovering what is unfound is the work of intelligence, but disparaging others' discoveries suits only the unskilled. No art is unreal, for what is is seen and known, and the arts are seen from their forms; names are conventions, while forms grow from nature. Medicine relieves the sick of their distress, blunts the violence of diseases, and declines the cases a disease has mastered. Chance has its share, but those who recover under a physician owe it to the art, for they entrusted themselves to it and saw its power in the work.

Εἰσί τινες οἳ τέχνην πεποίηνται τὸ τὰς τέχνας 1
There-are some who an-art have-made the the arts
αἰσχροεπεῖν, ὡς μὲν οἴονται οἱ τοῦτο διαπρησσόμενοι,
to-revile as indeed think those this accomplishing
οὐχ ὃ ἐγὼ λέγω, ἀλλ' ἱστορίης οἰκείης ἐπίδειξιν ποιεύμενοι.
not what I say but of-inquiry own display making
Ἐμοὶ δὲ τὸ μέν τι τῶν μὴ εὑρημένων ἐξευρίσκειν, ὅ
To-me but the indeed something of-the not found to-discover what
τι καὶ εὑρεθὲν κρέσσον ᾖ ἢ ἀνεξεύρετον, ξυνέσιος δοκέει
— also found better is than undiscovered of-intelligence seems
ἐπιθύμημά τε καὶ ἔργον εἶναι, καὶ τὸ τὰ ἡμίεργα
the-ambition both and work to-be and the the half-finished-things
ἐς τέλος ἐξεργάζεσθαι ὡσαύτως· τὸ δὲ λόγων οὐ καλῶν
to end to-work-out likewise the but of-words not fine
τέχνῃ τὰ τοῖς ἄλλοις εὑρημένα αἰσχύνειν προθυμέεσθαι,
by-art the-things by-the others found to-disgrace to-be-eager
ἐπανορθοῦντα μὲν μηδὲν, διαβάλλοντα δὲ τὰ τῶν εἰδότων
correcting indeed nothing slandering but the of-the knowing
πρὸς τοὺς μὴ εἰδότας ἐξευρήματα, οὐκέτι δοκέει ξυνέσιος
to the not knowing discoveries no-longer seems of-intelligence

ἐπιθύμημά τε καὶ ἔργον εἶναι, ἀλλὰ κακαγγελίη μᾶλλον
the-ambition both and work to-be but ill-report rather
φύσιος ἢ ἀτεχνίη· μούνοισι γὰρ τοῖσιν ἀτέχνοισιν ἡ
of-nature than lack-of-art to-the-only for the unskilled the
ἐργασίη αὕτη ἁρμόζει, φιλοτιμεομένων μὲν, οὐδαμᾶ δὲ
practice this befits of-those-ambitious indeed in-no-way but
δυναμένων κακίῃ ὑπουργέειν εἰς τὸ τὰ τῶν πέλας ἔργα
being-able to-wickedness to-minister to the the of-the neighbors works
ἢ ὀρθὰ ἐόντα διαβάλλειν, ἢ οὐκ ὀρθὰ μωμέεσθαι. Τοὺς μὲν
either right being to-slander or not right to-blame Those indeed
οὖν ἐς τὰς ἄλλας τέχνας τούτῳ τῷ τρόπῳ ἐμπίπτοντας,
then into the other arts this the manner falling-upon
οἷσι μέλει τε, καὶ ὧν μέλει, οἱ δυνάμενοι
for-whom it-is-a-care both and of-what it-is-a-care those able
κωλυόντων· ὁ δὲ παρεὼν λόγος τοῖσιν ἐς ἰητρικὴν οὕτως
let-them-check the but present argument to-those into medicine so
ἐμπορευομένοις ἐναντιώσεται, θρασυνόμενος μὲν διὰ
trafficking will-oppose being-bold indeed because-of
τούτους οὓς ψέγει, εὐπορέων δὲ διὰ τὴν τέχνην ᾗ
these whom it-blames well-provided but because-of the art which
βοηθεῖ, δυνάμενος δὲ διὰ σοφίην ᾗ πεπαίδευται.
it-helps being-able and because-of wisdom in-which it-has-been-educated

2 Δοκέει δή μοι τὸ μὲν σύμπαν τέχνη εἶναι οὐδεμία οὐκ
Seems indeed to-me the indeed whole art to-be none not
ἐοῦσα· καὶ γὰρ ἄλογον τῶν ἐόντων τι ἡγεῖσθαι
being and for absurd of-the things-that-are something to-think
μὴ ἐόν· ἐπεὶ τῶν γε μὴ ἐόντων τίνα ἂν τίς οὐσίην
not being since of-the at-least not being what — anyone essence
θεησάμενος ἀπαγγείλειεν ὡς ἔστιν; εἰ γὰρ δὴ ἔστι γ'
having-beheld could-report that it-is if for indeed it-is-possible at-least
ἰδεῖν τὰ μὴ ἐόντα, ὥσπερ τὰ ἐόντα, οὐκ οἶδ' ὅπως ἄν τις
to-see the not being as the being not I-know how — anyone

αὐτὰ νομίσειε μὴ ἐόντα, ἅ γε εἴη καὶ ὀφθαλμοῖσιν
them could-think not being which at-least it-were-possible both with-eyes
ἰδεῖν καὶ γνώμῃ νοῆσαι ὥς ἐστιν· ἀλλ᾽ ὅπως μὴ οὐκ ᾖ
to-see and with-mind to-perceive that they-are but how not not be
τοῦτο τοιοῦτον· ἀλλὰ τὰ μὲν ἐόντα αἰεὶ ὁρᾶταί τε καὶ
this such but the indeed being always are-seen both and
γινώσκεται, τὰ δὲ μὴ ἐόντα οὔτε ὁρᾶται οὔτε γινώσκεται.
are-known the but not being neither are-seen nor are-known
Γινώσκεται τοίνυν δεδειγμένων ἤδη τῶν τεχνέων, καὶ
Are-known then shown already the arts and
οὐδεμία ἐστὶν ἥ γε ἔκ τινος εἴδεος οὐχ ὁρᾶται. Οἶμαι δ᾽
none is which at-least from some form not is-seen I-think and
ἔγωγε καὶ τὰ ὀνόματα αὐτὰς διὰ τὰ εἴδεα λαβεῖν· ἄλογον
I also the names them through the forms to-have-taken absurd
γὰρ ἀπὸ τῶν ὀνομάτων τὰ εἴδεα ἡγεῖσθαι βλαστάνειν,
for from the names the forms to-think to-sprout
καὶ ἀδύνατον· τὰ μὲν γὰρ ὀνόματα φύσιος νομοθετήματά
and impossible the indeed for names of-nature enactments
ἐστι, τὰ δὲ εἴδεα οὐ νομοθετήματα, ἀλλὰ βλαστήματα.
are the but forms not enactments but sproutings
Περὶ μὲν οὖν τούτων εἴ γέ τις μὴ ἱκανῶς ἐκ τῶν 3
About indeed then these-things if at-least anyone not sufficiently from the
εἰρημένων ξυνίησιν, ἐν ἄλλοισιν ἂν λόγοισι σαφέστερον
said-things understands in other — arguments more-clearly
διδαχθείη. Περὶ δὲ ἰητρικῆς, ἐς ταύτην γὰρ ὁ λόγος,
he-might-be-taught About but medicine to this for the argument
ταύτης οὖν τὴν ἀπόδειξιν ποιήσομαι, καὶ πρῶτόν γε
of-this then the demonstration I-will-make and first at-least
διοριεῦμαι ὃ νομίζω ἰητρικὴν εἶναι, τὸ δὴ πάμπαν
I-will-define what I-think medicine to-be the indeed altogether
ἀπαλλάσσειν τῶν νοσεόντων τοὺς καμάτους, καὶ τῶν
to-relieve of-the sick the distresses and of-the

νοσημάτων τὰς σφοδρότητας ἀμβλύνειν, καὶ τὸ μὴ ἐγχειρέειν
diseases the violences to-blunt and the not to-undertake
τοῖσι κεκρατημένοισιν ὑπὸ τῶν νοσημάτων, εἰδότας ὅτι
the-ones overmastered by the diseases knowing that
ταῦτα οὐ δύναται ἰητρική. Ὡς οὖν ποιέει τε ταῦτα, καὶ οἵη
these-things not can medicine That then it-does both these-things and able
τέ ἐστι διὰ παντὸς ποιέειν, περὶ τούτου μοι δὴ ὁ λοιπὸς
— is through all to-do about this to-me indeed the remaining
ἔσται λόγος· ἐν δὲ τῇ τῆς τέχνης ἀποδείξει ἅμα καὶ τοὺς
will-be argument in and the of-the art demonstration at-once also the
λόγους τῶν αἰσχύνειν αὐτὴν οἰομένων ἀναιρήσω, ᾗ
arguments of-those to-disgrace it thinking I-will-refute in-whatever-way
ἂν ἕκαστος αὐτῶν πρήσσειν τι οἰόμενος τυγχάνῃ.
— each of-them to-accomplish something thinking happens

4 Ἐστὶ μὲν οὖν μοι ἀρχὴ τοῦ λόγου, ἣ καὶ ὁμολογηθήσεται
Is indeed then to-me beginning of-the argument which also will-be-agreed
παρὰ πᾶσιν· ὅτι μὲν ἔνιοι ἐξυγιαίνονται τῶν θεραπευομένων
by all that indeed some are-healed of-those treated
ὑπὸ ἰητρικῆς ὁμολογέεται· ὅτι δὲ οὐ πάντες, ἐν τούτῳ ἤδη
by medicine is-agreed that but not all in this already
ψέγεται ἡ τέχνη, καί φασιν οἱ τὰ χείρω λέγοντες, διὰ
is-blamed the art and say those the worse saying because-of
τοὺς ἁλισκομένους ὑπὸ τῶν νοσημάτων, τοὺς ἀποφεύγοντας
those caught by the diseases those escaping
αὐτὰ τύχῃ ἀποφεύγειν καὶ οὐ διὰ τὴν τέχνην. Ἐγὼ δὲ
them by-chance to-escape and not because-of the art I but
οὐκ ἀποστερέω μὲν οὐδ' αὐτὸς τὴν τύχην ἔργου οὐδενὸς,
not deprive indeed nor myself the chance of-work any
ἡγεῦμαι δὲ τοῖσι μὲν κακῶς θεραπευομένοισι νουσήμασι
I-believe but to-the indeed badly treated diseases
τὰ πολλὰ τὴν ἀτυχίην ἕπεσθαι, τοῖσι δὲ εὖ τὴν εὐτυχίην.
for-the most-part the misfortune to-follow to-the but well the good-fortune

Ἔπειτα δὲ καὶ πῶς οἷόν τέ ἐστι τοῖς ὑγιασθεῖσιν ἄλλο
Then and also how possible — is-it for-those healed other
τι αἰτιήσασθαι ἢ τὴν τέχνην, εἴπερ χρώμενοι αὐτῇ
something to-credit than the art if-indeed using it
καὶ ὑπουργέοντες ὑγιάσθησαν; τὸ μὲν γὰρ τῆς τύχης
and assisting they-were-healed the indeed for of-the chance
εἶδος ψιλὸν οὐκ ἠβουλήθησαν θεήσασθαι, ἐν ᾧ τῇ τέχνῃ
form bare not they-wished to-behold in which to-the art
ἐπέτρεψαν σφᾶς αὐτοὺς, ὥστε τῆς μὲν ἐς τὴν τύχην
they-entrusted them themselves so-that of-the indeed to the chance
ἀναφορῆς ἀπηλλαγμένοι εἰσὶ, τῆς μέντοι ἐς τὴν τέχνην
reference freed they-are of-the however to the art
οὐκ ἀπηλλαγμένοι· ἐν ᾧ γὰρ ἐπέτρεψαν καὶ ἐπίστευσαν
not freed in which for they-entrusted and trusted
αὐτῇ σφᾶς αὐτοὺς, ἐν τούτῳ αὐτῆς καὶ τὸ εἶδος ἐσκέψαντο
it them themselves in this of-it both the form they-beheld
καὶ τὴν δύναμιν, περανθέντος τοῦ ἔργου, ἔγνωσαν.
and the power accomplished the work they-recognized

II · THE CURE IS THE ART'S

An opponent says many recover without a physician. They do, but by fasting or feasting, bathing or resting, as a physician would prescribe, so chance is only a name. When the sick die, the blame is theirs, since a patient in pain is likelier to disobey than a physician to err. Medicine rightly refuses cases stronger than its instruments.

Ἐρεῖ δὴ ἐνταῦθα ὁ τἀναντία λέγων, ὅτι πολλοὶ ἤδη
Will-say indeed here the-one the-opposite saying that many already
καὶ οὐ χρησάμενοι ἰητρῷ νοσέοντες ὑγιάσθησαν, καὶ ἐγὼ
even not having-used a-physician being-ill were-healed and I
τῷ λόγῳ οὐκ ἀπιστέω· δοκέει δέ μοι οἷόν τε εἶναι καὶ
the statement not disbelieve it-seems but to-me possible — to-be even

ἰητρῷ μὴ χρωμένους ἰητρικῇ περιτυχεῖν, οὐ μὴν ὥστε
a-physician not using medicine to-happen-upon not however so-as
εἰδέναι ὅ τι ὀρθὸν ἐν αὐτῇ ἐνείη, καὶ ὅ τι μὴ ὀρθὸν,
to-know what — right in it was-present and what — not right
ἄλλ᾽ ὥστ᾽ ἂν ἐπιτύχοιεν τοιαῦτα θεραπεύσαντες ἑωυτοὺς,
but so-that — they-would-hit-upon such having-treated themselves
ὁποῖά περ ἂν ἐθεραπεύθησαν, εἰ καὶ ἰητροῖσιν ἐχρῶντο.
as indeed — they-would-have-been-treated if also physicians they-had-used
Καὶ τοῦτό γε τεκμήριον μέγα τῇ οὐσίῃ τῆς τέχνης, ὅτι
And this at-least proof great for-the being of-the art that
ἐοῦσά τέ ἐστι καὶ μεγάλη, ὅπου γε φαίνονται καὶ οἱ μὴ
being both it-is and great where at-least appear even those not
νομίζοντες αὐτὴν εἶναι, σωζόμενοι δι᾽ αὐτήν· πολλὴ γὰρ
believing it to-be being-saved because-of it great for
ἀνάγκη καὶ τοὺς μὴ χρωμένους ἰητροῖσι, νοσήσαντας δὲ καὶ
necessity also those not using physicians having-been-ill but and
ὑγιασθέντας εἰδέναι, ὅτι ἢ δρῶντές τι ἢ μὴ δρῶντες
having-been-healed to-know that either doing something or not doing
ὑγιάσθησαν· ἢ γὰρ ἀσιτίῃ, ἢ πολυφαγίῃ, ἢ ποτῷ πλείονι,
they-were-healed either for by-fasting or by-much-eating or by-drink more
ἢ δίψῃ, ἢ λουτροῖσιν, ἢ ἀλουσίῃ, ἢ πόνοισιν, ἢ ἡσυχίῃ,
or by-thirst or by-baths or by-not-bathing or by-exertions or by-rest
ἢ ὕπνοισιν, ἢ ἀγρυπνίῃ, ἢ τῇ ἁπάντων τούτων ταραχῇ
or by-sleeps or by-wakefulness or by-the of-all these mixture
χρώμενοι, ὑγιάνθησαν· καὶ τῷ ὠφελῆσθαι πολλὴ ἀνάγκη
using they-were-healed and by-the having-been-benefited much necessity
αὐτούς ἐστιν ἐγνωκέναι, ὅ τι ἦν τὸ ὠφελῆσαν, καὶ,
them is to-have-recognized what — was the benefiting and
ὅτε ἐβλάβησαν, τῷ βλαβῆναι, ὅ τι ἦν τι τὸ βλάψαν.
when they-were-harmed by-the having-been-harmed what — was — the harming

Τὰ γὰρ τῷ ὠφελῆσθαι καὶ τὰ τῷ βεβλάφθαι
The-things for by-the having-been-benefited and the-things by-the having-been-harmed
ὡρισμένα οὐ πᾶς ἱκανὸς γνῶναι· εἰ τοίνυν ἐπιστήσεται
defined not everyone able to-know if therefore he-will-understand
ἢ ἐπαινέειν ἢ ψέγειν ὁ νοσήσας τῶν διαιτημάτων τι
either to-praise or to-blame the-one having-been-ill of-the regimens any
οἷσιν ὑγιάσθη, πάντα ταῦτα τῆς ἰητρικῆς ὄντα εὑρήσει·
by-which he-was-healed all these-things of-the medicine being he-will-find
καί ἐστιν οὐδὲν ἧσσον τὰ ἁμαρτηθέντα τῶν ὠφελησάντων
and is nothing less the errors than-the benefiting-things
μαρτύρια τῇ τέχνῃ ἐς τὸ εἶναι· τὰ μὲν γὰρ ὠφελήσαντα
witnesses to-the art for the to-be the indeed for benefiting-things
τῷ ὀρθῶς προσενεχθῆναι ὠφέλησαν· τὰ δὲ βλάψαντα τῷ
by-the rightly to-be-given benefited the but harming-things by-the
μηκέτι ὀρθῶς προσενεχθῆναι ἔβλαψαν. Καί τοι ὅπου τό τε
no-longer rightly to-be-given harmed And yet where the both
ὀρθὸν καὶ τὸ μὴ ὀρθὸν ὅρον ἔχει ἑκάτερον, πῶς τοῦτο οὐκ
right and the not right limit has each how this not
ἂν τέχνη εἴη; τοῦτο γὰρ ἔγωγέ φημι ἀτεχνίην εἶναι, ὅπου
— art would-be this for I I-say lack-of-art to-be where
μήτε ὀρθὸν ἔνι μηδὲν, μήτε οὐκ ὀρθόν· ὅπου δὲ τούτων
neither right is-in anything nor not right where but of-these
ἔνεστιν ἑκάτερον, οὐκ ἔτ' ἂν τοῦτο ἔργον ἀτεχνίης εἴη.
is-in each not still — this work of-lack-of-art would-be
Ἔτι τοίνυν εἰ μὲν ὑπὸ φαρμάκων τῶν τε καθαιρόντων καὶ 6
Further therefore if indeed by drugs the both purging and
τῶν ἱστάντων ἡ ἴησις τῇ τε ἰητρικῇ καὶ τοῖσιν ἰητροῖσι
the binding the cure for-the both medicine and for-the physicians
μοῦνον ἐγίνετο, ἀσθενὴς ἦν ἂν ὁ ἐμὸς λόγος· νῦν δὲ
alone came-about weak would-be — the my argument now but
δὴ φαίνονται τῶν ἰητρῶν οἱ μάλιστα ἐπαινεόμενοι καὶ
indeed appear of-the physicians the most praised also

διαιτήμασιν ἰώμενοι καὶ ἄλλοισί γε εἴδεσιν, ἃ οὐκ ἄν
by-regimens healing and by-other at-least forms which not —
τις φαίη, μὴ ὅτι ἰητρὸς, ἀλλ᾽ οὐδὲ ἰδιώτης ἀνεπιστήμων
anyone would-say not that a-physician but not-even a-layman unknowing
ἀκούσας, μὴ οὐ τῆς τέχνης εἶναι. Ὅπου οὖν οὐδὲν οὔτε
having-heard not not of-the art to-be Where then nothing either
ἐν τοῖς ἀγαθοῖσι τῶν ἰητρῶν οὔτε ἐν τῇ ἰητρικῇ αὐτῇ
in the good of-the physicians or in the medicine itself
ἀχρεῖόν ἐστιν, ἀλλ᾽ ἐν τοῖσι πλείστοισι τῶν τε φυομένων
useless is but in the most of-the both growing-things
καὶ τῶν ποιευμένων ἔνεστι τὰ εἴδεα τῶν θεραπειῶν καὶ
and of-the made-things are-in the forms of-the treatments and
τῶν φαρμάκων, οὐκ ἔστιν ἔτι οὐδενὶ τῶν ἄνευ ἰητροῦ
of-the drugs not it-is any-longer for-anyone of-the without physician
ὑγιαζομένων τὸ αὐτόματον αἰτιήσασθαι ὀρθῷ λόγῳ· τὸ
being-healed the spontaneous to-credit by-right reason the
μὲν γὰρ αὐτόματον οὐδὲν φαίνεται ἐὸν ἐλεγχόμενον· πᾶν
indeed for spontaneous nothing appears being being-examined all
γὰρ τὸ γινόμενον διά τι εὑρίσκοιτ᾽ ἂν γινόμενον,
for the coming-about because-of something would-be-found — coming-about
καὶ ἐν τῷ διά τι τὸ αὐτόματον οὐ φαίνεται οὐσίην
and in the because-of something the spontaneous not appears essence
ἔχον οὐδεμίην, ἀλλ᾽ ἢ οὔνομα μοῦνον· ἡ δὲ ἰητρικὴ
having none but except name only the but medicine
καὶ ἐν τοῖσι διά τι καὶ ἐν τοῖσι προνοουμένοισι
both in the-things because-of something and in the-things being-foreseen
φαίνεταί τε καὶ φανεῖται αἰεὶ οὐσίην ἔχουσα.
appears both and will-appear always essence having

7 Τοῖσι μὲν οὖν τῇ τύχῃ τὴν ὑγιείην προστιθεῖσι, τῆς δὲ
To-those indeed then to-the chance the health attributing of-the but
τέχνης ἀφαιρέουσι, τοιαῦτ᾽ ἄν τις λέγοι· τοὺς δ᾽ ἐν τῇσι
art taking-away such — anyone would-say those but in the

τῶν ἀποθνησκόντων ξυμφορῇσι τὴν τέχνην ἀφανίζοντας
of-the dying misfortunes the art abolishing
θαυμάζω, ὅτεῳ ἐπαιρεόμενοι ἀξιοχρέῳ λόγῳ τὴν μὲν τῶν
I-wonder-at by-what elated adequate argument the indeed of-the
ἀποθνησκόντων ἀκρησίην οὐκ αἰτίην καθιστᾶσι, τὴν δὲ
dying intemperance not cause they-make the but
τῶν τὴν ἰητρικὴν μελετησάντων ξύνεσιν αἰτίην· ὡς τοῖσι
of-those the medicine having-studied intelligence cause as-if for-the
μὲν ἰητροῖσιν ἔνεστι τὰ μὴ δέοντα ἐπιτάξαι, τοῖσι δὲ
indeed physicians it-is-possible the not needful-things to-prescribe for-the but
νοσέουσιν οὐκ ἔνεστι τὰ προσταχθέντα παραβῆναι. Καὶ
sick not it-is-possible the prescribed-things to-transgress And
μὴν πολύ γε εὐλογώτερον τοῖσι κάμνουσιν ἀδυνατέειν
indeed much at-least more-reasonable for-the sick to-be-unable
τὰ προστασσόμενα ὑπουργέειν, ἢ τοῖσιν ἰητροῖσι τὰ μὴ
the prescribed-things to-carry-out than for-the physicians the not
δέοντα ἐπιτάσσειν· οἱ μὲν γὰρ ὑγιαινούσῃ γνώμῃ
needful-things to-prescribe the-ones indeed for with-healthy mind
μεθ' ὑγιαίνοντος σώματος ἐγχειρέουσι, λογισάμενοι τά τε
with healthy body undertake having-reckoned the both
παρεόντα, τῶν τε παροιχομένων τὰ ὁμοίως διατεθέντα
present-things of-the and past-things the-things alike disposed
τοῖσι παρεοῦσιν, ὥστε ποτὲ θεραπευθέντα εἰπεῖν, ὅτι
to-the present-things so-that sometime having-been-treated to-say that
ἀπήλλαξαν· οἱ δὲ οὔτε ἃ κάμνουσιν, οὔτε δι'
they-got-rid-of-it the-others but neither what they-suffer nor because-of
ἃ κάμνουσιν, οὔθ' ὅ τι ἐκ τῶν παρεόντων ἔσται,
what they-suffer nor what — from the present-things will-be
οὔθ' ὅ τι ἐκ τῶν τουτέοισιν ὁμοίων γίνεται, εἰδότες,
nor what — from the to-these like-things comes-about knowing
ἐπιτάσσονται, ἀλγέοντες μὲν ἐν τῷ παρεόντι, φοβεύμενοι
are-given-orders suffering indeed in the present fearing

δὲ τὸ μέλλον, καὶ πλήρεες μὲν τῆς νούσου, κενεοὶ δὲ
but the future and full indeed of-the disease empty but
σιτίων, ἐθέλοντες τὰ πρὸς τὴν νοῦσον ἡδέα μᾶλλον,
of-food wishing the-things for the disease pleasant rather
ἢ τὰ πρὸς τὴν ὑγιείην προσδέχεσθαι, οὐκ ἀποθανεῖν
than the-things for the health to-accept not to-die
ἐρῶντες, ἀλλὰ καρτερεῖν ἀδυνατέοντες.
desiring but to-endure being-unable
Οὕτω δὲ διακειμένους, πότερον εἰκὸς τούτους τὰ ὑπὸ
So and disposed whether it-is-likely these the-things by
τῶν ἰητρῶν ἐπιτασσόμενα ποιέειν, ἢ ἄλλα ποιέειν, ἃ οὐκ
the physicians prescribed to-do or other-things to-do which not
ἐπετάχθησαν, ἢ τοὺς ἰητροὺς τοὺς ἐκείνως διακειμένους, ὡς
they-were-prescribed or the physicians those in-that-way disposed as
ὁ πρόσθεν λόγος ἡρμήνευσεν, ἐπιτάσσειν τὰ μὴ δέοντα;
the earlier argument explained to-prescribe the-things not needful
ἆρ' οὐ πολὺ μᾶλλον, τοὺς μὲν δεόντως ἐπιτάσσειν, τοὺς δὲ
then not much rather the-ones indeed rightly to-prescribe the-others but
εἰκότως ἀδυνατέειν πείθεσθαι, μὴ πειθομένους δὲ περιπίπτειν
reasonably to-be-unable to-obey not obeying but to-fall-into
τοῖσι θανάτοισιν, ὧν οἱ μὴ ὀρθῶς λογιζόμενοι τὰς αἰτίας
the deaths of-which those not rightly reasoning the causes
τοῖς οὐδὲν αἰτίοις ἀνατιθέασι, τοὺς αἰτίους ἐλευθεροῦντες;
to-those nothing causing attribute the responsible-ones setting-free

8 Εἰσὶ δέ τινες οἳ καὶ διὰ τοὺς μὴ ἐθέλοντας ἐγχειρέειν
There-are and some who also because-of those not wishing to-undertake
τοῖσι κεκρατημένοισιν ὑπὸ τῶν νουσημάτων μέμφονται τὴν
the-ones overmastered by the diseases blame the
ἰητρικὴν, λέγοντες ὡς ταῦτα μὲν καὶ αὐτὰ ὑφ' ἑαυτῶν ἂν
medicine saying that these-things indeed even themselves by themselves —
ἐξυγιάζοιτο, ἃ ἐγχειρέουσιν ἰῆσθαι, ἃ δ' ἐπικουρίης δεῖται,
would-be-healed which they-undertake to-cure which but help need

οὐχ ἅπτονται, δεῖν δὲ, εἴπερ ἦν ἡ τέχνη, πάνθ' ὁμοίως
not they-touch to-be-needful but if-indeed it-were the art all-things alike
ἰᾶσθαι. Οἱ μὲν οὖν ταῦτα λέγοντες, εἰ ἐμέμφοντο τοῖς
to-cure Those indeed then these-things saying if they-blamed the
ἰητροῖς, ὅτι αὐτέων τοιαῦτα λεγόντων οὐκ ἐπιμελοῦνται ὡς
physicians that them such saying not they-take-care-of as
παραφρονεύντων, εἰκότως ἂν ἐμέμφοντο μᾶλλον ἢ ἐκεῖνα
being-out-of-their-minds reasonably — they-would-blame rather than those-things
μεμφόμενοι· εἰ γάρ τις ἢ τέχνην, ἐς ἃ μὴ τέχνη,
blaming if for anyone either art to what-things not art
ἢ φύσιν, ἐς ἃ μὴ φύσις πέφυκεν, ἀξιώσειε δύνασθαι,
or nature to what-things not nature has-grown should-claim to-be-able
ἀγνοεῖ ἄγνοιαν ἁρμόζουσαν μανίῃ μᾶλλον ἢ ἀμαθίῃ.
he-is-ignorant-of ignorance fitting madness more than lack-of-learning
Ὧν γάρ ἐστιν ἡμῖν τοῖσί τε τῶν φυσίων τοῖσι
Of-what-things for it-is for-us with-the both of-the natures with-the
τε τῶν τεχνέων ὀργάνοις ἐπικρατέειν, τουτέων ἐστὶν ἡμῖν
both of-the arts instruments to-master of-these it-is for-us
δημιουργοῖς εἶναι, ἄλλων δὲ οὔκ ἐστιν. Ὅταν οὖν τι πάθῃ
craftsmen to-be of-others but not it-is When then something suffers
ἄνθρωπος κακὸν ὃ κρέσσον ἐστὶ τῶν ἐν ἰητρικῇ ὀργάνων,
a-man evil which stronger is than-the in medicine instruments
οὐδὲ προσδοκᾶσθαι τοῦτό που δεῖ ὑπὸ ἰητρικῆς
not-even to-be-expected this somehow one-must by medicine
κρατηθῆναι ἄν· αὐτίκα γὰρ τῶν ἐν ἰητρικῇ καιόντων τὸ
to-be-overcome — for-example for of-the in medicine burning-things the
πῦρ ἐσχάτως καίει, τουτέου δὲ ἧσσον καὶ ἄλλα πολλά·
fire most-extremely burns than-this but less also other many-things
τῶν μὲν οὖν ἡσσόνων τὰ κρέσσω οὔπω δηλονότι ἀνίητα·
of-the indeed then weaker the stronger-things not-yet clearly incurable
τῶν δὲ κρατίστων τὰ κρέσσω πῶς οὐ δηλονότι ἀνίητα;
of-the but strongest the stronger-things how not clearly incurable

ἃ γὰρ πῦρ οὐ δημιουργέει, πῶς οὐ τὰ τούτῳ μὴ
which for fire not works how not the-things by-this not
ἁλισκόμενα δηλονότι ἄλλης δεῖται τέχνης, καὶ οὐ ταύτης,
caught clearly another need art and not this
ἧς ἔνι τὸ πῦρ ὄργανον; ωὐτὸς δέ μοι λόγος καὶ
in-which is-in the fire instrument the-same and to-me argument also
ὑπὲρ τῶν ἄλλων, ὅσα τῇ ἰητρικῇ ξυνεργέει, ὧν
on-behalf-of the other as-many-as with-the medicine cooperate of-which
ἁπάντων φημὶ δεῖν ἑκάστου μὴ κατατυχόντα τὸν ἰητρὸν
all I-say one-must of-each not succeeding the physician
τὴν δύναμιν αἰτιᾶσθαι τοῦ πάθεος, μὴ τὴν τέχνην. Οἱ
the power to-blame of-the affliction not the art Those
μὲν οὖν μεμφόμενοι τοῖσι κεκρατημένοισι μὴ ἐγχειρέοντας
indeed then blaming the overmastered not undertaking
παρακελεύονται καὶ ὧν μὴ προσήκει ἅπτεσθαι οὐδὲν
urge also of-what not it-befits to-touch nothing
ἧσσον ἢ ὧν προσήκει· παρακελευόμενοι δὲ ταῦτα, ὑπὸ
less than of-what it-befits urging and these-things by
μὲν τῶν οὐνόματι ἰητρῶν θαυμάζονται, ὑπὸ δὲ τῶν καὶ
indeed those in-name physicians are-admired by but those also
τέχνῃ καταγελῶνται. Οὐ μὴν οὕτως ἀφρόνων οἱ ταύτης
in-art are-laughed-at Not however so foolish those of-this
τῆς δημιουργίης ἔμπειροι οὔτε μωμητῶν οὔτ᾽ ἐπαινετῶν
the craft experienced either blamers or praisers
δέονται· ἀλλὰ λελογισμένων πρὸς ὅ τι αἱ ἐργασίαι
need but people-who-have-reckoned in-respect-to what — the works
τῶν δημιουργῶν τελευτώμεναι πλήρεις εἰσὶ, καὶ ὅτευ
of-the craftsmen being-completed full are and in-what
ὑπολειπόμεναι ἐνδεεῖς, ἔτι τε τῶν ἐνδειῶν, ἅς τε τοῖς
being-left-short deficient further both of-the deficiencies which both to-the
δημιουργοῦσιν ἀναθετέον, ἅς τε τοῖσι δημιουργεομένοισιν.
craftsmen must-be-attributed which both to-the things-being-crafted

Some diseases show on the skin, but more lie hidden in the body's hollows, in the chest, the head, the joints, and the cavities, where the eye cannot reach. Patients' reports are guesses, so the art has other means: the voice, the breath, the fluxes, and the urine, and it forces signs from the body by acrid food and drink, by running uphill, and by heat. What escapes the eye is mastered by the mind as far as the patient's nature allows. If the cure is slow, the body and the patient's delay are the cause, not the art. Those who know the art show it better by works than by words.

Τὰ μὲν οὖν κατὰ τὰς ἄλλας τέχνας ἄλλος χρόνος 9
The-things indeed then concerning the other arts other time
μετ' ἄλλου λόγου δείξει· τὰ δὲ κατὰ τὴν ἰητρικὴν,
with other argument will-show the-things but concerning the medicine
οἷά τέ ἐστιν, ὥς τε κριτέα, τὰ μὲν ὁ
of-what-sort both it-is how both to-be-judged the-things indeed the
παροιχόμενος, τὰ δὲ ὁ παρεὼν διδάξει λόγος. Ἔστι
past the-things but the present will-teach argument There-are
γὰρ τοῖσι ταύτην τὴν τέχνην ἱκανῶς εἰδόσι τὰ μὲν
for to-those this the art sufficiently knowing the-ones indeed
τῶν νοσημάτων οὐκ ἐν δυσόπτῳ κείμενα καὶ οὐ πολλὰ,
of-the diseases not in hard-to-see lying and not many
τὰ δ' οὐκ ἐν εὐδήλῳ καὶ πολλά ἐστι· τὰ μὲν
the-others but not in plain-view and many are the-ones indeed
γὰρ πρὸς τὰ ἐντὸς τετραμμένα ἐν δυσόπτῳ, τὰ δ'
for to the inside turned in hard-to-see the-others but
ἐξανθεῦντα ἐς τὴν χροιὴν ἢ χροιῇ ἢ οἰδήμασιν ἐν
blossoming-out to the skin either by-color or by-swellings in
εὐδήλῳ· παρέχει γὰρ ἑωυτῶν τῇ τε ὄψει τῷ τε ψαῦσαι
plain-view they-allow for of-themselves to-the both sight to-the both touch
τῆς στερεότητος καὶ τῆς ὑγρότητος αἰσθάνεσθαι, καὶ
the hardness and the moistness to-perceive and

ἅ τε αὐτῶν θερμὰ, ἅ τε ψυχρὰ, ὧν τε ἑκάστου
which both of-them hot which both cold of-which both of-each
ἢ παρουσίῃ ἢ ἀπουσίῃ τοιαῦτά ἐστιν. Τῶν μὲν δὴ
either by-presence or by-absence such are Of-the indeed indeed
τοιούτων πάντων ἐν ἅπασι τὰς ἀκέσιας ἀναμαρτήτους
such all in all the cures unerring
δεῖ εἶναι, οὐχ ὡς ῥηϊδίας, ἀλλ' ὅτι ἐξεύρηνται·
must to-be not as easy but that they-have-been-discovered
ἐξεύρηνταί γε μὴν οὐ τοῖσι βουληθεῖσιν, ἀλλὰ
they-have-been-discovered at-least however not to-those having-wished but
τουτέων τοῖσι δυνηθεῖσι· δύνανται δὲ, οἷσι τά
of-these to-those having-been-able are-able and those-for-whom the-things
τε τῆς παιδείης μὴ ἐκποδὼν, τά τε τῆς φύσιος μὴ
both of-the education not out-of-the-way the-things both of-the nature not
ταλαίπωρα.
wretched

10 Πρὸς μὲν οὖν τὰ φανερὰ τῶν νοσημάτων οὕτω δεῖ
Toward indeed then the manifest of-the diseases so one-must
εὐπορέειν τὴν τέχνην· δεῖ γε μὴν αὐτὴν μηδὲ
to-be-well-provided the art one-must at-least however it nor
πρὸς τὰ ἧσσον φανερὰ ἀπορέειν· ἐστὶ δὲ ταῦτα, ἃ
toward the less manifest to-be-at-a-loss are and these which
πρός τε τὰ ὀστέα τέτραπται καὶ τὴν νηδύν· ἔχει
toward both the bones are-turned and the cavity has
δὲ τὸ σῶμα οὐ μίαν, ἀλλὰ πλείους· δύο μὲν γὰρ
and the body not one but more two indeed for
αἱ τὸν σῖτον δεχόμεναί τε καὶ ἀφιεῖσαι, ἄλλαι δὲ
those the food receiving both and discharging others and
τουτέων πλείους, ἃς ἴσασιν, οἷσι τουτέων ἐμέλησεν·
than-these more which know those-to-whom of-these it-has-been-a-care
ὅσα γὰρ τῶν μελέων ἔχει σάρκα περιφερέα, ἣν μῦν
as-many-as for of-the limbs have flesh rounded which muscle

καλέουσι, πάντα νηδὺν ἔχει. Πᾶν γὰρ τὸ ἀσύμφυτον,
they-call all a-cavity have All for the not-grown-together
ἤν τε δέρματι, ἤν τε σαρκὶ καλύπτηται, κοίλόν ἐστιν·
whether — by-skin or — by-flesh it-is-covered hollow is
πληροῦταί τε ὑγιαῖνον μὲν πνεύματος, ἀσθενῆσαν δὲ
is-filled both healthy indeed with-air having-sickened but
ἰχῶρος· ἔχουσι μὲν τοίνυν οἱ βραχίονες σάρκα τοιαύτην·
with-serum have indeed therefore the arms flesh such
ἔχουσι δ' οἱ μηροί· ἔχουσι δ' αἱ κνῆμαι. Ἔτι δὲ
have and the thighs have and the shins Further and
καὶ ἐν τοῖσιν ἀσάρκοισι τοιαύτη ἔνεστιν, οἵη καὶ ἐν
also in the fleshless such is-in as also in
τοῖσιν εὐσάρκοισιν εἶναι δέδεικται· ὅ τε γὰρ θώρηξ
the well-fleshed to-be has-been-shown the both for chest
καλεόμενος, ἐν ᾧ τὸ ἧπαρ στεγάζεται, ὅ τε τῆς
called in which the liver is-sheltered the both of-the
κεφαλῆς κύκλος, ἐν ᾧ ὁ ἐγκέφαλος, τό τε νῶτον,
head circle in which the brain the both back
πρὸς ὃ ὁ πλεύμων, τούτων οὐδὲν ὅ τι οὐ καὶ αὐτὸ
to which the lung of-these nothing what — not also itself
κενόν ἐστι, πολλῶν διαφυσίων μεστὸν, ἧσιν οὐδὲν ἀπέχει
hollow is of-many partitions full in-which nothing prevents
πολλῶν ἀγγεῖα εἶναι τῶν μέν τι βλαπτόντων
of-many vessels to-be of-the-ones indeed something harming
τὸν κεκτημένον, τῶν δὲ καὶ ὠφελεύντων. Ἔτι δὲ
the possessor of-the-others and also benefiting Further and
καὶ πρὸς τουτέοισι φλέβες πολλαὶ, καὶ νεῦρα οὐκ ἐν τῇ
also besides these veins many and sinews not in the
σαρκὶ μετέωρα, ἀλλὰ πρὸς τοῖς ὀστέοισι προστεταμένα,
flesh raised but to the bones stretched-along
σύνδεσμος ἔς τι τῶν ἄρθρων, καὶ αὐτὰ τὰ ἄρθρα, ἐν
a-ligament to some of-the joints and themselves the joints in

οἷσιν αἱ ξυμβολαὶ τῶν κινεομένων ὀστέων ἐγκυκλέονται,
which the junctions of-the moving bones revolve
καὶ τούτων οὐδὲν, ὅ τι οὐχ ὑπόφορόν ἐστι καὶ ἔχον
and of-these nothing what — not hollowed is and having
περὶ αὐτὸ θαλάμας, ἃς καταγγέλλει ἰχὼρ, ὃς ἐκ
around it chambers which announces serum which from
διοιγομένων αὐτέων πολύς τε καὶ πολλὰ λυπήσας
opened them much both and many-things having-pained
ἐξέρχεται.
comes-out

11 Οὐ γὰρ δὴ ὀφθαλμοῖσί γε ἰδόντι τούτων τῶν
Not for indeed with-eyes at-least to-one-seeing of-these the
εἰρημένων οὐδενὶ οὐδέν ἐστιν εἰδέναι· διὸ καὶ ἄδηλα ἐμοί
said-things for-anyone anything is to-know therefore also unseen by-me
τε ὠνόμασται καὶ τῇ τέχνῃ κέκριται εἶναι, οὐ μὴν ὅτι
both have-been-named and by-the art have-been-judged to-be not however that
ἄδηλα, κεκράτηκεν, ἀλλ' ᾗ δυνατὸν, κεκράτηται·
unseen-things have-prevailed but as-far-as possible they-have-been-mastered
δυνατὸν δὲ, ὅσον αἵ τε τῶν νοσεόντων φύσιες ἐς
possible and as-far-as the both of-the sick natures for
τὸ σκεφθῆναι παρέχουσιν, αἵ τε τῶν ἐρευνησόντων
the to-be-examined allow the both of-the going-to-investigate
ἐς τὴν ἔρευναν πεφύκασιν. Μετὰ πλείονος μὲν γὰρ
for the investigation are-fitted With more indeed for
πόνου καὶ οὐ μετ' ἐλάσσονος χρόνου, ἢ εἰ τοῖσιν
toil and not with less time than if with-the
ὀφθαλμοῖσιν ἑώρατο, γινώσκεται· ὅσα γὰρ τὴν τῶν
eyes it-were-seen it-is-known as-many-as for the of-the
ὀμμάτων ὄψιν ἐκφεύγει, ταῦτα τῇ τῆς γνώμης ὄψει
eyes sight escape these-things by-the of-the mind sight
κεκράτηται· καὶ ὅσα δὲ ἐν τῷ μὴ ταχὺ ὀφθῆναι
have-been-mastered and as-many-as and in the not quickly to-be-seen

οἱ νοσέοντες πάσχουσιν, οὐχ οἱ θεραπεύοντες αὐτοὺς
the sick suffer not the treating them
αἴτιοι, ἀλλ᾽ ἡ φύσις ἥ τε τοῦ νοσέοντος, ἥ τε
responsible but the nature the both of-the sick-man the both
τοῦ νοσήματος· ὁ μὲν γὰρ, ἐπεὶ οὐκ ἦν αὐτέῳ
of-the disease he indeed for since not it-was-possible for-him
ὄψει ἰδεῖν τὸ μοχθέον, οὐδ᾽ ἀκοῇ πυθέσθαι, λογισμῷ
by-sight to-see the distressed-part nor by-hearing to-learn by-reasoning
μετῄει. Καὶ γὰρ δὴ καὶ ἃ πειρῶνται οἱ τὰ
pursued-it And for indeed also what-things try those the
ἀφανέα νοσέοντες ἀπαγγέλλειν περὶ τῶν νοσημάτων τοῖσι
unseen-things being-sick to-report about the diseases to-those
θεραπεύουσιν, δοξάζοντες μᾶλλον ἢ εἰδότες ἀπαγγέλλουσιν·
treating conjecturing rather than knowing they-report
εἰ γὰρ ἠπίσταντο, οὐκ ἂν περιέπιπτον αὐτοῖσιν· τῆς
if for they-knew not — they-would-fall-into them of-the
γὰρ αὐτῆς ξυνέσιός ἐστιν, ἥσπερ τὸ εἰδέναι τῶν
for same understanding it-is as-of-which the to-know of-the
νούσων τὰ αἴτια, καὶ τὸ θεραπεύειν αὐτὰς ἐπίστασθαι
diseases the causes and the to-treat them to-understand
πάσῃσι τῇσι θεραπείῃσιν, αἳ κωλύουσι τὰ νουσήματα
with-all the treatments which prevent the diseases
μεγαλύνεσθαι.
to-grow-great

Ὅτε οὖν οὐδὲ ἐκ τῶν ἀπαγγελλομένων ἐστὶ τὴν
When then not-even from the reports it-is the
ἀναμάρτητον σαφηνίην ἀκοῦσαι, προσοπτέον τι καὶ
unerring clearness to-hear one-must-look-to something also
ἄλλο τῷ θεραπεύοντι· ταύτης οὖν τῆς βραδυτῆτος οὐχ
else for-the one-treating of-this then the slowness not
ἡ τέχνη, ἀλλ᾽ ἡ φύσις αἰτίη ἡ τῶν σωμάτων· ἡ
the art but the nature cause the of-the bodies the-one

μὲν γὰρ αἰσθανομένη ἀξιοῖ θεραπεύειν σκοποῦσα ὅπως
indeed for perceiving thinks-fit to-treat considering how
μὴ τόλμῃ μᾶλλον ἢ γνώμῃ, καὶ ῥᾳστώνῃ μᾶλλον ἢ
not by-boldness rather than by-judgment and by-ease rather than
βίῃ θεραπεύῃ· ἡ δ' ἢν μὲν ἀρκέσῃ πρὸς τὸ ὀφθῆναι,
by-force it-may-treat it but if indeed it-suffices for the to-be-seen
ἐξαρκέσει καὶ πρὸς τὸ ἰαθῆναι· ἢν δ' ἐν ᾧ τοῦτο
it-will-suffice also for the to-be-cured if but in which this
ὁρᾶται, κρατηθῇ διὰ τὸ βραδέως αὐτὸν ἐπὶ τὸν
is-seen it-is-overmastered because-of the slowly him to the
θεραπεύσοντα ἐλθεῖν, ἢ διὰ τὸ τοῦ νοσήματος τάχος,
one-going-to-treat to-come or because-of the of-the disease speed
οἰχήσεται. Ἐξ ἴσου μὲν γὰρ ὁρμώμενον τῇ θεραπείῃ
it-will-be-gone From equal indeed for starting with-the treatment
οὐκ ἔστι θᾶσσον, προλαβὸν δὲ θᾶσσον, προλαμβάνει
not it-is faster having-got-ahead but faster it-gets-ahead
δὲ διά τε τὴν τῶν σωμάτων στεγνότητα, ἐν ᾗ
and because-of both the of-the bodies density in which
οὐκ ἐν εὐόπτῳ οἰκέουσιν αἱ νοῦσοι, διά τε τὴν
not in plain-view dwell the diseases because-of both the
τῶν καμνόντων ὀλιγωρίην· ἐπεὶ ἔοικε· οὐ λαμβανόμενοι
of-the sick negligence since it-is-likely not being-caught
γὰρ, ἀλλ' εἰλημμένοι ὑπὸ τῶν νοσημάτων ἐθέλουσι
for but having-been-caught by the diseases they-wish
θεραπεύεσθαι.
to-be-treated

Ἐπεὶ τῆς γε τέχνης τὴν δύναμιν, ὁκόταν τινὰ τῶν
Since of-the at-least art the power whenever someone of-those
τὰ ἄδηλα νοσεύντων ἀναστήσῃ, θαυμάζειν ἀξιώτερον,
the unseen-things being-sick it-raises-up to-wonder-at more-worthy
ἢ ὁκόταν ἐγχειρήσῃ τοῖς ἀδυνάτοις. Οὔκουν ἐν ἄλλῃ
than whenever it-undertakes the impossible-things Not-then in other

γε δημιουργίῃ τῶν ἤδη εὑρημένων οὐδεμιῇ ἔνεστιν
at-least craft of-the already discovered none is-in
οὐδὲν τοιοῦτον, ἀλλ᾽ αὐτέων ὅσαι πυρὶ δημιουργεῦνται,
nothing such but of-them as-many-as by-fire are-worked
τούτου μὴ παρεόντος, ἀεργοί εἰσι, μετὰ δὲ τοῦ τοῦτο
this not being-present idle are with but the this
ἁφθῆναι ἐνεργοί. Καὶ ὅσαι τοῖσιν εὐεπανορθώτοισι
to-be-kindled active And as-many-as with-the easily-corrected
σώμασι δημιουργεῦνται, αἱ μὲν μετὰ ξύλων, αἱ
materials are-worked the-ones indeed with timbers the-others
δὲ μετὰ σκυτέων, αἱ δὲ γραφῇ, χαλκῷ τε καὶ
but with leathers the-others and with-painting with-bronze both and
σιδήρῳ, καὶ τοῖσι τούτων ὁμοίοισιν αἱ πλεῖσται, ὄντα
with-iron and with-the of-these like-things the most being
δὲ τὰ ἐκ τουτέων καὶ μετὰ τούτων δημιουργεύμενα
but the-things from these and with these worked
εὐεπανόρθωτα, ὅμως οὐ τῷ τάχει μᾶλλον, ἢ τῷ
easily-corrected nevertheless not by-the speed rather than by-the
ὡς δεῖ δημιουργεῖται· οὐδ᾽ ὑπερβατῶς, ἀλλ᾽ ἢν
as one-must is-worked nor skipping but if
ἀπῇ τι τῶν ὀργάνων, ἐλιννύει· καί τοι κἀκείναις τὸ
is-absent any of-the instruments it-stays-idle and yet for-those-also the
βραδὺ πρὸς τὸ λυσιτελέστερον ἀσύμφορον, ἀλλ᾽ ὅμως
slowness against the more-profitable disadvantageous but nevertheless
προτιμᾶται.
is-preferred
Ἰητρικὴ δὲ, τοῦτο μὲν τῶν ἐμπύων, τοῦτο δὲ τῶν 12
Medicine but this indeed of-the suppurating this and of-those
τὸ ἧπαρ ἢ τοὺς νεφροὺς, τοῦτο δὲ τῶν ξυμπάντων ἐν
the liver or the kidneys this and of-those all in
τῇ νηδύϊ νοσεύντων ἀπεστερημένη τι ἰδεῖν ὄψει, ᾗ
the cavity being-sick deprived any to-see by-sight by-which

τὰ πάντα πάντες ἱκανωτάτως ὁρῶσιν, ὅμως ἄλλας
the all all most-sufficiently see nevertheless other
εὐπορίας συνεργοὺς ἐφεῦρε, φωνῆς τε γὰρ λαμπρότητι
resources helpers discovered of-voice both for by-clearness
καὶ τρηχύτητι, καὶ πνεύματος ταχυτῆτι καὶ βραδυτῆτι, καὶ
and by-roughness and of-breath by-speed and by-slowness and
ῥευμάτων, ἃ διαῤῥεῖν εἴωθεν, ἑκάστοισι, δι' ὧν ἔξοδοι
of-fluxes which to-flow-through are-wont for-each through which outlets
δέδονται, ὧν τὰ μὲν ὀδμῇσι, τὰ δὲ χροίῃσι, τὰ
have-been-given of-which the-ones indeed by-smells the-others and by-colors the-others
δὲ λεπτότητι καὶ παχύτητι διασταθμωμένη τεκμαίρεται,
and by-thinness and by-thickness weighing it-infers
ὧν τε σημεῖα ταῦτα, ἅ τε πεπονθότων,
of-what-things both signs these-things which both of-things-having-suffered
ἅ τε παθεῖν δυναμένων. Ὅταν δὲ ταῦτα μηνύωνται,
which both to-suffer able When but these-things are-reported
μηδ' αὐτὴ ἡ φύσις ἑκοῦσα ἀφίῃ, ἀνάγκας εὕρηκεν,
nor itself the nature willingly releases constraints it-has-found
ᾗσιν ἡ φύσις ἀζήμιος βιασθεῖσα μεθίησιν· ἀνεθεῖσα δὲ
by-which the nature harmless forced lets-go released and
δηλοῖ τοῖσι τὰ τῆς τέχνης εἰδόσιν, ἃ ποιητέα.
it-shows to-those the of-the art knowing what-things must-be-done
Βιάζεται δὲ τοῦτο μὲν πῦρ τὸ σύντροφον φλέγμα
It-forces and this indeed fire the congenital phlegm
διαχέειν σιτίων δριμύτητι καὶ πομάτων, ὅκως τεκμαρεῖταί
to-disperse of-foods by-acridity and of-drinks so-that it-may-infer
τι ὀφθὲν περὶ ἐκείνων, ὧν αὐτῇ ἐν ἀμηχάνῳ τὸ
something seen about those of-which to-it in impossibility the
ὀφθῆναι ἦν· τοῦτο δ' αὖ πνεῦμα ὧν κατήγορον,
to-be-seen was this but again breath of-which accuser
ὁδοῖσί τε προσάντεσι καὶ δρόμοις ἐκβιᾶται κατηγορέειν·
by-ways both uphill and by-runs it-forces to-accuse

ἱδρῶτάς τε τούτοισι τοῖσι προειρημένοισιν ἄγουσα,
sweats both by-these the aforesaid bringing
ὑδάτων θερμῶν ἀποπνοίῃσι πυρὶ ὅσα τεκμαίρονται,
of-waters hot by-exhalations by-fire as-many-as infer
τεκμαίρεται.
it-infers
Ἔστι δὲ ἃ καὶ διὰ τῆς κύστιος διελθόντα
There-are and what-things also through the bladder having-passed
ἱκανώτερα τὴν νοῦσον δηλῶσαί ἐστιν, ἢ διὰ τῆς
more-able the disease to-show are than through the
σαρκὸς ἐξιόντα. Ἐξεύρηκεν οὖν καὶ τοιαῦτα πόματα
flesh going-out It-has-discovered then also such drinks
καὶ βρώματα, ἃ τῶν θερμαινόντων θερμότερα
and foods which than-the heating hotter
γιγνόμενα τήκει τε ἐκεῖνα καὶ διαῤῥεῖν ποιέει, ἃ
becoming melt both those-things and to-flow-through make which
οὐκ ἂν διεῤῥύη μὴ τοῦτο παθόντα. Ἕτερα
not — would-have-flowed-through not this having-suffered Other-things
μὲν οὖν πρὸς ἑτέρων, καὶ ἄλλα δι᾽ ἄλλων
indeed then for others and other-things through other-things
ἐστὶ τά τε διιόντα τά τ᾽ ἐξαγγέλλοντα, ὥστ᾽
are the both passing-through the both announcing so-that
οὐ θαυμάσιον αὐτῶν τάς τε ἀπιστίας χρονιωτέρας
not wonderful their the both distrusts longer
γίνεσθαι τάς τ᾽ ἐγχειρήσιας βραχυτέρας, οὕτω δι᾽
to-become the both undertakings shorter so through
ἀλλοτρίων ἑρμηνειῶν πρὸς τὴν θεραπεύουσαν ξύνεσιν
foreign interpretations to the treating understanding
ἑρμηνευομένων.
being-interpreted

13 Ὅτι μὲν οὖν καὶ λόγους ἐν ἑωυτῇ εὐπόρους ἐς τὰς
That indeed then also arguments in itself well-resourced for the
ἐπικουρίας ἔχει ἡ ἰητρικὴ, καὶ οὐκ εὐδιορθώτοισι
aids has the medicine and not for-the-ones-easily-corrected
δικαίως οὐκ ἂν ἐγχειρέοι τῇσι νούσοισιν, ἢ
justly not — it-would-undertake the diseases or
ἐγχειρευμένας ἀναμαρτήτους ἂν παρέχοι, οἵ τε
undertaken unerring — it-would-render the both
νῦν λεγόμενοι λόγοι δηλοῦσιν αἵ τε τῶν εἰδότων
now spoken arguments show the and of-those knowing
τὴν τέχνην ἐπιδείξιες, ἃς ἐκ τῶν ἔργων ἥδιον
the art demonstrations which from the works more-gladly
ἢ ἐκ τῶν λόγων ἐπιδεικνύουσιν, οὐ τὸ λέγειν
than from the words they-show not the speaking
καταμελετήσαντες, ἀλλὰ τὴν πίστιν τῷ πλήθει ἐξ
having-practiced but the belief for-the multitude from
ὧν ἂν ἴδωσιν οἰκειοτέρην ἡγεύμενοι, ἢ ἐξ ὧν
what-things — they-see more-their-own regarding than from what-things
ἂν ἀκούσωσιν.
— they-hear

HIPPOCRATES

ΠΕΡΙ ΦΥΣΙΟΣ ΑΝΘΡΩΠΟΥ

The Nature of Man

ΠΕΡΙ ΦΥΣΙΟΣ ΑΝΘΡΩΠΟΥ

I · AGAINST THE SINGLE ELEMENT

Those who say man is air, fire, water, or earth alone contradict one another and refute themselves. Nor is he blood alone, or bile, or phlegm, as some physicians say, for then he would never feel pain and its cure would be one. Generation needs more than one thing, blended in balance, and at death each returns to its own nature. The body holds blood, phlegm, and yellow and black bile: health when they are well blended, pain when one is in excess or separated.

Ὅστις μὲν εἴωθεν ἀκούειν λεγόντων ἀμφὶ τῆς φύσιος 1
Whoever indeed is-accustomed to-hear speaking about the nature
τῆς ἀνθρωπίνης προσωτέρω ἢ ὁκόσον αὐτέης ἐς ἰητρικὴν
the human further than as-much-as of-it to medicine
ἐφήκει, τουτέῳ· μὲν οὐκ ἐπιτήδειος ὅδε ὁ λόγος ἀκούειν·
reaches to-this-one indeed not suitable this the argument to-hear
οὔτε γὰρ τὸ πάμπαν ἠέρα λέγω τὸν ἄνθρωπον εἶναι,
neither for the altogether air I-say the man to-be
οὔτε πῦρ, οὔτε ὕδωρ, οὔτε γῆν, οὔτ' ἄλλο οὐδὲν, ὅ
nor fire nor water nor earth nor other anything what
τι μὴ φανερόν ἐστιν ἐνεὸν ἐν τῷ ἀνθρώπῳ· ἀλλὰ τοῖσι
— not manifest is being-in in the man but to-those
βουλομένοισι ταῦτα λέγειν παρίημι. Δοκέουσι μέντοι μοι
wishing these-things to-say I-leave-it They-seem however to-me
οὐκ ὀρθῶς γινώσκειν οἱ τὰ τοιαῦτα λέγοντες· γνώμῃ
not rightly to-know those the such saying with-judgment
μὲν γὰρ τῇ αὐτέῃ πάντες χρέονται, λέγουσι δὲ οὐ
indeed for the same all use they-say but not
ταὐτά· ἀλλὰ τῆς μὲν γνώμης τὸν ἐπίλογον τὸν αὐτὸν
the-same-things but of-the indeed judgment the conclusion the same
ποιέονται. Φασί τε γὰρ ἕν τι εἶναι, ὅ τί ἐστι, καὶ
they-make They-say both for one something to-be what — it-is and

τοῦτ᾽ εἶναι τὸ ἕν τε καὶ τὸ πᾶν, κατὰ δὲ τὰ οὐνόματα
this to-be the one both and the all according-to but the names
οὐχ ὁμολογέουσιν· λέγει δ᾽ αὐτέων ὁ μέν τις φάσκων
not they-agree says and of-them the-one indeed someone asserting
ἠέρα εἶναι τοῦτο τὸ ἕν τε καὶ τὸ πᾶν, ὁ δὲ πῦρ, ὁ
air to-be this the one both and the all the-other but fire the-other
δὲ ὕδωρ, ὁ δὲ γῆν, καὶ ἐπιλέγει ἕκαστος τῷ ἑωυτοῦ
but water the-other but earth and adds each to-the his-own
λόγῳ μαρτύριά τε καὶ τεκμήρια, ἅ γέ ἐστιν οὐδέν.
argument testimonies both and proofs which at-least are nothing
Ὅτε γὰρ τῇ μὲν αὐτέῃ γνώμῃ πάντες χρέονται, λέγουσι
When for the indeed same judgment all use they-say
δ᾽ οὐ τὰ αὐτὰ, δῆλον ὅτι οὐδὲ γινώσκουσιν αὐτά.
but not the same-things clear that not-even they-know them
Γνοίη δ᾽ ἄν τις τόδε μάλιστα παραγενόμενος
Would-recognize and — anyone this most being-present
αὐτέοισιν ἀντιλέγουσιν· πρὸς γὰρ ἀλλήλους ἀντιλέγοντες
at-them disputing against for one-another disputing
οἱ αὐτοὶ ἄνδρες τῶν αὐτέων ἐναντίον ἀκροατέων οὐδέποτε
the same men of-the same before audience never
τρὶς ἐφεξῆς ὁ αὐτὸς περιγίνεται ἐν τῷ λόγῳ, ἀλλὰ
three-times in-succession the same wins in the argument but
ποτὲ μὲν οὗτος ἐπικρατέει, ποτὲ δὲ οὗτος, ποτὲ δὲ
sometimes indeed this-one prevails sometimes but that-one sometimes but
ᾧ ἂν τύχῃ μάλιστα ἡ γλῶσσα ἐπιῤῥυεῖσα πρὸς τὸν
for-whomever — happens most the tongue flowing-freely toward the
ὄχλον. Καίτοι δίκαιόν ἐστι τὸν φάντα ὀρθῶς γινώσκειν
crowd And-yet just it-is the-one claiming rightly to-know
ἀμφὶ τῶν πρηγμάτων παρέχειν αἰεὶ ἐπικρατέοντα τὸν
about the matters to-render always prevailing the
λόγον τὸν ἑωυτοῦ, εἴπερ ἐόντα γινώσκει καὶ ὀρθῶς
argument the his-own if-indeed things-that-are he-knows and rightly

ἀποφαίνεται. Ἀλλ᾽ ἐμοί γε δοκέουσιν οἱ τοιοῦτοι ἄνθρωποι
declares But to-me at-least seem the such men
αὐτοὶ ἑωυτοὺς καταβάλλειν ἐν τοῖσιν ὀνόμασι τῶν λόγων
themselves themselves to-throw in the words of-the arguments
αὐτέων ὑπὸ ἀσυνεσίης, τὸν δὲ Μελίσσου λόγον ὀρθοῦν.
themselves through lack-of-understanding the and of-Melissus argument to-set-up
Περὶ μὲν οὖν τουτέων ἀρκέει μοι τὰ εἰρημένα. Τῶν δὲ 2
About indeed then these-things suffices for-me the said-things Of-the but
ἰητρῶν οἱ μέν τινες λέγουσιν, ὡς ὤνθρωπος αἷμα μοῦνόν
physicians the-ones indeed some say that the-man blood alone
ἐστιν, οἱ δ᾽ αὐτέων χολήν φασιν εἶναι τὸν ἄνθρωπον,
is the-others but of-them bile say to-be the man
ἔνιοι δέ τινες φλέγμα· ἐπίλογον δὲ ποιεῦνται καὶ οὗτοι πάντες
some but certain phlegm conclusion but make also these all
τὸν αὐτόν· ἓν γάρ τι εἶναί φασιν, ὅ τι ἕκαστος αὐτέων
the same one for something to-be they-say what — each of-them
βούλεται ὀνομάσας, καὶ τοῦτο ἓν ἐὸν μεταλλάσσειν τὴν ἰδέην
wishes having-named and this one being to-change the form
καὶ τὴν δύναμιν, ἀναγκαζόμενον ὑπό τε τοῦ θερμοῦ καὶ τοῦ
and the power being-compelled by both the hot and the
ψυχροῦ, καὶ γίνεσθαι καὶ γλυκὺ καὶ πικρὸν καὶ λευκὸν καὶ
cold and to-become both sweet and bitter and white and
μέλαν καὶ παντοῖόν τι ἄλλο. Ἐμοὶ δὲ οὐδὲ ταῦτα δοκέει
black and of-all-kinds something other To-me but not-even these-things seem
ὧδε ἔχειν· οἱ μὲν οὖν πλεῖστοι τοιαῦτά τινα καὶ ἔτι
so to-be the-ones indeed then most such some-things and further
ἐγγύτατα τουτέων ἀποφαίνονται. Ἐγὼ δέ φημι, εἰ ἓν ἦν ὁ
nearest to-these declare I but say if one were the
ἄνθρωπος, οὐδέποτ᾽ ἂν ἤλγεεν· οὐδὲ γὰρ ἂν ἦν
man never — he-would-feel-pain nor for — would-there-be
ὑφ᾽ ὅτου ἀλγήσειεν ἓν ἐών· εἰ δ᾽ οὖν καὶ ἀλγήσειεν,
by what he-might-feel-pain one being if but then even he-should-feel-pain

ἀνάγκη καὶ τὸ ἰώμενον ἓν εἶναι· νυνὶ δὲ πολλά· πολλὰ γάρ
necessity also the healing one to-be now but many many for
ἐστιν ἐν τῷ σώματι ἐνεόντα, ἃ, ὁκόταν ὑπ᾽ ἀλλήλων
there-are in the body being-in which whenever by one-another
παρὰ φύσιν θερμαίνηταί τε καὶ ψύχηται, καὶ ξηραίνηταί
against nature are-heated both and are-cooled and are-dried
τε καὶ ὑγραίνηται, νούσους τίκτει· ὥστε πολλαὶ μὲν ἰδέαι
both and are-moistened diseases give-birth so-that many indeed forms
τῶν νουσημάτων, πολλὴ δὲ καὶ ἡ ἴησις αὐτέων ἐστίν.
of-the diseases much and also the cure of-them is
Ἀξιῶ δὲ ἔγωγε τὸν φάσκοντα αἷμα εἶναι μοῦνον
I-think-it-right and I the-one asserting blood to-be alone
τὸν ἄνθρωπον, καὶ ἄλλο μηδὲν, δεικνύναι αὐτὸν μὴ
the man and other nothing to-show him not
μεταλλάσσοντα τὴν ἰδέην μηδὲ γίνεσθαι παντοῖον, ἀλλ᾽ ἢ
changing the form nor becoming of-all-kinds but either
ὥρην τινὰ τοῦ ἐνιαυτοῦ ἢ τῆς ἡλικίης τῆς τοῦ ἀνθρώπου,
season some of-the year or of-the age of-the of-the man
ἐν ᾗ αἷμα ἐνεὸν φαίνεται μοῦνον ἐν τῷ ἀνθρώπῳ· εἰκὸς
in which blood being-in appears alone in the man likely
γὰρ εἶναι μίαν γέ τινα ὥρην, ἐν ᾗ φαίνεται αὐτὸ ἐφ᾽
for to-be one at-least some season in which it-appears itself by
ἑωυτοῦ ἐνεόν· τὰ αὐτὰ δὲ λέγω καὶ περὶ τοῦ φάσκοντος
itself being-in the same-things and I-say also about the asserting
φλέγμα μοῦνον εἶναι τὸν ἄνθρωπον, καὶ περὶ τοῦ χολὴν
phlegm alone to-be the man and about the-one bile
φάσκοντος εἶναι. Ἐγὼ μὲν γὰρ ἀποδείξω, ἃ ἂν
asserting to-be I indeed for I-will-show what-things —
φήσω τὸν ἄνθρωπον εἶναι, καὶ κατὰ τὸν νόμον καὶ
I-shall-say the man to-be both by the convention and
κατὰ τὴν φύσιν, ἀεὶ τὰ αὐτὰ ἐόντα ὁμοίως, καὶ νέου
by the nature always the same being alike both young

ἐόντος καὶ γέροντος, καὶ τῆς ὥρης ψυχρῆς ἐούσης καὶ
being and old and the season cold being and
θερμῆς, καὶ τεκμήρια παρέξω, καὶ ἀνάγκας ἀποφανῶ,
hot and proofs I-will-provide and necessities I-will-declare
δι' ἃς ἕκαστον αὔξεταί τε καὶ φθίνει ἐν τῷ σώματι.
because-of which each grows both and wanes in the body
Πρῶτον μὲν οὖν ἀνάγκη τὴν γένεσιν γίνεσθαι μὴ ἀφ' 3
First indeed then necessity the generation to-come-about not from
ἑνός· πῶς γὰρ ἂν ἕν γ' ἐόν τι γεννήσειεν, εἰ μή
one how for — one at-least being anything could-generate if not
τινι μιχθείη; ἔπειτα οὐδ', ἐὰν μὴ ὁμόφυλα ἐόντα
with-something it-were-mixed then not-even if not of-the-same-kind being
μίσγηται καὶ τὴν αὐτὴν ἔχοντα δύναμιν, γεννᾷ, οὐδ'
they-mix and the same having power do-they-generate nor
ἂν ταῦτα ἡμῖν ξυντελέοιτο. Καὶ πάλιν, εἰ μὴ τὸ θερμὸν
— these-things for-us would-be-accomplished And again if not the hot
τῷ ψυχρῷ καὶ τὸ ξηρὸν τῷ ὑγρῷ μετρίως πρὸς
with-the cold and the dry with-the moist moderately toward
ἄλληλα ἕξει καὶ ἴσως, ἀλλὰ θάτερον θατέρου πουλὺ
one-another shall-hold and equally but the-one than-the-other much
προέξει καὶ τὸ ἰσχυρότερον τοῦ ἀσθενεστέρου, ἡ γένεσις
shall-exceed and the stronger than-the weaker the generation
οὐκ ἂν γένοιτο. Ὥστε πῶς εἰκὸς ἀπὸ ἑνός τι
not — would-come-about So-that how likely from one anything
γενηθῆναι, ὅτε γε οὐδ' ἀπὸ τῶν πλειόνων γεννᾶται, ἢν
to-be-generated when at-least not-even from the more is-it-generated if
μὴ τύχῃ καλῶς ἔχοντα τῆς κρήσιος τῆς πρὸς ἄλληλα;
not it-happens well holding of-the blending the toward one-another
Ἀνάγκη τοίνυν, τῆς φύσιος τοιαύτης ὑπαρχούσης καὶ τῶν
Necessity therefore the nature such being both of-the
ἄλλων ἁπάντων καὶ τῆς τοῦ ἀνθρώπου, μὴ ἓν εἶναι τὸν
others all and of-the of-the man not one to-be the

ἄνθρωπον, ἀλλ᾽ ἕκαστον τῶν ξυμβαλλομένων ἐς τὴν γένεσιν
man but each of-the contributing-things to the generation
ἔχειν τὴν δύναμιν ἐν τῷ σώματι, οἵην περ ξυνεβάλετο.
to-have the power in the body such-as indeed it-contributed
Καὶ πάλιν γε ἀνάγκη ἀποχωρέειν ἐς τὴν ἑωυτοῦ φύσιν
And again at-least necessity to-go-back to the its-own nature
ἕκαστον, τελευτῶντος τοῦ σώματος τοῦ ἀνθρώπου, τό τε
each ending the body of-the man the both
ὑγρὸν πρὸς τὸ ὑγρὸν καὶ τὸ ξηρὸν πρὸς τὸ ξηρὸν καὶ τὸ
moist to the moist and the dry to the dry and the
θερμὸν πρὸς τὸ θερμὸν καὶ τὸ ψυχρὸν πρὸς τὸ ψυχρόν.
hot to the hot and the cold to the cold
Τοιαύτη δὲ καὶ τῶν ζώων ἐστὶν ἡ φύσις, καὶ τῶν
Such and also of-the animals is the nature and of-the
ἄλλων πάντων· γίνεταί τε ὁμοίως πάντα καὶ τελευτᾷ
others all come-about both alike all and end
ὁμοίως πάντα· ξυνίσταταί τε γὰρ αὐτέων ἡ φύσις ἀπὸ
alike all are-composed both for of-them the nature from
τουτέων τῶν προειρημένων πάντων, καὶ τελευτᾷ κατὰ
these the aforesaid all and ends according-to
τὰ εἰρημένα ἐς τωὐτὸ ὅθεν περ ξυνέστη ἕκαστον,
the said-things into the-same from-where indeed was-composed each
ἐνταῦθα οὖν καὶ ἀπεχώρησεν.
there then also it-went-back

4 Τὸ δὲ σῶμα τοῦ ἀνθρώπου ἔχει ἐν ἑωυτῷ αἷμα καὶ
The and body of-the man has in itself blood and
φλέγμα καὶ χολὴν ξανθήν τε καὶ μέλαιναν, καὶ ταῦτ᾽
phlegm and bile yellow both and black and these-things
ἐστὶν αὐτέῳ ἡ φύσις τοῦ σώματος, καὶ διὰ ταῦτα
are for-it the nature of-the body and because-of these-things
ἀλγέει καὶ ὑγιαίνει. Ὑγιαίνει μὲν οὖν μάλιστα, ὁκόταν
it-feels-pain and is-healthy It-is-healthy indeed then most when

μετρίως ἔχῃ ταῦτα τῆς πρὸς ἄλληλα κρήσιος καὶ δυνάμιος
moderately are these-things of-the toward one-another blending and power
καὶ τοῦ πλήθεος, καὶ μάλιστα μεμιγμένα ᾖ· ἀλγέει δὲ
and of-the quantity and most mixed are it-feels-pain but
ὁκόταν τι τουτέων ἔλασσον ἢ πλέον ᾖ ἢ χωρισθῇ ἐν
when any of-these less or more is or is-separated in
τῷ σώματι καὶ μὴ κεκρημένον ᾖ τοῖσι ξύμπασιν. Ἀνάγκη
the body and not blended is with-the all Necessity
γὰρ, ὁκόταν τι τουτέων χωρισθῇ καὶ ἐφ' ἑωυτοῦ στῇ, οὐ
for when any of-these is-separated and by itself stands not
μόνον τοῦτο τὸ χωρίον, ἔνθεν ἐξέστη, ἐπίνοσον γίνεσθαι,
only this the place from-where it-departed diseased to-become
ἀλλὰ καὶ ἔνθα ἂν ἐπιχυθῇ, ὑπερπιμπλάμενον ὀδύνην τε
but also where — it-is-poured being-overfilled pain both
καὶ πόνον παρέχειν. Καὶ γὰρ ὅταν τι τουτέων ἔξω τοῦ
and distress to-produce And for when any of-these outside the
σώματος ἐκρυῇ πλέον τοῦ ἐπιπολάζοντος, ὀδύνην παρέχει
body flows-out more than-the excess pain produces
ἡ κένωσις. Ἤν τ' αὖ πάλιν ποιήσηται ἔσω τὴν κένωσιν
the emptying If and in-turn again it-makes inside the emptying
καὶ τὴν μετάστασιν καὶ τὴν ἀπόκρισιν ἀπὸ τῶν ἄλλων,
and the displacement and the separation from the others
πολλὴ αὐτέῳ ἀνάγκη διπλῆν τὴν ὀδύνην παρέχειν κατὰ
much for-it necessity double the pain to-produce according-to
τὰ εἰρημένα, ἔνθεν τε ἐξέστη καὶ ἔνθα ὑπερέβαλεν.
the said-things from-where both it-departed and where it-overflowed

The body holds blood, phlegm, yellow bile, and black bile, distinct by name and by nature, as the drugs that draw each one show. Deaths from over-purging misled those who think man one thing, yet a drug draws first its own humor and then the rest, until the dying vomit blood. Each humor rules in its season, phlegm in winter, blood in spring, yellow bile in summer, and black bile in autumn, so one drug given four times a year purges each in turn. Diseases end in the opposite season, and the physician treats each by the humor strongest then.

Εἶπον δὴ, ἃ ἂν φήσω τὸν ἄνθρωπον εἶναι, ἀποφανεῖν
I-said indeed what — I-shall-say the man to-be to-show-forth
αἰεὶ ταὐτὰ ἐόντα καὶ κατὰ νόμον καὶ κατὰ φύσιν· φημὶ
always the-same being both by convention and by nature I-say
δὴ εἶναι αἷμα καὶ φλέγμα καὶ χολὴν ξανθήν τε καὶ
indeed to-be blood and phlegm and bile yellow both and
μέλαιναν. Καὶ τουτέων πρῶτον μὲν κατὰ νόμον τὰ
black And of-these first indeed by convention the
οὐνόματα διωρίσθαι φημὶ καὶ οὐδενὶ αὐτέων τωὐτὸ
names to-have-been-distinguished I-say and for-none of-them the-same
οὔνομα εἶναι, ἔπειτα κατὰ φύσιν τὰς ἰδέας κεχωρίσθαι,
name to-be then by nature the forms to-have-been-separated
καὶ οὔτε τὸ φλέγμα οὐδὲν ἐοικέναι τῷ αἵματι, οὔτε
and neither the phlegm in-no-way to-resemble the blood nor
τὸ αἷμα τῇ χολῇ, οὔτε τὴν χολὴν τῷ φλέγματι. Πῶς
the blood the bile nor the bile the phlegm How
γὰρ ἂν ἐοικότα εἴη ταῦτα ἀλλήλοισιν, ὧν οὔτε τὰ
for — resembling would-be these-things to-one-another of-which neither the
χρώματα ὅμοια φαίνεται προσορώμενα, οὔτε τῇ χειρὶ
colors alike appear being-looked-at nor to-the hand
ψαύοντι ὅμοια δοκέει εἶναι; οὔτε γὰρ θερμὰ ὁμοίως
to-one-touching alike seem to-be neither for hot alike

ἐστὶν, οὔτε ψυχρὰ, οὔτε ξηρὰ, οὔτε ὑγρά. Ἀνάγκη τοίνυν,
they-are nor cold nor dry nor moist Necessity therefore
ὅτε τοσοῦτον διήλλακται ἀλλήλων τὴν ἰδέην τε καὶ τὴν
when so-much they-differ from-one-another the form both and the
δύναμιν, μὴ ἓν αὐτὰ εἶναι, εἴπερ μὴ πῦρ τε καὶ ὕδωρ ἕν
power not one they to-be if-indeed not fire both and water one
τε καὶ ταὐτόν ἐστιν. Γνοίης δ' ἂν τοῖσδε, ὅτι οὐχ ἓν
both and the-same is You-would-know and — by-these that not one
ταῦτα πάντα ἐστὶν, ἀλλ' ἕκαστον αὐτέων ἔχει δύναμίν
these-things all are but each of-them has power
τε καὶ φύσιν τὴν ἑωυτέου· ἢν γάρ τινι διδῷς ἀνθρώπῳ
both and nature the its-own if for to-any you-give man
φάρμακον ὅ τι φλέγμα ἄγει, ἐμέεταί σοι φλέγμα, καὶ
drug what — phlegm draws vomits for-you phlegm and
ἢν διδῷς φάρμακον ὅ τι χολὴν ἄγει, ἐμέεταί σοι χολή.
if you-give drug what — bile draws vomits for-you bile
Κατὰ ταὐτὰ δὲ καὶ χολὴ μέλαινα καθαίρεται, ἢν διδῷς
In the-same-way and also bile black is-purged if you-give
φάρμακον ὅ τι χολὴν μέλαιναν ἄγει· καὶ ἢν τρώσῃς
drug what — bile black draws and if you-wound
αὐτοῦ τοῦ σώματος μέρος τι ὥστε ἕλκος γενέσθαι,
of-his-own the body part some so-that a-wound to-come-about
ῥυήσεται αὐτέῳ αἷμα. Καὶ ταῦτα ποιήσει σοι πάντα
will-flow for-him blood And these-things it-will-do for-you all
πᾶσαν ἡμέρην καὶ νύκτα καὶ χειμῶνος καὶ θέρεος, μέχρις
every day and night and in-winter and in-summer until
ἂν δυνατὸς ᾖ τὸ πνεῦμα ἕλκειν ἐς ἑωυτὸν καὶ πάλιν
— able he-is the breath to-draw into himself and again
μεθιέναι, δυνατὸς δὲ ἔσται ἔστ' ἄν τινος τουτέων στερηθῇ
to-let-go able and he-will-be until — of-any of-these he-is-deprived
τῶν ξυγγεγονότων. Ξυγγέγονε δὲ ταῦτα τὰ εἰρημένα·
of-the having-grown-together Have-grown-together and these the said-things

πῶς γὰρ οὐ ξυγγέγονε; Πρῶτον μὲν φανερός ἐστιν
how for not have-they-grown-together First indeed manifest is
ὥνθρωπος ἔχων ἐν ἑωυτῷ ταῦτα πάντα αἰεὶ ἕως ἂν
the-man having in himself these-things all always as-long-as —
ζῇ, ἔπειτα δὲ γέγονεν ἐξ ἀνθρώπου ταῦτα πάντα
he-lives then and he-has-come-about from a-man these-things all
ἔχοντος, τέθραπταί τε ἐν ἀνθρώπῳ ταῦτα πάντα
having he-has-been-nourished both in a-man these-things all
ἔχοντι, ὁκόσα ἐγώ γε νῦν φημί τε καὶ ἀποδείκνυμι.
having as-many-as I at-least now say both and demonstrate

6 Οἱ δὲ λέγοντες ὡς ἕν ἐστιν ὥνθρωπος, δοκέουσί μοι ταύτῃ
Those but saying that one is the-man seem to-me this
τῇ γνώμῃ κεχρῆσθαι· ὁρέοντες τοὺς πίνοντας τὰ φάρμακα
the judgment to-have-used seeing those drinking the drugs
καὶ ἀπολλυμένους ἐν τῇσιν ὑπερκαθάρσεσι, τοὺς μὲν
and perishing in the over-purgings the-ones indeed
χολὴν ἐμέοντας, τοὺς δέ τινας φλέγμα, τοῦτο ἕκαστον
bile vomiting the-others and some phlegm this each
αὐτέων ἐνόμισαν εἶναι τὸν ἄνθρωπον, ὅ τι καθαιρόμενον
of-them thought to-be the man what — being-purged
εἶδον αὐτὸν ἀποθανόντα· καὶ οἱ τὸ αἷμα φάντες
they-saw him having-died and those the blood claiming
εἶναι τὸν ἄνθρωπον τῇ αὐτέῃ γνώμῃ χρέονται· ὁρέοντες
to-be the man the same judgment use seeing
ἀποσφαζομένους τοὺς ἀνθρώπους καὶ τὸ αἷμα ῥέον ἐκ τοῦ
having-their-throats-cut the men and the blood flowing from the
σώματος, τοῦτο νομίζουσιν εἶναι τὴν ψυχὴν τῷ ἀνθρώπῳ·
body this they-think to-be the soul for-the man
καὶ μαρτυρίοισι τουτέοισι πάντες χρέονται ἐν τοῖσι
and testimonies these all use in the
λόγοισιν. Καίτοι τὸ μὲν πρῶτον ἐν τῇσιν ὑπερκαθάρσεσιν
arguments And-yet the indeed first in the over-purgings

οὐδείς πω ἀπέθανε χολὴν μοῦνον καθαρθείς· ἀλλ᾽ ὁκόταν
no-one ever died bile alone having-been-purged but when
τις πίῃ φάρμακον ὅ τι χολὴν ἄγει, πρῶτον μὲν χολὴν
anyone drinks drug what — bile draws first indeed bile
ἐμέει, ἔπειτα δὲ φλέγμα· ἔπειτα δὲ ἐπὶ τούτοισιν ἐμέουσι
vomits then and phlegm then and after these they-vomit
χολὴν μέλαιναν ἀναγκαζόμενοι, τελευτῶντες δὲ καὶ αἷμα
bile black being-compelled ending and also blood
ἐμέουσι καθαρόν. Τὰ αὐτὰ δὲ πάσχουσι καὶ ὑπὸ τῶν
they-vomit pure The same-things and they-suffer also from the
φαρμάκων τῶν τὸ φλέγμα ἀγόντων· πρῶτον μὲν γὰρ
drugs those the phlegm drawing first indeed for
φλέγμα ἐμέουσιν, ἔπειτα χολὴν ξανθὴν, ἔπειτα μέλαιναν,
phlegm they-vomit then bile yellow then black
τελευτῶντες δὲ αἷμα καθαρὸν, καὶ ἐν τῷδε ἀποθνήσκουσιν.
ending and blood pure and in this they-die
Τὸ γὰρ φάρμακον, ὁκόταν ἐσέλθῃ ἐς τὸ σῶμα, πρῶτον
The for drug when it-enters into the body first
μὲν ἄγει ὃ ἂν αὐτέῳ κατὰ φύσιν μάλιστα ᾖ τῶν ἐν τῷ
indeed draws what — to-it by nature most is of-the in the
σώματι ἐνεόντων, ἔπειτα δὲ καὶ τἄλλα ἕλκει τε καὶ
body being-in then and also the-other-things draws both and
καθαίρει. Ὡς γὰρ τὰ φυόμενά τε καὶ σπειρόμενα, ὁκόταν
purges As for the growing-things both and sown-things when
ἐς τὴν γῆν ἔλθῃ, ἕλκει ἕκαστον τὸ κατὰ φύσιν αὐτῷ
into the earth they-come draws each the-thing by nature to-it
ἐνεὸν ἐν τῇ γῇ, ἔνι δὲ καὶ ὀξὺ καὶ πικρὸν καὶ γλυκὺ καὶ
being-in in the earth is-in and also acid and bitter and sweet and
ἁλμυρὸν καὶ παντοῖον· πρῶτον μὲν οὖν πλεῖστον τουτέου
salt and of-all-kinds first indeed then most of-this
εἵλκυσεν ἐς ἑωυτὸ, ὅ τι ἂν ᾖ αὐτῷ κατὰ φύσιν μάλιστα,
it-drew into itself what — — is to-it by nature most

ἔπειτα δὲ ἕλκει καὶ τἄλλα· τοιοῦτον δέ τι καὶ τὰ
then and it-draws also the-other-things such and something also the
φάρμακα ποιέει ἐν τῷ σώματι· ὁκόσα ἂν χολὴν ἄγῃ,
drugs do in the body as-many-as — bile draw
πρῶτον μὲν ἀκρητεστάτην ἐκάθηρε τὴν χολὴν, ἔπειτα
first indeed most-unmixed purged the bile then
δὲ μεμιγμένην· καὶ πάλιν τὰ τοῦ φλέγματος φάρμακα
and mixed and again the of-the phlegm drugs
πρῶτον μὲν ἀκρητέστατον τὸ φλέγμα ἄγει, ἔπειτα δὲ
first indeed most-unmixed the phlegm draw then and
μεμιγμένον· καὶ τοῖσιν ἀποσφαζομένοισι πρῶτον μὲν τὸ
mixed and to-those having-their-throats-cut first indeed the
αἷμα ῥέει θερμότατόν τε καὶ ἐρυθρότατον, ἔπειτα δὲ ῥέει
blood flows hottest both and reddest then and flows
φλεγματωδέστερον καὶ χολωδέστερον.
more-phlegmy and more-bilious

7 Αὔξεται δὲ ἐν τῷ ἀνθρώπῳ τὸ μὲν φλέγμα τοῦ χειμῶνος·
Increases and in the man the indeed phlegm in-the winter
τοῦτο γὰρ τῷ χειμῶνι κατὰ φύσιν ἐστὶ μάλιστα τῶν ἐν
this for to-the winter by nature is most of-the in
τῷ σώματι ἐνεόντων, ψυχρότατον γάρ ἐστιν. Τεκμήριον δὲ
the body being-in coldest for it-is Proof and
τουτέου, ὅτι τὸ μὲν φλέγμα ψυχρότατον, εἰ ἐθέλεις ψαῦσαι
of-this that the indeed phlegm coldest if you-wish to-touch
φλέγματος καὶ χολῆς καὶ αἵματος, τὸ φλέγμα εὑρήσεις
phlegm and bile and blood the phlegm you-will-find
ψυχρότατον ἐόν· καίτοι γλισχρότατόν ἐστι καὶ βίῃ μάλιστα
coldest being and-yet most-viscous it-is and by-force most
ἄγεται μετὰ χολὴν μέλαιναν· ὁκόσα δὲ βίῃ ἔρχεται,
is-drawn after bile black as-many-as and by-force come
θερμότερα γίνεται, ἀναγκαζόμενα ὑπὸ τῆς βίης· ἀλλ᾽ ὅμως
hotter become being-compelled by the force but nevertheless

καὶ πρὸς πάντα ταῦτα ψυχρότατον ἐὸν τὸ φλέγμα φαίνεται
even with all these-things coldest being the phlegm appears
ὑπὸ τῆς φύσιος τῆς ἑωυτοῦ. Ὅτι δὲ ὁ χειμὼν πληροῖ τὸ
by the nature the its-own That and the winter fills the
σῶμα φλέγματος, γνοίης ἂν τοῖσδε· οἱ ἄνθρωποι πτύουσί
body with-phlegm you-would-know — by-these the men spit
τε καὶ ἀπομύσσονται φλεγματωδέστατον τοῦ χειμῶνος,
both and blow-their-noses most-phlegmy in-the winter
καὶ τὰ οἰδήματα αὐτέοισι λευκὰ γίνεται μάλιστα ταύτην
and the swellings for-them white become most this
τὴν ὥρην, καὶ τἄλλα νοσήματα φλεγματώδεα. Τοῦ δὲ ἦρος
the season and the-other diseases phlegmy In-the and spring
τὸ φλέγμα ἔτι μένει ἰσχυρὸν ἐν τῷ σώματι, καὶ τὸ αἷμα
the phlegm still remains strong in the body and the blood
αὔξεται· τά τε γὰρ ψύχεα ἐξανίει, καὶ τὰ ὕδατα ἐπιγίνεται,
increases the both for colds relax and the rains come-on
τὸ δὲ αἷμα κατὰ ταῦτα αὔξεται ὑπό τε τῶν ὄμβρων
the and blood according-to these-things increases by both the showers
καὶ τῶν θερμημεριῶν· κατὰ φύσιν γὰρ αὐτέῳ ταῦτά ἐστι
and the warm-days by nature for to-it these-things are
μάλιστα τοῦ ἐνιαυτοῦ· ὑγρόν τε γάρ ἐστι καὶ θερμόν.
most of-the year moist both for it-is and hot
Γνοίης δ' ἂν τοῖσδε· οἱ ἄνθρωποι τοῦ ἦρος καὶ τοῦ
You-would-know and — by-these the men in-the spring and in-the
θέρεος μάλιστα ὑπό τε τῶν δυσεντεριῶν ἁλίσκονται, καὶ
summer most by both the dysenteries are-seized and
ἐκ τῶν ῥινέων τὸ αἷμα ῥεῖ αὐτέοισι, καὶ θερμότατοί
from the nostrils the blood flows for-them and hottest
εἰσι καὶ ἐρυθροί· τοῦ δὲ θέρεος τό τε αἷμα ἰσχύει
they-are and red in-the and summer the both blood is-strong
ἔτι, καὶ ἡ χολὴ ἀείρεται ἐν τῷ σώματι καὶ παρατείνει
still and the bile rises in the body and extends

ἐς τὸ φθινόπωρον· ἐν δὲ τῷ φθινοπώρῳ τὸ μὲν αἷμα
into the autumn in and the autumn the indeed blood
ὀλίγον γίνεται, ἐναντίον γὰρ αὐτέου τὸ φθινόπωρον τῇ
little becomes opposite for of-it the autumn to-the
φύσει ἐστίν· ἡ δὲ χολὴ τὴν θερίην κατέχει τὸ σῶμα καὶ
nature is the but bile the summer holds the body and
τὸ φθινόπωρον. Γνοίης δ' ἂν τοῖσδε· οἱ ἄνθρωποι
the autumn You-would-know and — by-these the men
αὐτόματοι ταύτην τὴν ὥρην χολὴν ἐμέουσι, καὶ ἐν τῇσι
spontaneously this the season bile vomit and in the
φαρμακοποσίῃσι χολωδέστατα καθαίρονται, δῆλον δὲ καὶ
drug-drinkings most-bilious are-purged clear and also
τοῖσι πυρετοῖσι καὶ τοῖσι χρώμασι τῶν ἀνθρώπων. Τὸ
from-the fevers and from-the colors of-the men The
δὲ φλέγμα τῆς θερίης ἀσθενέστατόν ἐστιν αὐτὸ ἑωυτοῦ·
and phlegm in-the summer weakest is itself than-itself
ἐναντίη γὰρ αὐτέου τῇ φύσει ἐστὶν ἡ ὥρη, ξηρή τε γάρ
opposite for of-it to-the nature is the season dry both for
ἐστι καὶ θερμή. Τὸ δὲ αἷμα τοῦ φθινοπώρου ἐλάχιστον
it-is and hot The and blood in-the autumn least
γίνεται ἐν τῷ ἀνθρώπῳ, ξηρόν τε γάρ ἐστι τὸ φθινόπωρον
becomes in the man dry both for is the autumn
καὶ ψύχειν ἤδη ἄρχεται τὸν ἄνθρωπον· ἡ δὲ μέλαινα
and to-cool already begins the man the but black
χολὴ τοῦ φθινοπώρου πλείστη τε καὶ ἰσχυροτάτη ἐστίν.
bile in-the autumn most both and strongest is
Ὁκόταν δὲ ὁ χειμὼν καταλαμβάνῃ, ἥ τε χολὴ ψυχομένη
When and the winter comes-on the both bile being-cooled
ὀλίγη γίνεται, καὶ τὸ φλέγμα αὔξεται πάλιν ὑπό τε τῶν
little becomes and the phlegm increases again by both the
ὑετῶν τοῦ πλήθεος καὶ τῶν νυκτῶν τοῦ μήκεος. Ἔχει
rains the quantity and the nights the length Has

μὲν οὖν ταῦτα πάντα αἰεὶ τὸ σῶμα τοῦ ἀνθρώπου,
indeed then these-things all always the body of-the man
ὑπὸ δὲ τῆς περιστα μένης ὥρης ποτὲ μὲν πλείω γίνεται
by and the surrounding season sometimes indeed more become
αὐτὰ ἑωυτέων, ποτὲ δὲ ἐλάσσω, ἕκαστα κατὰ μέρος καὶ
they than-themselves sometimes but less each in turn and
κατὰ φύσιν. Ὡς γὰρ ὁ ἐνιαυτὸς μετέχει μὲν πᾶς πάντων
according-to nature As for the year shares indeed whole in-all
καὶ τῶν θερμῶν καὶ τῶν ψυχρῶν καὶ τῶν ξηρῶν καὶ τῶν
both the hot and the cold and the dry and the
ὑγρῶν, οὐ γὰρ ἂν μείνειε τουτέων οὐδὲν οὐδένα χρόνον
moist not for — would-remain of-these anything for-any time
ἄνευ πάντων τῶν ἐνεόντων ἐν τῷδε τῷ κόσμῳ, ἀλλ' εἰ
without all the things-being-in in this the world but if
ἕν τί γε ἐκλίποι, πάντ' ἂν ἀφανισθείη· ἀπὸ γὰρ τῆς
one something at-least should-fail all — would-vanish from for the
αὐτέης ἀνάγκης πάντα ξυνέστηκέ τε καὶ τρέφεται ὑπ'
same necessity all have-been-composed both and are-nourished by
ἀλλήλων· οὕτω δὲ καὶ εἴ τι ἐκ τοῦ ἀνθρώπου ἐκλίποι
one-another so and also if any from the man should-fail
τουτέων τῶν ξυγγεγονότων, οὐκ ἂν δύναιτο ζῇν ὥνθρωπος.
of-these the having-grown-together not — could live the-man
Ἰσχύει δὲ ἐν τῷ ἐνιαυτῷ τοτὲ μὲν ὁ χειμὼν μάλιστα,
Is-strong and in the year at-one-time indeed the winter most
τοτὲ δὲ τὸ ἦρ, τοτὲ δὲ τὸ θέρος, τοτὲ δὲ τὸ
at-another but the spring at-another but the summer at-another but the
φθινόπωρον· οὕτω δὲ καὶ ἐν τῷ ἀνθρώπῳ τοτὲ μὲν τὸ
autumn so and also in the man at-one-time indeed the
φλέγμα ἰσχύει, τοτὲ δὲ τὸ αἷμα, τοτὲ δὲ ἡ χολὴ, πρῶτον
phlegm is-strong at-another but the blood at-another but the bile first
μὲν ἡ ξανθὴ, ἔπειτα δ' ἡ μέλαινα καλεομένη. Μαρτύριον
indeed the yellow then and the black so-called Testimony

δὲ σαφέστατον, εἰ ἐθέλεις τῷ αὐτέῳ ἀνθρώπῳ δοῦναι τὸ
and clearest if you-wish to-the same man to-give the
αὐτὸ φάρμακον τετράκις τοῦ ἐνιαυτοῦ, ἐμέεταί σοι τοῦ
same drug four-times in-the year be-vomits for-you in-the
μὲν χειμῶνος φλεγματωδέστατα, τοῦ δὲ ἦρος ὑγρότατα,
indeed winter most-phlegmy in-the and spring most-moist
τοῦ δὲ θέρεος χολωδέστατα, τοῦ δὲ φθινοπώρου μελάντατα.
in-the and summer most-bilious in-the and autumn blackest
8 Ὀφείλει οὖν, τουτέων ὧδε ἐχόντων, ὁκόσα μὲν τῶν
Ought then these thus being as-many-as indeed of-the
νουσημάτων χειμῶνος αὔξεται, θέρεος λήγειν, ὁκόσα δὲ
diseases in-winter increase in-summer to-cease as-many-as and
θέρεος αὔξεται, χειμῶνος λήγειν, ὁκόσα μὴ αὐτέων ἐν
in-summer increase in-winter to-cease as-many-as not of-them in
περιόδῳ ἡμερέων ἀπαλλάσσεται· τὴν δὲ περίοδον αὖθις
period of-days are-released the and period again
φράσω τὴν τῶν ἡμερέων. Ὁκόσα δὲ ἦρος γίνεται
I-will-explain the of-the days As-many-as and in-spring come-about
νουσήματα, προσδέχεσθαι χρὴ φθινοπώρου τὴν ἀπάλλαξιν
diseases to-expect one-must in-autumn the release
ἔσεσθαι αὐτέων· ὁκόσα δὲ φθινοπωρινὰ νουσήματα,
to-be of-them as-many-as and autumnal diseases
τουτέων τοῦ ἦρος ἀνάγκη τὴν ἀπάλλαξιν γενέσθαι· ὅ τι δ'
of-these in-the spring necessity the release to-come-about what — and
ἂν τὰς ὥρας ταύτας ὑπερβάλλῃ νούσημα, εἰδέναι χρὴ ὡς
— the seasons these exceeds disease to-know one-must that
ἐνιαύσιον αὐτὸ ἐσόμενον. Καὶ τὸν ἰητρὸν οὕτω χρὴ ἰῆσθαι
yearly it going-to-be And the physician so must to-treat
τὰ νουσήματα ὡς ἑκάστου τουτέων ἰσχύοντος ἐν τῷ σώματι
the diseases as each of-these being-strong in the body
κατὰ τὴν ὥρην τὴν αὐτῷ κατὰ φύσιν ἐοῦσαν μάλιστα.
according-to the season the to-it according-to nature being most

Repletion cures what emptying causes, and the reverse; the physician must oppose the disease. When many fall ill of one disease at once, the cause is the air they breathe, so they keep their regimen, eat less by degrees, and change their place; when many diseases come at once, the regimen is the cause. The thick veins run from the head in four pairs, and bleeding follows their course, cut far from the pain. Men past thirty-five who toiled in youth and then grew soft waste away after a disease, and a man is hottest on his first day and coldest on his last. Most such men recover by themselves within forty-five days, the rest within a year.

Εἰδέναι δὲ χρὴ καὶ τάδε πρὸς ἐκείνοισιν, ὅτι ὁκόσα 9
To-know and one-must also these-things in-addition-to those that as-many-as
πλησμονὴ τίκτει νουσήματα, κένωσις ἰῆται, ὁκόσα δὲ ἀπὸ
fullness begets diseases emptying cures as-many-as and from
κενώσιος γίνεται νουσήματα, πλησμονὴ ἰῆται, ὁκόσα δὲ
emptying come-about diseases fullness cures as-many-as and
ἀπὸ ταλαιπωρίης γίνεται, ἀνάπαυσις ἰῆται, ὁκόσα δ' ὑπ'
from exertion come-about rest cures as-many-as and from
ἀργίης τίκτεται, ταλαιπωρίη ἰῆται. Τὸ δὲ ξύμπαν γνῶναι,
idleness are-begotten exertion cures The and whole to-know
δεῖ τὸν ἰητρὸν ἐναντίον ἵστασθαι τοῖσι καθεστεῶσι καὶ
one-must the physician opposite to-stand to-the established both
νουσήμασι καὶ εἴδεσι καὶ ὥρῃσι καὶ ἡλικίῃσι, καὶ τὰ
diseases and constitutions and seasons and ages and the-things
ξυντείνοντα λύειν, καὶ τὰ λελυμένα ξυντείνειν· οὕτω γὰρ
tightening to-loosen and the-things loosened to-tighten so for
ἂν μάλιστα τὸ κάμνον ἀναπαύοιτο, ἥ τε ἴησις τοῦτό μοι
— most the suffering-part would-rest the and cure this to-me
δοκέει εἶναι. Αἱ δὲ νοῦσοι γίνονται, αἱ μὲν ἀπὸ τῶν
seems to-be The and diseases come-about the-ones indeed from the
διαιτημάτων, αἱ δὲ ἀπὸ τοῦ πνεύματος, ὃ ἐσαγόμενοι
regimens the-others and from the breath which drawing-in

ζῶμεν. Τὴν δὲ διάγνωσιν χρὴ ἑκατέρου ὧδε ποιέεσθαι·
we-live The and diagnosis one-must of-each thus to-make
ὁκόταν μὲν ὑπὸ νουσήματος ἑνὸς πολλοὶ ἄνθρωποι
whenever indeed by disease one many men
ἁλίσκωνται κατὰ τὸν αὐτὸν χρόνον, τὴν αἰτίην χρὴ
are-seized at the same time the cause one-must
ἀνατιθέναι τουτέῳ ὅ τι κοινότατόν ἐστι καὶ μάλιστα
to-attribute to-this what — most-common is and most
αὐτέῳ πάντες χρεώμεθα· ἔστι δὲ τοῦτο ὃ ἀναπνέομεν.
it all we-use is and this what we-breathe
Φανερὸν γὰρ δὴ ὅτι τά γε διαιτήματα ἑκάστου
Manifest for indeed that the at-least regimens of-each
ἡμέων οὐκ αἴτιά ἐστιν, ὅτε ἅπτεται πάντων ἡ νοῦσος
of-us not causes are when it-attacks all the disease
ἑξῆς καὶ τῶν νεωτέρων καὶ τῶν πρεσβυτέρων, καὶ
in-succession both the younger and the older and
γυναικῶν καὶ ἀνδρῶν ὁμοίως, καὶ τῶν θωρησσομένων
women and men alike and those drinking-wine
καὶ τῶν ὑδροποτεόντων, καὶ τῶν μάζαν ἐσθιόντων καὶ
and the drinking-water and those barley-cake eating and
τῶν ἄρτον σιτευμένων, καὶ τῶν πολλὰ ταλαιπωρεόντων
those bread eating and those much toiling
καὶ τῶν ὀλίγα· οὐκ ἂν οὖν τά γε διαιτήματα αἴτια
and those little not — then the at-least regimens causes
εἴη, ὁκόταν διαιτεύμενοι πάντας τρόπους οἱ ἄνθρωποι
would-be when living all ways the men
ἁλίσκωνται ὑπὸ τῆς αὐτέης νούσου. Ὁκόταν δὲ αἱ νοῦσοι
are-seized by the same disease When and the diseases
γίνωνται παντοδαπαὶ κατὰ τὸν αὐτὸν χρόνον, δῆλον ὅτι
come-about of-all-sorts at the same time clear that
τὰ διαιτήματά ἐστιν αἴτια ἕκαστα ἑκάστοισι, καὶ τὴν
the regimens are causes each to-each and the

θεραπείην χρὴ ποιέεσθαι ἐναντιούμενον τῇ προφάσει τῆς
treatment one-must to-make opposing the cause of-the
νούσου, ὥσπερ μοι πέφρασται καὶ ἑτέρωθι, καὶ τῇ τῶν
disease as by-me has-been-said also elsewhere and by-the of-the
διαιτημάτων μεταβολῇ. Δῆλον γὰρ ὅτι οἷσί γε χρέεσθαι
regimens change Clear for that which at-least to-use
εἴωθεν ὥνθρωπος διαιτήμασιν, οὐκ ἐπιτήδειά οἱ ἐστιν
is-accustomed the-man regimens not suitable for-him are
ἢ πάντα, ἢ τὰ πλείω, ἢ ἕν γέ τι αὐτέων· ἃ δεῖ
either all or the more or one at-least something of-them which one-must
καταμαθόντα μεταβάλλειν, καὶ σκεψάμενον τοῦ ἀνθρώπου
having-learned to-change and having-considered of-the man
τὴν φύσιν τήν τε ἡλικίην καὶ τὸ εἶδος καὶ τὴν ὥρην τοῦ
the nature the both age and the constitution and the season of-the
ἔτεος καὶ τῆς νούσου τὸν τρόπον, τὴν θεραπείην ποιέεσθαι,
year and of-the disease the manner the treatment to-make
ποτὲ μὲν ἀφαιρέοντα, ποτὲ δὲ προστιθέντα, ὥσπερ
at-one-time indeed taking-away at-another but adding as
μοι καὶ πάλαι εἴρηται, πρὸς ἕκαστα τῶν ἡλικιέων
by-me also long-ago has-been-said with-respect-to each of-the ages
καὶ τῶν ὡρέων καὶ τῶν εἰδέων καὶ τῶν νούσων ἔν τε
and of-the seasons and of-the constitutions and of-the diseases in both
τῇσι φαρμακείῃσι προτρέπεσθαι καὶ ἐν τοῖσι διαιτήμασιν.
the drug-givings to-turn and in the regimens
Ὁκόταν δὲ νουσήματος ἑνὸς ἐπιδημίη καθεστήκῃ, δῆλον
When and of-disease one an-epidemic is-established clear
ὅτι οὐ τὰ διαιτήματα αἴτιά ἐστιν, ἀλλ' ὃ ἀναπνέομεν,
that not the regimens causes are but what we-breathe
τοῦτο αἴτιόν ἐστι, καὶ δῆλον ὅτι τοῦτο νοσηρήν τινα
this cause is and clear that this unhealthy some
ἀπόκρισιν ἔχον ἀνίει. Τοῦτον οὖν χρὴ τὸν χρόνον τὰς
secretion having it-sends-up This then one-must the time the

παραινέσιας ποιέεσθαι τοῖσιν ἀνθρώποισι τοιάσδε· τὰ μὲν
advice to-make to-the men such the indeed
διαιτήματα μὴ μεταβάλλειν, ὅτι γε οὐκ αἴτιά ἐστι τῆς
regimens not to-change since at-least not causes they-are of-the
νούσου, τὸ δὲ σῶμα ὁρῆν, ὅκως ἔσται ὡς ἀογκότατον καὶ
disease the and body to-see how it-will-be as least-bulky and
ἀσθενέστατον, τῶν τε σιτίων ἀφαιρέοντα καὶ τῶν ποτῶν,
weakest the both foods taking-away and the drinks
οἷσιν εἰώθει χρέεσθαι, κατ' ὀλίγον (ἢν γὰρ μεταβάλλῃ
which he-was-accustomed to-use by little if for he-changes
ταχέως τὴν δίαιταν, κίνδυνος καὶ ἀπὸ τῆς μεταβολῆς
quickly the regimen danger also from the change
νεώτερόν τι γενέσθαι ἐν τῷ σώματι, ἀλλὰ χρὴ τοῖσι
newer something to-come-about in the body but one-must the
μὲν διαιτήμασιν οὕτω χρέεσθαι, ὅτε γε φαίνεται μηδὲν
indeed regimens so to-use when at-least it-appears nothing
ἀδικέοντα τὸν ἄνθρωπον)· τοῦ δὲ πνεύματος ὅκως ἡ ῥύσις
wronging the man of-the and breath how the stream
ὡς ἐλαχίστη ἐς τὸ στόμα ἐσίῃ καὶ ὡς ξενωτάτη ἔσται,
as least into the mouth may-enter and as strangest will-be
προμηθέεσθαι, τῶν τε χωρίων τοὺς τόπους μεταβάλλοντα
to-take-forethought the both places the regions changing
ἐς δύναμιν, ἐν οἷσιν ἂν ἡ νοῦσος καθεστήκῃ, καὶ τὰ
as-far-as power in which — the disease is-established and the
σώματα λεπτύνοντα· οὕτω γὰρ ἂν ἥκιστα πολλοῦ τε καὶ
bodies thinning so for — least of-much both and
πυκνοῦ πνεύματος χρήζοιεν οἱ ἄνθρωποι.
dense breath would-need the men

10 Ὁκόσα δὲ τῶν νουσημάτων γίνεται ἀπὸ τοῦ σώματος τῶν
As-many-as and of-the diseases come-about from of-the body of-the
μελέων τοῦ ἰσχυροτάτου, ταῦτα δεινότατά ἐστιν· καὶ γὰρ
limbs the strongest these most-terrible are both for

ἢν αὐτοῦ μένῃ ἔνθα ἂν ἄρξηται, ἀνάγκη, τοῦ ἰσχυροτάτου
if there it-stays where — it-begins necessity the strongest
τῶν μελέων πονεομένου, ἅπαν τὸ σῶμα πονέεσθαι· καὶ ἢν
of-the limbs suffering all the body to-suffer and if
ἐπί τι τῶν ἀσθενεστέρων ἀφίκηται ἀπὸ τοῦ ἰσχυροτέρου,
to some of-the weaker it-arrives from the stronger
χαλεπαὶ αἱ ἀπολύσιες γίνονται. Ὁκόσα δ' ἂν ἀπὸ τῶν
difficult the releases come-about As-many-as and — from the
ἀσθενεστέρων ἐπὶ τὰ ἰσχυρότερα ἔλθῃ, εὐλυτώτερά ἐστιν,
weaker to the stronger come easier-to-resolve are
ὑπὸ γὰρ τῆς ἰσχύος ἀναλώσεται ῥηϊδίως τὰ ἐπιῤῥέοντα.
by for the strength will-be-consumed easily the-things flowing-in
Αἱ παχύταται δὲ τῶν φλεβῶν ὧδε πεφύκασιν· τέσσαρα 11
The thickest and of-the veins thus are-formed four
ζεύγεά ἐστιν ἐν τῷ σώματι, καὶ ἓν μὲν αὐτέων ἀπὸ
pairs there-are in the body and one indeed of-them from
τῆς κεφαλῆς ὄπισθεν διὰ τοῦ αὐχένος, ἔξωθεν ἐπὶ τὴν
the head behind through the neck on-the-outside to the
ῥάχιν ἔνθεν τε καὶ ἔνθεν παρὰ τὰ ἰσχία ἀφικνέεται
spine on-this-side both and on-that-side past the hips arrives
καὶ ἐς τὰ σκέλεα, ἔπειτα διὰ τῶν κνημέων ἐπὶ τῶν
and into the legs then through the shins to the
σφυρῶν τὰ ἔξω καὶ ἐς τοὺς πόδας διήκει. Δεῖ οὖν
ankles the outer and into the feet extends One-must then
τὰς φλεβοτομίας τὰς ἐπὶ τῶν ἀλγημάτων τῶν ἐν τῷ
the bleedings the for the pains the in the
νώτῳ καὶ τοῖσιν ἰσχίοισιν ἀπὸ τῶν ἰγνύων ποιέεσθαι καὶ
back and the hips from the knee-hollows to-make and
ἀπὸ τῶν σφυρῶν ἔξωθεν. Αἱ δ' ἕτεραι φλέβες ἐκ τῆς
from the ankles on-the-outside The and second veins from the
κεφαλῆς παρὰ τὰ οὔατα διὰ τοῦ αὐχένος, αἱ σφαγίτιδες
head past the ears through the neck the jugulars

καλεόμεναι, ἔσωθεν παρὰ τὴν ῥάχιν ἑκατέρωθεν φέρουσι
called on-the-inside along the spine on-each-side run
παρὰ τὰς ψόας ἐς τοὺς ὄρχιας καὶ ἐς τοὺς μηροὺς, καὶ
along the loins into the testicles and into the thighs and
διὰ τῶν ἰγνύων ἐκ τοῦ ἔσωθεν μέρεος, ἔπειτα διὰ τῶν
through the knee-hollows from the inner part then through the
κνημέων παρὰ τὰ σφυρὰ τὰ ἔσωθεν καὶ ἐς τοὺς πόδας.
shins past the ankles the inner and into the feet
Δεῖ οὖν τὰς φλεβοτομίας πρὸς τὰς ὀδύνας ποιέεσθαι
One-must then the bleedings for the pains to-make
τὰς ἀπὸ τῶν ψοῶν καὶ τῶν ὀρχίων, ἀπὸ τῶν ἰγνύων
the from the loins and the testicles from the knee-hollows
καὶ ἀπὸ τῶν σφυρῶν ἔσωθεν. Αἱ δὲ τρίται φλέβες ἐκ
and from the ankles on-the-inside The and third veins from
τῶν κροτάφων διὰ τοῦ αὐχένος ὑπὸ τὰς ὠμοπλάτας,
the temples through the neck under the shoulder-blades
ἔπειτα ξυμφέρονται ἐς τὸν πλεύμονα καὶ ἀφικνέονται ἡ
then they-meet in the lung and they-arrive the-one
μὲν ἀπὸ τῶν δεξιῶν ἐς τὰ ἀριστερὰ, ἡ δὲ ἀπὸ τῶν
indeed from the right to the left the-other and from the
ἀριστερῶν ἐς τὰ δεξιὰ, καὶ ἡ μὲν δεξιὴ ἀφικνέεται ἐκ
left to the right and the indeed right arrives from
τοῦ πλεύμονος ὑπὸ τὸν μαζὸν καὶ ἐς τὸν σπλῆνα καὶ ἐς
the lung under the breast and into the spleen and into
τὸν νεφρὸν, ἡ δὲ ἀπὸ τῶν ἀριστερῶν ἐς τὰ δεξιὰ ἐκ
the kidney the-other and from the left to the right from
τοῦ πλεύμονος ὑπὸ τὸν μαζὸν καὶ ἐς τὸ ἧπαρ καὶ ἐς
the lung under the breast and into the liver and into
τὸν νεφρὸν, τελευτῶσι δὲ ἐς τὸν ἀρχὸν αὗται ἑκάτεραι.
the kidney they-end and in the anus these both
Αἱ δὲ τέταρται ἀπὸ τοῦ ἔμπροσθεν τῆς κεφαλῆς καὶ τῶν
The and fourth from the front of-the head and the

ὀφθαλμῶν ὑπὸ τὸν αὐχένα καὶ τὰς κληῖδας, ἔπειτα δὲ
eyes under the neck and the collarbones then and
ὑπὲρ τῶν βραχιόνων ἄνωθεν ἐς τὰς ξυγκαμπὰς, ἔπειτα δὲ
over the arms from-above to the elbow-bends then and
διὰ τῶν πήχεων ἐπὶ τοὺς καρποὺς καὶ τοὺς δακτύλους,
through the forearms to the wrists and the fingers
ἔπειτα ἀπὸ τῶν δακτύλων πάλιν διὰ τῶν στηθέων
then from the fingers again through the palms
τῶν χειρῶν καὶ τῶν πήχεων ἄνω ἐς τὰς ξυγκαμπὰς,
of-the hands and the forearms up to the elbow-bends
καὶ διὰ τῶν βραχιόνων τοῦ κάτωθεν μέρεος ἐς τὰς
and through the arms the underneath part to the
μασχάλας, καὶ ἀπὸ τῶν πλευρέων ἄνωθεν ἡ μὲν ἐς
armpits and from the ribs from-above the-one indeed to
τὸν σπλῆνα ἀφικνέεται, ἡ δὲ ἐς τὸ ἧπαρ, ἔπειτα
the spleen arrives the-other and to the liver then
ὑπὲρ τῆς γαστρὸς ἐς τὸ αἰδοῖον τελευτῶσιν ἀμφότεραι.
over the belly to the genitals they-end both
Καὶ αἱ μὲν παχέαι τῶν φλεβῶν ὧδε ἔχουσιν. Εἰσὶ δὲ
And the indeed thick of-the veins thus are There-are and
καὶ ἀπὸ τῆς κοιλίης φλέβες ἀνὰ τὸ σῶμα πάμπολλαί τε
also from the belly veins through the body very-many both
καὶ παντοῖαι, καὶ δι᾽ ὧν ἡ τροφὴ τῷ σώματι ἔρχεται.
and of-all-kinds and through which the nourishment to-the body comes
Φέρουσι δὲ καὶ ἀπὸ τῶν παχεῶν φλεβῶν ἐς τὴν κοιλίην καὶ
They-run and also from the thick veins to the belly and
ἐς τὸ ἄλλο σῶμα καὶ ἀπὸ τῶν ἔξω καὶ ἀπὸ τῶν εἴσω, καὶ
to the rest body and from the outer and from the inner and
ἐς ἀλλήλας διαδιδόασιν αἵ τε εἴσωθεν ἔξω καὶ αἱ ἔξωθεν
to one-another they-pass-on the both from-inside outward and the from-outside
εἴσω. Τὰς οὖν φλεβοτομίας δεῖ ποιέεσθαι κατὰ τουτέους
inward The then bleedings one-must to-make according-to these

τοὺς λόγους· ἐπιτηδεύειν δὲ χρὴ τὰς τομὰς ὡς προσωτάτω
the principles to-practice and one-must the cuts as furthest
τάμνειν ἀπὸ τῶν χωρίων, ἔνθα ἂν αἱ ὀδύναι μεμαθήκωσι
to-cut from the places where — the pains have-learned
γίνεσθαι καὶ τὸ αἷμα ξυλλέγεσθαι· οὕτω γὰρ ἂν ἥ τε
to-come-about and the blood to-collect so for — the both
μεταβολὴ ἥκιστα μεγάλη γίνοιτο ἐξαπίνης, καὶ τὸ ἔθος
change least great would-come-about suddenly and the habit
μεταστήσαις ἂν ὥστε μηκέτι ἐς τὸ αὐτὸ χωρίον ξυλλέγεσθαι.
you-would-shift — so-that no-longer into the same place to-collect

12 Ὁκόσοι πῦον πολλὸν πτύουσιν ἄτερ πυρετοῦ ἐόντες, καὶ
As-many-as pus much spit without fever being and
ὁκόσοισιν ὑπὸ τὸ οὖρον πῦον ὑφίσταται πολλὸν ἄτερ
for-as-many-as under the urine pus settles much without
ὀδύνης ἐούσης, καὶ ὁκόσοισι τὰ ὑποχωρήματα αἱματώδεα
pain being and for-as-many-as the stools bloody
ὥσπερ ἐν τῇσι δυσεντερίῃσι καὶ χρόνιά ἐστιν ἐοῦσι πέντε
as in the dysenteries and chronic are being five
καὶ τριήκοντα ἐτέων καὶ γεραιτέροισι, τουτέοισι πᾶσιν ἀπὸ
and thirty years and older for-these all from
τοῦ αὐτέου τὰ νουσήματα γίνεται· ἀνάγκη γὰρ τουτέους
the same the diseases come-about necessity for these
ταλαιπώρους τε γενέσθαι καὶ φιλοπόνους τῷ σώματι
toilers both to-have-been and hard-working with-the body
καὶ ἐργάτας νεηνίσκους ἐόντας, ἔπειτα δὲ ἐξανεθέντας
and workers young-men being then and released
τῶν πόνων σαρκωθῆναι μαλθακῇ σαρκὶ καὶ πουλὺ
from-the labors to-put-on-flesh with-soft flesh and much
διαφερούσῃ τῆς προτέρης, καὶ πολλὸν διακεκριμένον
differing from-the former and much separated
ἔχειν τὸ σῶμα τό τε προϋπάρχον καὶ τὸ ἐπιτραφὲν, ὥστε
to-have the body the both pre-existing and the added-on so-that

μὴ ὁμονοεῖν. Ὁκόταν οὖν νόσημά τι καταλάβῃ τοὺς οὕτω
not to-agree When then disease some seizes those so
διακειμένους, τὸ μὲν παραχρῆμα διαφεύγουσιν, ὕστερον δὲ
disposed the indeed at-once they-escape later but
μετὰ τὴν νοῦσον χρόνῳ τήκεται τὸ σῶμα, καὶ διαῤῥέει
after the disease in-time melts the body and flows-off
διὰ τῶν φλεβῶν, ᾗ ἂν εὐρυχωρίης μάλιστα τύχῃ,
through the veins where — of-room most it-finds
ἰχωροειδές· ἢν μὲν οὖν ὁρμήσῃ ἐς τὴν κοιλίην τὴν κάτω,
serum-like if indeed then it-rushes into the belly the lower
σχεδόν τι οἷόν περ ἐν τῷ σώματι ἂν ἐνέῃ τοιοῦτον καὶ
nearly — such-as indeed in the body — is-in such also
τὸ διαχώρημα γίνεται· ἅτε γὰρ τῆς ὁδοῦ κατάντεος
the stool becomes inasmuch-as for the way downhill
ἐούσης, οὐχ ἵσταται πολλὸν χρόνον ἐν τῷ ἐντέρῳ.
being not it-stands much time in the intestine
Ὁκόσοισι δ’ ἂν ἐς τὸ στῆθος ἐσρυῇ, ὑπόπυοι γίνονται·
For-as-many-as and — into the chest it-flows suppurating they-become
ἅτε γὰρ τῆς καθάρσιος ἀνάντεος ἐούσης, καὶ χρόνον
as for the purging uphill being and time
ἐναυλιζόμενον πουλὺν ἐν τῷ στήθει, κατασήπεται καὶ γίνεται
lodging long in the chest putrefies and becomes
πυοειδές. Ὁκόσοισι δ’ ἂν ἐς τὴν κύστιν ἐξερεύγηται,
pus-like For-as-many-as and — into the bladder it-bursts-out
ὑπὸ τῆς θερμότητος τοῦ χωρίου τοῦτο καὶ θερμὸν καὶ
by the heat of-the place this both hot and
λευκὸν γίνεται, καὶ διακρίνεται· καὶ τὸ μὲν ἀραιότατον
white becomes and is-separated and the indeed thinnest
ἐφίσταται ἄνω, τὸ δὲ παχύτατον κάτω, ὃ δὴ πῦον
stands above the and thickest below which indeed pus
καλέεται. Γίνονται δὲ καὶ οἱ λίθοι τοῖσι παιδίοισι διὰ
is-called Come-about and also the stones in-the children because-of

τὴν θερμότητα τοῦ χωρίου τε τουτέου καὶ τοῦ ὅλου
the heat of-the place both of-this and of-the whole
σώματος, τοῖσι δὲ ἀνδράσιν οὐ γίνονται λίθοι διὰ τὴν
body in-the and men not come-about stones because-of the
ψυχρότητα τοῦ σώματος. Εὖ γὰρ χρὴ εἰδέναι, ὅτι ὁ
coldness of-the body Well for one-must to-know that the
ἄνθρωπος τῇ πρώτῃ τῶν ἡμερέων θερμότατός ἐστιν
man on-the first of-the days hottest is
αὐτὸς ἑωυτοῦ, τῇ δὲ ὑστάτῃ ψυχρότατος· ἀνάγκη γὰρ
himself than-himself on-the and last coldest necessity for
αὐξανόμενον καὶ χωρέον τὸ σῶμα πρὸς βίην θερμὸν εἶναι·
growing and advancing the body with force hot to-be
ὁκόταν δὲ ἄρχηται μαραίνεσθαι τὸ σῶμα, καταῤῥέον πρὸς
when but it-begins to-wither the body flowing-down toward
εὐπέτειαν, ψυχρότερον γίνεται· καὶ κατὰ τοῦτον τὸν
ease colder becomes and according-to this the
λόγον, ὁκόσον τῇ πρώτῃ τῶν ἡμερέων πλεῖστον αὔξεται
reasoning as-much-as on-the first of-the days most grows
ὁ ἄνθρωπος, τοσοῦτον θερμότερος γίνεται, καὶ τῇ ὑστάτῃ
the man so-much hotter becomes and on-the last
τῶν ἡμερέων, ὁκόσον πλεῖστον καταμαραίνεται, τοσοῦτον
of-the days as-much-as most withers-away so-much
ἀνάγκη ψυχρότερον εἶναι. Ὑγιέες δὲ γίγνονται αὐτόματοι
necessity colder to-be Healthy and become spontaneously
οἱ οὕτω διακείμενοι, πλεῖστοι μὲν ἐν τῇ ὥρῃ, ᾗ ἂν
those so disposed most indeed in the season in-which —
ἄρξωνται τήκεσθαι, πεντεκαιτεσσαρακονθήμεροι· ὁκόσοι δ'
they-begin to-waste in-forty-five-days as-many-as but
ἂν τὴν ὥρην ταύτην ὑπερβάλλωσιν, ἐνιαυτῷ αὐτόματοι
— the season this exceed in-a-year spontaneously
ὑγιέες γίνονται, ἢν μή τι ἄλλο κακουργῆται ὥνθρωπος.
healthy become if not something else is-harmed the-man

Diseases from small and easily known causes are the safest to foretell, and the cure opposes the cause. Sand or stones in the urine come from growths by the thick vein whose pus hardens and passes into the bladder; bloody urine means the veins have suffered, and bran in the urine a scabby bladder. Most fevers come from bile: the continuous from the most, the quotidian, tertian, and quartan from less in turn and lasting longer, the quartan also from black bile, chiefly in autumn and at ages twenty-five to forty-five.

Ὁκόσα τῶν νουσημάτων ἐξ ὀλίγου γίνεται, καὶ ὁκόσων 13
As-many-as of-the diseases from small come-about and of-as-many-as
αἱ προφάσιες εὔγνωστοι, ταῦτα δὲ ἀσφαλέστατά ἐστι
the causes easily-known these-things and safest are
προαγορεύεσθαι· τὴν δὲ ἴησιν χρὴ ποιέεσθαι αὐτὸν
to-be-foretold the and cure one-must to-make himself
ἐναντιούμενον τῇ προφάσει τῆς νούσου· οὕτω γὰρ ἂν
opposing the cause of-the disease so for —
λύοιτο τὸ τὴν νοῦσον παρασχὸν ἐν τῷ σώματι.
would-be-dissolved the-thing the disease having-caused in the body
Ὁκόσοισι ψαμμοειδέα ὑφίσταται ἢ πῶροι ἐν τοῖσιν 14
For-as-many-as sandy-matter settles or calculi in the
οὔροισι, τουτέοισι τὴν ἀρχὴν φύματα ἐγένετο πρὸς τῇ
urine for-these at-the outset growths came-about by the
φλεβὶ τῇ παχείῃ, καὶ διεπύησεν, ἔπειτα δὲ, ἅτε οὐ ταχέως
vein the thick and suppurated then and as not quickly
ἐκραγέντων τῶν φυμάτων, πῶροι ξυνετράφησαν ἐκ τοῦ
having-burst the growths calculi were-formed from the
πύου, οἵτινες ἔξω θλίβονται διὰ τῆς φλεβὸς σὺν τῷ
pus which outward are-squeezed through the vein with the
οὔρῳ ἐς τὴν κύστιν. Ὁκόσοισι δὲ μοῦνον αἱματώδεα τὰ
urine into the bladder For-as-many-as and only bloody the

οὐρήματα, τουτέοισι δὲ αἱ φλέβες πεπονήκασιν· ὁκόσοισι
urines for-these and the veins have-suffered for-as-many-as
δὲ ἐν τῷ οὐρήματι παχεῖ ἐόντι σαρκία σμικρὰ τριχοειδέα
and in the urine thick being bits-of-flesh small hair-like
συνεξέρχεται, ταῦτα δὲ ἀπὸ τῶν νεφρῶν εἰδέναι χρὴ
come-out-with these-things and from the kidneys to-know one-must
ἐόντα καὶ ἀπὸ ἀρθριτικῶν· ὁκόσοισι δὲ καθαρὸν τὸ
being and from arthritic-conditions for-as-many-as and clear the
οὖρον ἄλλοτε καὶ ἄλλοτε, ὁκοῖον δὲ πίτυρα ἐπιφέρεται
urine at-one-time and at-another such and bran is-borne
ἐν τῷ οὐρήματι, τουτέων δὲ ἡ κύστις ψωριᾷ.
in the urine of-these and the bladder has-scabies

Οἱ πλεῖστοι τῶν πυρετῶν γίνονται ἀπὸ χολῆς· εἴδεα
The most of-the fevers come-about from bile forms
δὲ σφέων ἐστὶ τέσσαρα, χωρὶς τῶν ἐν τῇσιν ὀδύνῃσι
and of-them are four apart-from those in the pains
γινομένων τῇσιν ἀποκεκριμένῃσιν· οὐνόματα δ' αὐτέοισίν
arising the localized names and to-them
ἐστι ξύνοχος, ἀμφημερινὸς, τριταῖος, τεταρταῖος. Ὁ μὲν
are continued quotidian tertian quartan The indeed
οὖν ξύνοχος καλεόμενος γίνεται ἀπὸ πλείστης χολῆς καὶ
then continued so-called comes-about from most bile and
ἀκρητεστάτης, καὶ τὰς κρίσιας ἐν ἐλαχίστῳ χρόνῳ ποιέεται·
most-unmixed and the crises in least time makes
τὸ γὰρ σῶμα οὐ διαψυχόμενον οὐδένα χρόνον συντήκεται
the for body not being-cooled any time melts
ταχέως, ἅτε ὑπὸ πολλοῦ τοῦ θερμοῦ θερμαινόμενον. Ὁ
quickly as by much the heat being-heated The
δὲ ἀμφημερινὸς μετὰ τὸν ξύνοχον ἀπὸ πλείστης χολῆς
and quotidian after the continued from most bile
γίνεται, καὶ ἀπαλλάσσεται τάχιστα τῶν ἄλλων, μακρότερος
comes-about and is-released most-quickly of-the others longer

δέ ἐστι τοῦ ξυνόχου, ὁκόσῳ ἀπὸ ἐλάσσονος γίνεται
but is than-the continued by-as-much-as from less it-comes-about
χολῆς, καὶ ὅτι ἔχει ἀνάπαυσιν τὸ σῶμα, ἐν δὲ τῷ ξυνόχῳ
bile and that has rest the body in but the continued
οὐκ ἀναπαύεται οὐδένα χρόνον. Ὁ δὲ τριταῖος μακρότερός
not it-rests any time The and tertian longer
ἐστι τοῦ ἀμφημερινοῦ, καὶ ἀπὸ χολῆς ἐλάσσονος γίνεται·
is than-the quotidian and from bile less comes-about
ὁκόσῳ δὲ πλείονα χρόνον ἐν τῷ τριταίῳ ἢ ἐν τῷ
by-as-much-as and more time in the tertian than in the
ἀμφημερινῷ τὸ σῶμα διαναπαύεται, τοσούτῳ χρονιώτερος
quotidian the body rests by-so-much more-chronic
οὗτος ὁ πυρετὸς τοῦ ἀμφημερινοῦ ἐστιν.
this the fever than-the quotidian is
Οἱ δὲ τεταρταῖοι τὰ μὲν ἄλλα κατὰ τὸν αὐτὸν λόγον,
The and quartans the indeed other-things according-to the same reasoning
χρονιώτεροι δὲ μάλα τῶν τριταίων εἰσὶν, ὁκόσῳ ἔλασσόν
more-chronic but very than-the tertians are by-as-much-as less
τι μέρος μετέχουσι χολῆς τῆς τὴν θερμασίην παρεχούσης,
some part they-share-in of-bile the the heat providing
τοῦ τε διαψύχεσθαι τὸ σῶμα πλέον μετέχουσιν· προσγίνεται
of-the and being-cooled the body more they-share-in is-added
δὲ αὐτέοισιν ἀπὸ μελαίνης χολῆς τὸ περισσὸν τοῦτο καὶ
and to-them from black bile the excess this and
δυσαπάλλακτον· μέλαινα γὰρ χολὴ τῶν ἐν τῷ σώματι
hard-to-be-rid-of black for bile of-the in the body
ἐνεόντων χυμῶν γλισχρότατον, καὶ τὰς ἕδρας χρονιωτάτας
being-in humors most-viscous and the seats most-chronic
ποιέεται. Γνώσῃ δὲ ἐν τῷδε, ὅτι οἱ τεταρταῖοι πυρετοὶ
makes You-will-know and in this that the quartan fevers
μετέχουσι τοῦ μελαγχολικοῦ· φθινοπώρου γὰρ μάλιστα
share-in the melancholic in-autumn for most

οἱ ἄνθρωποι ἁλίσκονται ὑπὸ τῶν τεταρταίων καὶ ἐν τῇ
the men are-seized by the quartans and in the
ἡλικίῃ τῇ ἀπὸ πέντε καὶ εἴκοσιν ἐτέων ἕως τῶν πέντε καὶ
age the from five and twenty years until the five and
τεσσαράκοντα, ὅτι καὶ ἡ ἡλικίη αὕτη ὑπὸ μελαίνης χολῆς
forty because also the age this by black bile
κατέχεται μάλιστα πασέων τῶν ἡλικιῶν, ἥ τε φθινοπωρινὴ
is-held most of-all the ages the and autumnal
ὥρη μάλιστα πασέων τῶν ὡρέων ἐπιτηδειοτάτη. Ὁκόσοι
season most of-all the seasons most-suitable As-many-as
δ' ἂν ἁλῶσιν ἔξω τῆς ὥρης ταύτης καὶ τῆς ἡλικίης ὑπὸ
but — are-seized outside the season this and the age by
τεταρταίου, εὖ χρὴ εἰδέναι μὴ χρόνιον ἐσόμενον τὸν
quartan well one-must to-know not chronic going-to-be the
πυρετὸν, ἢν μὴ ἄλλο τι κακουργῆται ὥνθρωπος.
fever if not other something is-harmed the-man

HIPPOCRATES

ΠΕΡΙ ΑΕΡΩΝ, ΥΔΑΤΩΝ, ΤΟΠΩΝ

Airs, Waters, Places

ΠΕΡΙ ΑΕΡΩΝ, ΥΔΑΤΩΝ, ΤΟΠΩΝ

I · SEASONS, WINDS, AND THE SITUATION OF CITIES

Whoever would pursue medicine rightly must first consider the seasons, the winds, the waters, and the soil of each place, and its people's way of life, for astronomy contributes much to medicine. A city facing the hot winds and sheltered from the north has brackish waters, flabby people with moist heads, and sickly women who miscarry; one facing the cold winds has hard waters and lean, sinewy, long-lived men. A city facing the sunrise is healthiest, and one facing the sunset, sheltered from the east, is the most unhealthy.

Ἰητρικὴν ὅστις βούλεται ὀρθῶς ζητέειν, τάδε χρὴ 1
Medicine whoever wishes rightly to-pursue these-things one-must
ποιέειν· πρῶτον μὲν ἐνθυμέεσθαι τὰς ὥρας τοῦ ἔτεος, ὅ
to-do first indeed to-consider the seasons of-the year what
τι δύναται ἀπεργάζεσθαι ἑκάστη· οὐ γὰρ ἐοίκασιν οὐθὲν,
— can to-effect each not for they-resemble in-nothing
ἀλλὰ πουλὺ διαφέρουσιν αὐταί τε ἑωυτέων καὶ ἐν τῇσι
but much differ they both from-one-another and in the
μεταβολῇσιν· ἔπειτα δὲ τὰ πνεύματα τὰ θερμά τε καὶ τὰ
changes then and the winds the hot both and the
ψυχρά· μάλιστα μὲν τὰ κοινὰ πᾶσιν ἀνθρώποισιν, ἔπειτα
cold most indeed the common to-all men then
δὲ καὶ τὰ ἐν ἑκάστῃ χώρῃ ἐπιχώρια ἐόντα. Δεῖ δὲ
and also the-ones in each country native being One-must and
καὶ τῶν ὑδάτων ἐνθυμέεσθαι τὰς δυνάμιας· ὥσπερ γὰρ ἐν
also of-the waters to-consider the powers as for in
τῷ στόματι διαφέρουσι καὶ ἐν τῷ σταθμῷ, οὕτω καὶ ἡ
the mouth they-differ and in the weight so also the
δύναμις διαφέρει πουλὺ ἑκάστου. Ὥστε, ἐς πόλιν ἐπειδὰν
power differs much of-each So-that into a-city when
ἀφίκηταί τις ἧς ἄπειρός ἐστι, διαφροντίσαι χρὴ
arrives anyone of-which inexperienced he-is to-think-through one-must

τὴν θέσιν αὐτέης, ὅκως κέεται καὶ πρὸς τὰ πνεύματα
the situation of-it how it-lies both toward the winds
καὶ πρὸς τὰς ἀνατολὰς τοῦ ἡλίου· οὐ γὰρ τωὐτὸ δύναται
and toward the risings of-the sun not for the-same can
ἥτις πρὸς βορέην κέεται, καὶ ἥτις πρὸς νότον, οὐδ᾽
whichever toward north lies and whichever toward south nor
ἥτις πρὸς ἥλιον ἀνίσχοντα, οὐδ᾽ ἥτις πρὸς δύνοντα.
whichever toward sun rising nor whichever toward setting
Ταῦτα δὲ ἐνθυμέεσθαι ὡς κάλλιστα· καὶ τῶν ὑδάτων
These-things and to-consider as finely-as-possible and of-the waters
πέρι ὡς ἔχουσι, καὶ πότερον ἑλώδεσι χρέονται καὶ
about how they-are and whether marshy they-use and
μαλακοῖσιν, ἢ σκληροῖσί τε καὶ ἐκ μετεώρων καὶ ἐκ
soft or hard both and from high-places and from
πετρωδέων, εἴτε ἁλυκοῖσι καὶ ἀτεράμνοισιν· καὶ τὴν γῆν,
rocky-places or salty and hard-to-cook and the earth
πότερον ψιλή τε καὶ ἄνυδρος, ἢ δασεῖα καὶ ἔφυδρος,
whether bare both and waterless or wooded and watered
καὶ εἴτε ἐν κοίλῳ ἐστὶ καὶ πνιγηρὴ, εἴτε μετέωρος καὶ
and whether in hollow it-is and stifling or lofty and
ψυχρή· καὶ τὴν δίαιταν τῶν ἀνθρώπων, ὁκοίῃ ἥδονται,
cold and the regimen of-the men which they-enjoy
πότερον φιλοπόται καὶ ἀριστηταὶ καὶ ἀταλαίπωροι, ἢ
whether wine-lovers and lunchers and unexerting or
φιλογυμνασταί τε καὶ φιλόπονοι, καὶ ἐδωδοὶ καὶ ἄποτοι.
lovers-of-exercise both and lovers-of-toil and great-eaters and non-drinkers
2 Καὶ ἀπὸ τουτέων χρὴ ἐνθυμέεσθαι ἕκαστα. Εἰ γὰρ ταῦτα
And from these one-must to-consider each-thing If for these-things
εἰδείη τις καλῶς, μάλιστα μὲν πάντα, εἰ δὲ μὴ, τά γε
should-know anyone well most indeed all if but not the at-least
πλεῖστα, οὐκ ἂν αὐτὸν λανθάνοι ἐς πόλιν ἀφικνεόμενον,
most not — him would-escape into a-city arriving

ἧς ἂν ἄπειρος ᾖ, οὔτε νουσήματα ἐπιχώρια,
of-which — inexperienced he-may-be neither diseases native
οὔτε τῶν κοινῶν ἡ φύσις ὁκοίη τίς ἐστιν· ὥστε μὴ
nor of-the common the nature of-what-sort — it-is so-that not
ἀπορέεσθαι ἐν τῇ θεραπείῃ τῶν νούσων, μηδὲ διαμαρτάνειν,
to-be-at-a-loss in the treatment of-the diseases nor to-err-badly
ἃ εἰκός ἐστι γίγνεσθαι, ἢν μή τις ταῦτα πρότερον
which likely is to-come-about if not anyone these-things beforehand
εἰδὼς προφροντίσῃ. Περὶ ἑκάστου δὲ, χρόνου προϊόντος
knowing takes-thought About each and time advancing
καὶ τοῦ ἐνιαυτοῦ, λέγοι ἂν ὁκόσα τε νουσήματα μέλλει
and of-the year he-could-tell — as-many-as both diseases are-going
πάγκοινα τὴν πόλιν κατασχήσειν ἢ θέρεος ἢ χειμῶνος,
common the city to-seize either in-summer or in-winter
ὁκόσα τε ἴδια ἑκάστῳ κίνδυνος γίγνεσθαι ἐκ μεταβολῆς
as-many-as both peculiar to-each danger to-come-about from change
τῆς διαίτης. Εἰδὼς γὰρ τῶν ὡρέων τὰς μεταβολὰς καὶ τῶν
of-the regimen Knowing for of-the seasons the changes and of-the
ἄστρων ἐπιτολάς τε καὶ δύσιας, καθότι ἕκαστον τουτέων
stars risings both and settings according-as each of-these
γίγνεται, προειδείη ἂν τὸ ἔτος ὁκοῖόν τι μέλλει
comes-about he-would-know-beforehand — the year of-what-kind — is-going
γίγνεσθαι. Οὕτως ἄν τις ἐρευνώμενος καὶ προγιγνώσκων
to-become So — anyone inquiring and foreknowing
τοὺς καιροὺς, μάλιστ' ἂν εἰδείη περὶ ἑκάστου, καὶ τὰ
the right-moments most — would-know about each and the
πλεῖστα τυγχάνοι τῆς ὑγιείης, καὶ κατ' ὀρθὸν φέροιτο
most-part would-hit-upon of-the health and on right would-go
οὐκ ἐλάχιστα ἐν τῇ τέχνῃ. Εἰ δὲ δοκέοι τις ταῦτα
not least in the art If and should-think anyone these-things
μετεωρολόγα εἶναι, εἰ μετασταίη τῆς γνώμης, μάθοι
meteorological to-be if he-should-change of-the opinion he-would-learn

ἂν ὅτι οὐκ ἐλάχιστον μέρος ξυμβάλλεται ἀστρονομίη ἐς
— that not least part contributes astronomy to
ἰητρικὴν, ἀλλὰ πάνυ πλεῖστον. Ἅμα γὰρ τῇσιν ὥρῃσι καὶ
medicine but very most With for the seasons also
αἱ κοιλίαι μεταβάλλουσι τοῖσιν ἀνθρώποισιν.
the bellies change for-the men

3 Ὅκως δὲ χρὴ ἕκαστα τῶν προειρημένων σκοπέειν καὶ
How and one-must each of-the aforesaid to-examine and
βασανίζειν, ἐγὼ φράσω σαφέως. Ἥτις μὲν πόλις πρὸς τὰ
to-test I will-tell clearly Whatever indeed city toward the
πνεύματα κέεται τὰ θερμά· ταῦτα δ' ἔσται μεταξὺ τῆς
winds lies the hot these-things and will-be between the
τε χειμερινῆς ἀνατολῆς τοῦ ἡλίου καὶ τῶν δυσμέων τῶν
both winter rising of-the sun and the settings the
χειμερινῶν· καὶ αὐτέῃ ταῦτα τὰ πνεύματά ἐστι ξύννομα,
winter and to-it these the winds are native
τῶν δὲ ἀπὸ τῶν ἄρκτων πνευμάτων σκέπη· ἐν ταύτῃ
from-the and from the Bears winds shelter in this
τῇ πόλει ἐστὶ τά τε ὕδατα πολλὰ καὶ ὕφαλα, καὶ ἀνάγκη
the city is the both waters many and brackish and necessity
εἶναι μετέωρα, τοῦ μὲν θέρεος θερμὰ, τοῦ δὲ χειμῶνος
to-be near-the-surface in-the indeed summer hot in-the and winter
ψυχρά· τούς τε ἀνθρώπους τὰς κεφαλὰς ὑγρὰς ἔχειν καὶ
cold the both men the heads moist to-have and
φλεγματώδεας, τάς τε κοιλίας αὐτέων πυκνὰ ἐκταράσσεσθαι,
phlegmy the both bellies of-them often to-be-disordered
ἀπὸ τῆς κεφαλῆς τοῦ φλέγματος ἐπικαταῤῥέοντος· τά τε
from the head of-the phlegm flowing-down the both
εἴδεα ἐπὶ τὸ πλῆθος αὐτέων ἀτονώτερα εἶναι· ἐσθίειν δ'
physiques for the most-part of-them rather-flabby to-be to-eat and
οὐκ ἀγαθοὺς εἶναι οὐδὲ πίνειν· ὁκόσοι μὲν γὰρ κεφαλὰς
not good to-be nor to-drink as-many-as indeed for heads

ἀσθενέας ἔχουσιν, οὐκ ἄν εἴησαν ἀγαθοὶ πίνειν· ἡ γὰρ
weak have not — would-be good to-drink the for
κραιπάλη μᾶλλον πιέζει· νουσήματά τε τάδε ἐπιχώρια εἶναι·
hangover more presses diseases both these native to-be
πρῶτον μὲν τὰς γυναῖκας νοσερὰς καὶ ῥοώδεας εἶναι· ἔπειτα
first indeed the women sickly and subject-to-flux to-be then
πολλὰς ἀτόκους ὑπὸ νούσου, καὶ οὐ φύσει, ἐκτιτρώσκεσθαί
many barren from disease and not by-nature to-miscarry
τε πυκνά· τοῖσί τε παιδίοισιν ἐπιπίπτειν σπασμοὺς καὶ
both often to-the both children to-befall convulsions and
ἄσθματα ἃ νομίζουσι τὸ παιδίον ποιέειν, καὶ ἱερὴν
asthmas which they-think the child to-cause and sacred
νοῦσον εἶναι· τοῖσι δὲ ἀνδράσι δυσεντερίας καὶ διαῤῥοίας
disease to-be to-the and men dysenteries and diarrheas
καὶ ἠπιάλους καὶ πυρετοὺς πολυχρονίους χειμερινοὺς καὶ
and agues and fevers long winter and
ἐπινυκτίδας πολλὰς καὶ αἱμορῥοΐδας ἐν τῇ ἕδρῃ.
night-pustules many and hemorrhoids in the seat
Πλευρίτιδες δὲ καὶ περιπλευμονίαι καὶ καῦσοι καὶ ὁκόσα
Pleurisies but and pneumonias and ardent-fevers and as-many-as
ὀξέα νουσήματα νομίζονται, οὐκ ἐγγίγνονται πολλά· οὐ γὰρ
acute diseases are-considered not occur many not for
οἷόν τε, ὅκου ἂν κοιλίαι ὑγραὶ ἔωσι, τὰς νούσους ταύτας
possible — where — bellies moist are the diseases these
ἰσχύειν. Ὀφθαλμίαι τε ἐγγίγνονται ὑγραὶ, καὶ οὐ χαλεπαὶ,
to-be-strong Eye-diseases both occur moist and not severe
ὀλιγοχρόνιοι, ἢν μή τι κατάσχῃ νούσημα πάγκοινον ἐκ
short-lived if not some prevails disease common from
μεταβολῆς. Καὶ ὁκόταν τὰ πεντήκοντα ἔτεα ὑπερβάλλωσι,
change And when the fifty years they-exceed
κατάῤῥοοι ἐπιγενόμενοι ἐκ τοῦ ἐγκεφάλου παραπληκτικοὺς
catarrhs supervening from the brain paralytic

ποιέουσι τοὺς ἀνθρώπους, ὁκόταν ἐξαίφνης ἡλιωθέωσι τὴν
make the men when suddenly they-are-sunstruck the
κεφαλὴν, ἢ ῥιγώσωσιν. Ταῦτα μὲν τὰ νουσήματα αὐτέοισιν
head or are-chilled These indeed the diseases for-them
ἐπιχώριά ἐστιν· χωρὶς δὲ, ἤν τι πάγκοινον κατάσχῃ
native are apart but if some common prevails
νούσημα ἐκ μεταβολῆς τῶν ὡρέων, καὶ τουτέου μετέχουσιν.
disease from change of-the seasons also in-this they-share
4 Ὁκόσαι δ' ἀντικέονται τουτέων πρὸς τὰ πνεύματα τὰ
As-many-as but lie-opposite to-these toward the winds the
ψυχρὰ, μεταξὺ τῶν δυσμέων τῶν θερινῶν τοῦ ἡλίου καὶ
cold between the settings the summer of-the sun and
τῆς ἀνατολῆς τῆς θερινῆς, καὶ αὐτέῃσι ταῦτα τὰ πνεύματα
the rising the summer and to-them these the winds
ἐπιχώριά ἐστιν, τοῦ δὲ νότου καὶ τῶν θερμῶν πνευμάτων
native are of-the but south-wind and the hot winds
σκέπη, ὧδε ἔχει περὶ τῶν πόλιων τουτέων. Πρῶτον μὲν τὰ
shelter thus it-is about the cities these First indeed the
ὕδατα σκληρά τε καὶ ψυχρὰ ὡς ἐπὶ τὸ πλῆθος ἐγγίγνεται.
waters hard both and cold as for the most-part occur
Τοὺς δὲ ἀνθρώπους ἐντόνους τε καὶ σκελιφροὺς ἀνάγκη εἶναι,
The and men sinewy both and lean necessity to-be
τούς τε πλείους τὰς κοιλίας ἀτεράμνους ἔχειν καὶ σκληρὰς
the both most the bellies hard-to-move to-have and hard
τὰς κάτω, τὰς δὲ ἄνω εὐροωτέρας· χολώδεάς τε μᾶλλον
the lower the but upper freer-flowing bilious both rather
ἢ φλεγματίας εἶναι. Τὰς δὲ κεφαλὰς ὑγιηρὰς ἔχουσι καὶ
than phlegmatic to-be The and heads healthy they-have and
σκληράς· ῥηγματίαι τε εἰσὶν ἐπὶ τὸ πλῆθος. Νοσεύματα
hard subject-to-ruptures both are for the most-part Diseases
δὲ αὐτέοισιν ἐπιδημέει ταῦτα, πλευρίτιδές τε πολλαὶ, αἵ
and among-them are-prevalent these pleurisies both many the

τε ὀξεῖαι νομιζόμεναι νοῦσοι. Ἀνάγκη δὲ ὧδε ἔχειν, ὁκόταν
and acute considered diseases Necessity and so to-be when
κοιλίαι σκληραὶ ἔωσιν· ἔμπυοί τε πολλοὶ γίγνονται ἀπὸ
bellies hard are suppurating both many become from
πάσης προφάσιος· τουτέου δὲ αἴτιόν ἐστι τοῦ σώματος
every cause of-this and cause is of-the body
ἡ ἔντασις, καὶ ἡ σκληρότης τῆς κοιλίης· ἡ γὰρ ξηρότης
the tension and the hardness of-the belly the for dryness
ῥηγματίας ποιέει εἶναι, καὶ τοῦ ὕδατος ἡ ψυχρότης.
subject-to-ruptures makes to-be and of-the water the coldness
Ἐδωδοὺς δὲ ἀνάγκη τὰς τοιαύτας φύσιας εἶναι, καὶ οὐ
Great-eaters and necessity the such natures to-be and not
πολυπότας· οὐ γὰρ οἷόν τε ἅμα πολυβόρους τε εἶναι
great-drinkers not for possible — at-once gluttons both to-be
καὶ πολυπότας· ὀφθαλμίας τε γίγνεσθαι μὲν διὰ χρόνου,
and great-drinkers ophthalmias both to-come-about indeed at intervals
γίγνεσθαι δὲ σκληρὰς καὶ ἰσχυρὰς, καὶ εὐθέως ῥήγνυσθαι
to-come-about but hard and strong and at-once to-burst
τὰ ὄμματα· αἱμορῥοίας δὲ ἐκ τῶν ῥινέων τοῖσι νεωτέροισι
the eyes hemorrhages and from the nostrils to-those younger
τριήκοντα ἐτέων γίγνεσθαι ἰσχυρὰς τοῦ θέρεος· τά τε
than-thirty years to-come-about strong in-the summer the both
ἱερὰ νοσεύματα καλεύμενα, ὀλίγα μὲν ταῦτα, ἰσχυρὰ δέ.
sacred diseases called few indeed these strong but
Μακροβίους δὲ τοὺς ἀνθρώπους τουτέους μᾶλλον εἰκὸς
Long-lived and the men these more likely
εἶναι ἑτέρων· τά τε ἕλκεα οὐ φλεγματώδεα ἐγγίγνεσθαι,
to-be than-others the both sores not phlegmy to-occur
οὐδὲ ἀγριοῦσθαι· τά τε ἤθεα ἀγριώτερα ἢ ἡμερώτερα.
nor to-become-malignant the both characters wilder than tamer
Τοῖσι μὲν ἀνδράσι ταῦτα τὰ νουσήματα ἐπιχώριά ἐστιν·
For-the indeed men these the diseases native are

καὶ χωρὶς, ἤν τι πάγκοινον κατάσχῃ ἐκ μεταβολῆς
and apart if some common prevails from change
τῶν ὡρέων· τῇσι δὲ γυναιξὶ, πρῶτον μὲν στρυφναὶ
of-the seasons for-the and women first indeed constricted
πολλαὶ γίγνονται διὰ τὰ ὕδατα ἐόντα σκληρά τε καὶ
many become because-of the waters being hard both and
ἀτέραμνα καὶ ψυχρά· αἱ γὰρ καθάρσιες οὐκ ἐπιγίγνονται
hard-to-cook and cold the for purgations not supervene
τῶν ἐπιμηνίων ἐπιτήδειαι, ἀλλὰ ὀλίγαι καὶ πονηραί.
of-the menses suitable but few and bad
Ἔπειτα τίκτουσι χαλεπῶς· ἐκτιτρώσκουσί τε οὐ σφόδρα.
Then they-give-birth with-difficulty they-miscarry both not much
Ὁκόταν δὲ τέκωσι, τὰ παιδία ἀδύνατοι τρέφειν εἰσίν· τὸ
When and they-bear the children unable to-nourish are the
γὰρ γάλα ἀποσβέννυται ἀπὸ τῶν ὑδάτων τῆς σκληρότητος
for milk is-quenched from of-the waters the hardness
καὶ ἀτεραμνίης· φθίσιές τε γίγνονται συχναὶ ἀπὸ τῶν
and indigestibility consumptions both come-about frequent from the
τοκετῶν· ὑπὸ γὰρ βίης ῥήγματα ἴσχουσι καὶ σπάσματα.
childbirths by for force ruptures they-get and strains
Τοῖσι δὲ παιδίοισιν ὕδρωπες ἐγγίγνονται ἐν τοῖσιν
In-the and children dropsies occur in the
ὄρχεσιν, ἕως σμικρὰ ᾖ· ἔπειτα, προϊούσης τῆς ἡλικίης,
testicles while small they-are then advancing the age
ἀφανίζονται· ἡβῶσί τε ὀψὲ ἐν ταύτῃ τῇ πόλει. Περὶ
they-disappear they-reach-puberty both late in this the city About
μὲν οὖν τῶν θερμῶν πνευμάτων καὶ τῶν ψυχρῶν καὶ
indeed then the hot winds and the cold and
τῶν πόλιων τουτέων ὧδε ἔχει ὡς προείρηται.
the cities these thus it-is as has-been-said

Ὁκόσαι δὲ κέονται πρὸς τὰ πνεύματα τὰ μεταξὺ τῶν 5
As-many-as and lie toward the winds the between the
θερινῶν ἀνατολέων τοῦ ἡλίου καὶ τῶν χειμερινῶν, καὶ
summer risings of-the sun and the winter and
ὁκόσαι τὸ ἐναντίον τουτέων, ὧδε ἔχει περὶ αὐτέων.
as-many-as the opposite of-these thus it-is about them
Ὁκόσαι μὲν πρὸς τὰς ἀνατολὰς τοῦ ἡλίου κέονται,
As-many-as indeed toward the risings of-the sun lie
ταύτας εἰκὸς εἶναι ὑγιεινοτέρας τῶν πρὸς τὰς ἄρκτους
these likely to-be healthier than-those toward the Bears
ἐστραμμένων, καὶ τῶν πρὸς τὰ θερμὰ, ἢν καὶ στάδιον τὸ
turned and those toward the hot-winds if even a-stade the
μεταξὺ ᾖ. Πρότερον μὲν γὰρ μετριώτερον ἔχει τὸ θερμὸν καὶ
between is First indeed for more-moderately has the hot and
τὸ ψυχρόν. Ἔπειτα τὰ ὕδατα ὁκόσα πρὸς τὰς τοῦ ἡλίου
the cold Then the waters as-many-as toward the of-the sun
ἀνατολάς ἐστι, ταῦτα λαμπρά τε εἶναι ἀνάγκη καὶ εὐώδεα
risings are these clear both to-be necessity and sweet-smelling
καὶ μαλακὰ καὶ ἐρατεινὰ ἐγγίγνεσθαι ἐν ταύτῃ τῇ πόλει. Ὁ
and soft and lovely to-occur in this the city The
γὰρ ἥλιος κωλύει ἀνίσχων καὶ καταλάμπων· τὸ γὰρ ἑωθινὸν
for sun prevents rising and shining-down the for morning
ἑκάστοτε αὐτὸς ὁ ἠὴρ ἐπέχει ὡς ἐπὶ τὸ πουλύ. Τά τε εἴδεα
each-time itself the mist holds as for the most The both forms
τῶν ἀνθρώπων εὔχροά τε καὶ ἀνθηρὰ ἐστὶ μᾶλλον, ἢν μή
of-the men well-colored both and blooming are more if not
τις νοῦσος κωλύῃ. Λαμπρόφωνοί τε οἱ ἄνθρωποι, ὀργήν
some disease prevents Clear-voiced both the men temper
τε καὶ ξύνεσιν βελτίους εἰσὶ τῶν πρὸς βορέην, ἤπερ καὶ
both and intelligence better are than-those toward north as also
τὰ ἄλλα τὰ ἐμφυόμενα ἀμείνω ἐστίν. Ἔοικέ τε μάλιστα
the other-things the growing-there better are It-resembles both most

ἡ οὕτω κειμένη πόλις ἦρι κατὰ τὴν μετριότητα τοῦ
the so situated city spring according-to the moderation of-the
θερμοῦ καὶ τοῦ ψυχροῦ· τά τε νοσεύματα ἐλάσσω μὲν
hot and of-the cold the both diseases fewer indeed
γίγνεται καὶ ἀσθενέστερα, ἔοικε δὲ τοῖσιν ἐν τῇσι πόλεσι
come-about and weaker it-resembles but to-the in the cities
γενομένοισι νοσεύμασι, τῇσι πρὸς τὰ θερμὰ τὰ πνεύματα
arising diseases the toward the hot the winds
ἐστραμμένῃσιν. Αἵ τε γυναῖκες αὐτόθι ἀρικύμονές εἰσι
turned The both women there conceive-easily are
σφόδρα, καὶ τίκτουσι ῥηϊδίως. Περὶ μὲν τουτέων ὧδε ἔχει.
very and give-birth easily About indeed these-things thus it-is

6 Ὁκόσαι δὲ πρὸς τὰς δύσιας κέονται, καὶ αὐτέῃσίν ἐστι
As-many-as but toward the settings lie and for-them is
σκέπη τῶν πνευμάτων τῶν ἀπὸ τῆς ἠοῦς πνεόντων, τά τε
shelter from-the winds those from the dawn blowing the both
θερμὰ πνεύματα παραῤῥέει καὶ τὰ ψυχρὰ ἀπὸ τῶν ἄρκτων,
hot winds flow-past and the cold from the Bears
ἀνάγκη ταύτας τὰς πόλιας θέσιν κέεσθαι νοσερωτάτην·
necessity these the cities position to-lie most-unhealthy
πρῶτον μὲν γὰρ τὰ ὕδατα οὐ λαμπρά· αἴτιον δὲ, ὅτι ὁ
first indeed for the waters not clear cause and that the
ἠὴρ τὸ ἑωθινὸν κατέχει ὡς ἐπὶ τὸ πουλὺ, ὅστις τῷ ὕδατι
mist the morning holds as for the most which with-the water
ἐγκαταμιγνύμενος τὸ λαμπρὸν ἀφανίζει· ὁ γὰρ ἥλιος πρὶν
mixing-in the clearness destroys the for sun before
ἄνω ἀρθῆναι οὐκ ἐπιλάμπει. Τοῦ δὲ θέρεος, ἔωθεν μὲν
up to-be-raised not shines-on In-the and summer in-the-morning indeed
αὖραι ψυχραὶ πνέουσι, καὶ δρόσοι πίπτουσιν· τὸ δὲ λοιπὸν
breezes cold blow and dews fall the but rest
ἥλιος ἐγκαταδύνων ὥστε μάλιστα διέψει τοὺς ἀνθρώπους,
the-sun setting-into so-that most it-boils the men

διὸ καὶ ἀχρόους τε εἰκὸς εἶναι καὶ ἀῤῥώστους, τῶν
therefore also colorless both likely to-be and sickly of-the
τε νοσευμάτων πάντων μετέχειν μέρος τῶν προειρημένων·
both diseases all to-share part of-the aforesaid
οὐδὲν αὐτέοισιν ἀποκέκριται. Βαρυφώνους τε εἰκὸς εἶναι
none for-them is-set-apart Deep-voiced both likely to-be
καὶ βραγχώδεας διὰ τὸν ἠέρα, ὅτι ἀκάθαρτος ὡς ἐπὶ
and hoarse because-of the air because impure as for
τὸ πουλὺ αὐτόθι γίγνεται καὶ νοσώδης· οὔτε γὰρ ὑπὸ τῶν
the most there becomes and diseased neither for by the
βορείων ἐκκρίνεται σφόδρα· οὐ γὰρ προσέχουσι τὰ πνεύματα·
north-winds is-purified much not for they-reach the winds
ἅ τε προσέχουσιν αὐτέοισι καὶ προσκέονται, ὑδατεινότατά
which both reach them and lie-on most-watery
ἐστιν· ἐπεὶ τοιαῦτα τὰ ἐπὶ τῆς ἑσπέρης πνεύματα· ἔοικέ
are since such the from the west winds it-resembles
τε μετοπώρῳ μάλιστα ἡ θέσις ἡ τοιαύτη τῆς πόλιος
both autumn most the position the such of-the city
κατὰ τὰς τῆς ἡμέρης μεταβολὰς, ὅτι πουλὺ τὸ μέσον
according-to the of-the day changes because much the middle
γίγνεται τοῦ τε ἑωθινοῦ καὶ τοῦ πρὸς τὴν δείλην. Περὶ μὲν
becomes of-the both morning and of-the toward the afternoon About indeed
πνευμάτων, ἅ τέ ἐστιν ἐπιτήδεια καὶ ἀνεπιτήδεια, ὧδε ἔχει.
winds which both are suitable and unsuitable thus it-is

Marshy and stagnant waters are bad in every season, enlarging the spleen and breeding dropsy and dysentery; waters from rock or mineral ground are hard, and waters flowing from high ground are best, especially those facing the sunrise. Rain water is lightest but must be boiled. Waters from snow and ice are bad, and mixed waters breed stone. The weather of each season foretells the year's diseases, and the physician must guard against the solstices, the equinoxes, and the risings of the stars, when diseases reach their crisis, giving no drug, cautery, or knife near them.

7 Περὶ δὲ τῶν λοιπῶν ὑδάτων βούλομαι διηγήσασθαι, ἅ
About and the remaining waters I-wish to-relate which
τέ ἐστι νοσώδεα, καὶ ἃ ὑγιεινότατα, καὶ ὁκόσα ἀφ᾽
both are unhealthy and which healthiest and as-many-as from
ὕδατος κακὰ εἰκὸς γίγνεσθαι, καὶ ὅσα ἀγαθά· πλεῖστον
water evils likely to-come-about and as-many-as goods most
γὰρ μέρος ξυμβάλλεται ἐς τὴν ὑγιείην. Ὁκόσα μὲν οὖν
for part it-contributes to the health As-many-as indeed then
ἐστιν ἑλώδεα καὶ στάσιμα καὶ λιμναῖα, ταῦτα ἀνάγκη
are marshy and stagnant and lake-waters these necessity
τοῦ μὲν θέρεος εἶναι θερμὰ καὶ παχέα καὶ ὀδμὴν ἔχοντα,
in-the indeed summer to-be hot and thick and smell having
ἅτε οὐκ ἀπόῤῥυτα ἐόντα· ἀλλὰ τοῦ τε ὀμβρίου ὕδατος
as not running-off being but of-the both rain water
ἐπιτρεφομένου αἰεὶ νέου, τοῦ τε ἡλίου καίοντος, ἀνάγκη
being-fed-in always new of-the both sun burning necessity
ἄχροά τε εἶναι καὶ πονηρὰ καὶ χολώδεα· τοῦ δὲ χειμῶνος,
colorless both to-be and bad and bilious in-the but winter
παγετώδεά τε καὶ ψυχρὰ καὶ τεθολωμένα ὑπό τε χιόνος καὶ
icy both and cold and muddied by both snow and
παγετῶν, ὥστε φλεγματωδέστατα εἶναι καὶ βραγχωδέστατα·
frosts so-that most-phlegmy to-be and most-hoarse-making

τοῖσι δὲ πίνουσι σπλῆνας μὲν αἰεὶ μεγάλους εἶναι καὶ
for-those and drinking spleens indeed always large to-be and
μεμυωμένους, καὶ τὰς γαστέρας σκληράς τε καὶ λεπτὰς καὶ
hardened and the bellies hard both and thin and
θερμὰς, τοὺς δὲ ὤμους καὶ τὰς κληῖδας καὶ τὸ πρόσωπον
hot the and shoulders and the collarbones and the face
καταλελεπτύσθαι· ἐς γὰρ τὸν σπλῆνα αἱ σάρκες ξυντήκονται,
to-be-wasted into for the spleen the flesh melts-away
διότι ἰσχνοί εἰσιν· ἐδωδούς τε εἶναι τοὺς τοιουτέους καὶ
because lean they-are great-eaters both to-be the such and
διψηρούς· τάς τε κοιλίας ξηροτάτας καὶ τὰς ἄνω καὶ τὰς
thirsty the both bellies driest both the upper and the
κάτω ἔχειν, ὥστε τῶν φαρμάκων ἰσχυροτέρων δέεσθαι.
lower to-have so-that of-the drugs stronger to-need
Τοῦτο μὲν τὸ νούσημα αὐτέοισι ξύντροφόν ἐστι καὶ θέρεος
This indeed the disease for-them constant is both in-summer
καὶ χειμῶνος. Πρὸς δὲ τουτέοισιν οἱ ὕδρωπες πλεῖστοί τε
and in-winter Besides and these the dropsies most both
γίγνονται καὶ θανατωδέστατοι· τοῦ γὰρ θέρεος δυσεντερίαι
come-about and most-deadly in-the for summer dysenteries
τε πολλαὶ ἐμπίπτουσι καὶ διάῤῥοιαι καὶ πυρετοὶ τεταρταῖοι
both many fall-upon-them and diarrheas and fevers quartan
πολυχρόνιοι· ταῦτα δὲ τὰ νοσεύματα μηκυνθέντα τὰς
long these and the diseases prolonged the
τοιαύτας φύσιας ἐς ὕδρωπας καθίστησι καὶ ἀποκτείνει.
such natures into dropsies set and kill
Ταῦτα μὲν αὐτέοισι τοῦ θέρεος γίγνεται· τοῦ δὲ χειμῶνος,
These-things indeed for-them in-the summer come-about in-the and winter
τοῖσι νεωτέροισι μὲν περιπλευμονίαι τε καὶ μανιώδεα
to-the younger indeed pneumonias both and maniacal
νοσεύματα· τοῖσι δὲ πρεσβυτέροισι, καῦσοι, διὰ τὴν τῆς
diseases to-the and older ardent-fevers because-of the of-the

κοιλίης σκληρότητα. Τῆσι δὲ γυναιξὶν οἰδήματα ἐγγίγνεται
belly hardness To-the and women swellings occur
καὶ φλέγμα λευκόν· καὶ ἐν γαστρὶ ἴσχουσι μόλις, καὶ
and phlegm white and in belly they-conceive with-difficulty and
τίκτουσι χαλεπῶς· μεγάλα τε τὰ ἔμβρυα καὶ οἰδέοντα·
give-birth with-difficulty large both the fetuses and swollen
ἔπειτα ἐν τῇσι τροφῇσι φθινώδεά τε καὶ πονηρὰ γίγνεται·
then in the nursings wasting both and wretched they-become
ἥ τε κάθαρσις τῇσι γυναιξὶν οὐκ ἐπιγίγνεται χρηστὴ μετὰ
the both purgation for-the women not supervenes good after
τὸν τόκον. Τοῖσι δὲ παιδίοισι κῆλαι ἐπιγίγνονται μάλιστα,
the birth To-the and children hernias supervene most
καὶ τοῖσιν ἀνδράσι κίρσοι καὶ ἕλκεα ἐν τῇσι κνήμῃσιν,
and to-the men varicose-veins and ulcers on the shins
ὥστε τὰς τοιαύτας φύσιας οὐχ οἷόν τε μακροβίους εἶναι,
so-that the such natures not possible — long-lived to-be
ἀλλὰ προγηράσκειν τοῦ χρόνου τοῦ ἱκνευμένου.
but to-grow-old-before the time the due
Ἔτι δὲ αἱ γυναῖκες δοκέουσιν ἔχειν ἐν γαστρὶ, καὶ ὁκόταν
Further and the women seem to-have in belly and when
ὁ τόκος ᾖ, ἀφανίζεται τὸ πλήρωμα τῆς γαστρός· τοῦτο δὲ
the birth is vanishes the fullness of-the belly this and
γίγνεται ὁκόταν ὑδροπιήσωσιν αἱ ὑστέραι. Τὰ μὲν τοιαῦτα
comes-about when are-dropsical the wombs The-ones indeed such
ὕδατα νομίζω μοχθηρὰ εἶναι πρὸς ἅπαν χρῆμα· δεύτερα δὲ,
waters I-think bad to-be for every purpose second and
ὅσων εἶεν αἱ πηγαὶ ἐκ πετρέων· σκληρὰ γὰρ ἀνάγκη εἶναι·
of-which may-be the springs from rocks hard for necessity to-be
ἢ ἐκ γῆς ὅκου θερμὰ ὕδατά ἐστιν, ἢ σίδηρος γίγνεται,
or from earth where hot waters are or iron comes-about
ἢ χαλκὸς, ἢ ἄργυρος, ἢ χρυσὸς, ἢ θεῖον, ἢ στυπτηρίη, ἢ
or copper or silver or gold or sulfur or alum or

ἄσφαλτον, ἢ νίτρον· ταῦτα γὰρ πάντα ὑπὸ βίης γίγνονται
bitumen or soda these-things for all by force come-about
τοῦ θερμοῦ. Οὐ τοίνυν οἷόν τε ἐκ τοιαύτης γῆς ὕδατα ἀγαθὰ
of-the heat Not therefore possible — from such earth waters good
γίγνεσθαι, ἀλλὰ σκληρά τε καὶ καυσώδεα, διουρέεσθαί
to-come-about but hard both and heating to-pass-through-as-urine
τε χαλεπὰ καὶ πρὸς τὴν διαχώρησιν ἐναντία εἶναι. Ἄριστα
both difficult and toward the evacuation opposed to-be Best
δὲ, ὁκόσα ἐκ μετεώρων χωρίων ῥέει καὶ λόφων γεηρῶν·
and as-many-as from high places flow and hills earthy
αὐτά τε γάρ ἐστι γλυκέα καὶ λευκὰ, καὶ τὸν οἶνον φέρειν
they both for are sweet and clear and the wine to-bear
ὀλίγον οἷά τέ ἐστι· τοῦ δὲ χειμῶνος θερμὰ γίγνεται, τοῦ δὲ
little able — are in-the and winter hot become in-the and
θέρεος ψυχρά· οὕτω γὰρ ἂν εἴη ἐκ βαθυτάτων πηγέων.
summer cold so for — they-would-be from deepest springs
Μάλιστα δὲ ἐπαινέειν, ὧν τὰ ῥεύματα πρὸς τὰς
Most and to-praise those-whose the streams toward the
ἀνατολὰς τοῦ ἡλίου ἐῤῥώγασι, καὶ μᾶλλον πρὸς τὰς
risings of-the sun burst-forth and more toward the
θερινάς· ἀνάγκη γὰρ λαμπρότερα εἶναι καὶ εὐώδεα καὶ
summer-ones necessity for clearer to-be and sweet-smelling and
κοῦφα. Ὁκόσα δέ ἐστιν ἁλυκὰ καὶ ἀτέραμνα καὶ σκληρὰ,
light As-many-as and are salty and hard-to-cook and hard
ταῦτα μὲν πάντα πίνειν οὐκ ἀγαθά. Εἰσὶ δ' ἔνιαι φύσιες
these indeed all to-drink not good There-are and some natures
καὶ νοσεύματα, ἐς ἃ ἐπιτήδειά ἐστι τὰ τοιαῦτα ὕδατα
and diseases for which suitable are the such waters
πινόμενα, περὶ ὧν φράσω αὐτίκα. Ἔχει δὲ καὶ περὶ
drunk about which I-will-tell presently It-is and also about
τουτέων ὧδε· ὁκόσων μὲν αἱ πηγαὶ πρὸς τὰς ἀνατολὰς
these thus as-many-as indeed the springs toward the risings

ἔχουσι, ταῦτα μὲν ἄριστα αὐτὰ ἑωυτέων ἐστίν· δεύτερα
have these indeed best themselves than-themselves are second
δὲ τὰ μεταξὺ τῶν θερινῶν ἀνατολέων ἐστὶ τοῦ ἡλίου
and the-ones between the summer risings are of-the sun
καὶ δύσιων, καὶ μᾶλλον τὰ πρὸς τὰς ἀνατολάς· τρίτα
and settings and more those toward the risings third
δὲ τὰ μεταξὺ τῶν δυσμέων τῶν θερινῶν καὶ τῶν
and the-ones between the settings the summer and the
χειμερινῶν· φαυλότατα δὲ τὰ πρὸς τὸν νότον καὶ τὰ
winter worst and the-ones toward the south and the-ones
μεταξὺ χειμερινῆς ἀνατολῆς καὶ δύσιος, καὶ ταῦτα τοῖσι
between winter rising and setting and these to-the
μὲν νοτίοισι πάνυ πονηρὰ, τοῖσι δὲ βορείοισιν ἀμείνω.
indeed southerly-winds very bad to-the but northerly better
Τουτέοισι δὲ πρέπει ὧδε χρέεσθαι· ὅστις μὲν ὑγιαίνει τε
These and it-befits thus to-use whoever indeed is-healthy both
καὶ ἔῤῥωται, μηδὲν διακρίνειν, ἀλλὰ πίνειν αἰεὶ τὸ παρεόν.
and is-strong nothing to-discriminate but to-drink always the present
Ὅστις δὲ νούσου εἵνεκα βούλεται τὸ ἐπιτηδειότατον πίνειν,
Whoever but of-disease for-the-sake wishes the most-suitable to-drink
ὧδε ἂν ποιέων μάλιστα τυγχάνοι τῆς ὑγιείης· ὁκόσων
so — doing most would-hit-upon of-the health of-whomever
μὲν αἱ κοιλίαι σκληραί εἰσι, καὶ ξυγκαίειν ἀγαθαὶ,
indeed the bellies hard are and to-burn-together apt
τουτέοισι μὲν τὰ γλυκύτατα ξυμφέρει καὶ κουφότατα καὶ
for-these indeed the sweetest benefit and lightest and
λαμπρότατα· ὁκόσων δὲ μαλθακαὶ αἱ νηδύες καὶ ὑγραί
clearest of-whomever but soft the bellies and moist
εἰσι καὶ φλεγματώδεες, τουτέοισι δὲ τὰ σκληρότατα καὶ
are and phlegmy for-these and the hardest and
ἀτεραμνότατα καὶ τὰ ὑφαλικά· οὕτω γὰρ ἂν ξηραίνοιτο
most-hard-to-cook and the salty so for — would-be-dried

μάλιστα· ὁκόσα γὰρ ὕδατά ἐστιν ἕψειν ἄριστα καὶ
most as-many-as for waters are to-boil best and
τακερώτατα, ταῦτα καὶ τὴν κοιλίην διαλύειν εἰκὸς μάλιστα
most-melting these also the belly to-loosen likely most
καὶ διατήκειν· ὁκόσα δέ ἐστιν ἀτέραμνα καὶ σκληρὰ
and to-melt as-many-as but are hard-to-cook and hard
καὶ ἥκιστα ἕψειν ἀγαθὰ, ταῦτα δὲ ξυνίστησι μᾶλλον
and least to-boil good these but constrict more
τὰς κοιλίας καὶ ξηραίνει. Ἀλλὰ γὰρ ψευσάμενοί εἰσιν
the bellies and dry But for mistaken are
οἱ ἄνθρωποι τῶν ἁλμυρῶν ὑδάτων πέρι δι᾽ ἀπειρίην,
the men the salt waters about because-of inexperience
καὶ ὅτι νομίζεται διαχωρητικά· τὰ δὲ ἐναντιώτατά
and because they-are-thought laxative they but most-opposed
ἐστι πρὸς τὴν διαχώρησιν· ἀτέραμνα γὰρ καὶ ἀνέψανα,
are to the evacuation hard-to-cook for and unboilable
ὥστε καὶ τὴν κοιλίην ὑπ᾽ αὐτέων στύφεσθαι μᾶλλον ἢ
so-that also the belly by them to-be-constricted more than
τήκεσθαι. Καὶ περὶ μὲν τῶν πηγαίων ὑδάτων ὧδε ἔχει.
to-be-melted And about indeed the spring waters thus it-is
Περὶ δὲ τῶν ὀμβρίων, καὶ ὁκόσα ἀπὸ χιόνος, φράσω 8
About and the rain-waters and as-many-as from snow I-will-tell
ὅκως ἔχει. Τὰ μὲν οὖν ὄμβρια κουφότατα καὶ γλυκύτατά
how it-is The indeed then rain-waters lightest and sweetest
ἐστι καὶ λεπτότατα καὶ λαμπρότατα· τήν τε γὰρ ἀρχὴν, ὁ
are and thinnest and clearest the both for beginning the
ἥλιος ἀνάγει καὶ ἀναρπάζει τοῦ ὕδατος τό τε λεπτότατον
sun draws-up and snatches-up of-the water the both thinnest
καὶ κουφότατον· δῆλον δὲ οἱ ἅλες ποιέουσιν· τὸ μὲν γὰρ
and lightest clear and the salts make the indeed for
ἁλμυρὸν λείπεται αὐτέου ὑπὸ παχέος καὶ βαρέος, καὶ
salty is-left of-it through thickness and weight and

γίγνεται ἅλες· τὸ δὲ λεπτότατον ὁ ἥλιος ἀναρπάζει ὑπὸ
becomes salts the but thinnest the sun snatches-up through
κουφότητος· ἀνάγει δὲ τὸ τοιοῦτο οὐκ ἀπὸ τῶν ὑδάτων
lightness draws-up and the such not from the waters
μοῦνον τῶν λιμναίων, ἀλλὰ καὶ ἀπὸ τῆς θαλάσσης, καὶ
only the lake-waters but also from the sea and
ἐξ ἁπάντων ἐν ὁκόσοισιν ὑγρόν τί ἐστιν· ἔνεστι δὲ ἐν
from all-things in as-many-as moisture some is is-in and in
παντὶ χρήματι· καὶ ἐξ αὐτέων τῶν ἀνθρώπων ἄγει τὸ
every thing and from the-very the men it-draws the
λεπτότατον τῆς ἰκμάδος καὶ κουφότατον. Τεκμήριον δὲ
thinnest of-the moisture and lightest Proof and
μέγιστον, ὅταν ἄνθρωπος ἐν ἡλίῳ βαδίζῃ, ἢ καθίζῃ ἱμάτιον
greatest when a-man in sun walks or sits a-cloak
ἔχων· ὁκόσα μὲν τοῦ χρωτὸς ὁ ἥλιος ἐφορᾷ, οὐχ
having as-much-as indeed of-the skin the sun looks-upon not
ἱδρῴη ἄν· ὁ γὰρ ἥλιος ἀναρπάζει τὸ προφαινόμενον τοῦ
would-sweat — the for sun snatches-up the appearing of-the
ἱδρῶτος· ὁκόσα δὲ ὑπὸ τοῦ ἱματίου ἐσκέπασται, ἢ ὑπ᾽
sweat as-much-as but by the cloak has-been-covered or by
ἄλλου του, ἱδροῖ· ἐξάγεται μὲν γὰρ ὑπὸ τοῦ ἡλίου καὶ
other some-thing sweats is-drawn-out indeed for by the sun and
βιάζεται· σώζεται δὲ ὑπὸ τῆς σκέπης, ὥστε μὴ ἀφανίζεσθαι
is-forced is-kept but by the cover so-that not to-vanish
ὑπὸ τοῦ ἡλίου· ὁκόταν δὲ ἐς σκιὴν ἀφίκηται, ἅπαν τὸ
by the sun when but into shade he-arrives all the
σῶμα ὁμοίως διιεῖ· οὐ γὰρ ἔτι ὁ ἥλιος ἐπιλάμπει.
body alike sweats-through not for any-longer the sun shines-on-it
Διὰ ταῦτα δὲ καὶ σήπεται τῶν ὑδάτων τάχιστα ταῦτα
Because-of these-things and also putrefies of-the waters quickest these
καὶ ὀδμὴν ἴσχει πονηρὴν τὸ ὄμβριον, ὅτι ἀπὸ πλείστων
and smell gets bad the rain-water because from most-things

ξυνῆκται καὶ ξυμμέμικται, ὥστε σήπεσθαι τάχιστα. Ἔτι
it-has-been-gathered and has-been-mixed so-that to-putrefy quickest Further
δὲ πρὸς τουτέοισιν, ἐπειδὰν ἁρπασθῇ καὶ μετεωρισθῇ
and besides these when it-is-snatched-up and lifted-aloft
περιφερόμενον καὶ καταμεμιγμένον ἐς τὸν ἠέρα, τὸ μὲν
carried-around and mixed-down into the air the indeed
θολερὸν αὐτέου καὶ νυκτοειδὲς ἐκκρίνεται καὶ ἐξίσταται καὶ
turbid of-it and night-like is-separated and departs and
γίγνεται ἠὴρ καὶ ὀμίχλη τὸ δὲ λεπτότατον καὶ κουφότατον
becomes mist and fog the but thinnest and lightest
αὐτέου λείπεται, καὶ γλυκαίνεται ὑπὸ τοῦ ἡλίου καιόμενόν
of-it remains and is-sweetened by the sun being-burned
τε καὶ ἑψόμενον· γίγνεται δὲ καὶ ἄλλα πάντα τὰ
both and boiled become and also the-other all the-things
ἑψόμενα αἰεὶ γλυκέα. Ἕως μὲν οὖν διεσκεδασμένον ᾖ
boiled always sweet As-long-as indeed then dispersed it-is
καὶ μή πω ξυνεστήκῃ, φέρεται μετέωρον. Ὁκόταν δέ
and not yet has-been-compacted it-is-carried aloft When and
κου ἀθροισθῇ καὶ ξυστραφῇ ἐς τὸ αὐτὸ ὑπὸ ἀνέμων
somewhere it-is-gathered and twisted-together into the same by winds
ἀλλήλοισιν ἐναντιωθέντων ἐξαίφνης, τότε καταῤῥήγνυται
to-one-another opposed suddenly then it-breaks-down
ᾗ ἂν τύχῃ πλεῖστον ξυστραφέν. Τότε γὰρ ἐοικὸς
where — it-happens most having-been-twisted-together Then for likely
τοῦτο μᾶλλον γίγνεσθαι, ὁκόταν τὰ νέφεα, μὴ ὑπὸ ἀνέμου
this more to-come-about when the clouds not by wind
στάσιν ἔχοντος ὡρμημένα ἐόντα καὶ χωρέοντα, ἐξαίφνης
steadiness having driven being and going suddenly
ἀντικόψῃ πνεῦμα ἐναντίον καὶ ἕτερα νέφεα.
strikes-against wind opposite and other clouds

Ἐνταῦθα μὲν πρῶτον αὐτέου ξυστρέφεται· τὰ δὲ ὄπισθεν
There indeed first of-it is-twisted-together the but behind
ἐπιφέρεταί τε καὶ οὕτω παχύνεται, καὶ μελαίνεται, καὶ
are-borne-on both and so thicken and blacken and
ξυστρέφεται ἐς τὸ αὐτὸ, καὶ ὑπὸ βάρεος καταῤῥήγνυται,
are-twisted-together into the same and by weight breaks-down
καὶ ὄμβροι γίγνονται. Ταῦτα μέν ἐστιν ἄριστα κατὰ τὸ
and rains come-about These indeed are best according-to the
εἰκός· δέεται δὲ ἀφέψεσθαι, καὶ ἀποσήπεσθαι· εἰ δὲ μὴ,
likely it-needs and to-be-boiled-off and to-be-purified if but not
ὀδμὴν ἴσχει πονηρὴν, καὶ βράγχος καὶ βαρυφωνίη τοῖσι
smell it-gets bad and hoarseness and deepness-of-voice to-those
πίνουσι προσίσταται. Τὰ δὲ ἀπὸ χιόνος καὶ κρυστάλλων
drinking attach The but from snow and ice
πονηρὰ πάντα· ὁκόταν γὰρ ἅπαξ παγῇ, οὐκ ἔτι ἐς τὴν
bad all when for once it-is-frozen not any-longer into the
ἀρχαίην φύσιν καθίσταται, ἀλλὰ τὸ μὲν αὐτέου λαμπρὸν
original nature it-is-restored but the indeed of-it clear
καὶ κοῦφον καὶ γλυκὺ ἐκκρίνεται καὶ ἀφανίζεται, τὸ δὲ
and light and sweet is-separated and vanishes the but
θολωδέστατον καὶ σταθμωδέστατον λείπεται. Γνοίης δ'
most-turbid and heaviest remains You-would-know and
ἂν ὧδε· εἰ γὰρ βούλει, ὅταν ᾖ χειμὼν, ἐς ἀγγεῖον μέτρῳ
— thus if for you-wish when it-is winter into a-vessel by-measure
ἐγχέας ὕδωρ, θεῖναι ἐς τὴν αἰθρίην, ἵνα πήξεται μάλιστα,
having-poured water to-put into the open-air where it-will-freeze most
ἔπειτα τῇ ὑστεραίῃ ἐσενεγκὼν ἐς ἀλέην, ὅκου χαλάσει
then on-the next-day having-brought-in into warmth where it-will-thaw
μάλιστα ὁ παγετὸς, ὁκόταν δὲ λυθῇ, ἀναμετρέειν τὸ
most the frost when and it-is-dissolved to-measure-again the
ὕδωρ, εὑρήσεις ἔλασσον συχνῷ. Τοῦτο τεκμήριον, ὅτι ὑπὸ
water you-will-find less by-much This proof that by

τῆς πήξιος ἀφανίζεται καὶ ἀναξηραίνεται τὸ κουφότατον καὶ
the freezing vanishes and is-dried-up the lightest and
λεπτότατον, οὐ τὸ βαρύτατον καὶ παχύτατον· οὐ γὰρ ἂν
thinnest not the heaviest and thickest not for —
δύναιτο. Ταύτῃ οὖν νομίζω πονηρότατα ταῦτα τὰ ὕδατα
it-could In-this-way then I-think worst these the waters
εἶναι τὰ ἀπὸ χιόνος καὶ κρυστάλλου, καὶ τὰ τουτέοισιν
to-be the from snow and ice and the these
ἑπόμενα, πρὸς ἅπαντα χρήματα. Περὶ μὲν οὖν ὀμβρίων
following for all purposes About indeed then rain
ὑδάτων καὶ τῶν ἀπὸ χιόνος καὶ κρυστάλλων οὕτως ἔχει.
waters and those from snow and ice so it-is
Λιθιῶσι δὲ μάλιστα ἄνθρωποι, καὶ ὑπὸ νεφριτίδων 9
Have-the-stone and most men and by nephritis
καὶ στραγγουρίης ἁλίσκονται καὶ ἰσχιάδων, καὶ κῆλαι
and strangury are-seized and sciaticas and hernias
γίγνονται, ὅκου ὕδατα πίνουσι παντοδαπώτατα καὶ ἀπὸ
come-about where waters they-drink most-various and from
ποταμῶν μεγάλων, ἐς οὓς ποταμοὶ ἕτεροι ἐμβάλλουσι,
rivers great into which rivers other empty
καὶ ἀπὸ λίμνης, ἐς ἣν ῥεύματα πολλὰ καὶ παντοδαπὰ
and from a-lake into which streams many and various
ἀφικνεῦνται, καὶ ὁκόσοι ὕδασιν ἐπακτοῖσι χρέονται διὰ
arrive and as-many-as waters brought-in use through
μακροῦ ἀγομένοισι, καὶ μὴ ἐκ βραχέος. Οὐ γὰρ οἷόν τε
long led and not from short Not for possible —
ἕτερον ἑτέρῳ ἐοικέναι ὕδωρ, ἀλλὰ τὰ μὲν γλυκέα
one with-another to-resemble water but the-ones indeed sweet
εἶναι, τὰ δὲ ἁλυκά τε καὶ στυπτηριώδεα, τὰ δὲ ἀπὸ
to-be the-others and salty both and aluminous the-others and from
θερμῶν ῥέειν· ξυμμισγόμενα δὲ ταῦτα ἐς ταὐτὸν ἀλλήλοισι
hot-springs to-flow mixing and these into the-same with-one-another

στασιάζει, καὶ κρατέει αἰεὶ τὸ ἰσχυρότατον· ἰσχύει δὲ οὐκ
are-at-strife and prevails always the strongest is-strong but not
αἰεὶ τωὐτὸ, ἀλλ᾽ ἄλλοτε ἄλλο κατὰ τὰ πνεύματα· τῷ
always the-same but at-one-time another according-to the winds to-the-one
μὲν γὰρ βορέης τὴν ἰσχὺν παρέχεται, τῷ δὲ ὁ νότος,
indeed for north-wind the strength provides to-the-other but the south-wind
καὶ τῶν λοιπῶν πέρι ὠυτὸς λόγος. Ὑφίστασθαι οὖν τοῖσι
and of-the remaining about the-same argument To-settle then for-the
τοιουτέοισιν ἀνάγκη ἐν τοῖσιν ἀγγείοισιν ἰλὺν καὶ ψάμμον·
such necessity in the vessels mud and sand
καὶ ἀπὸ τουτέων πινευμένων τὰ νουσήματα γίγνεται τὰ
and from these being-drunk the diseases come-about the
προειρημένα· ὅτι δὲ οὐχ ἅπασιν, ἑξῆς φράσω.
aforesaid that but not to-all in-succession I-will-tell
Ὁκόσων μὲν ἥ τε κοιλίη εὖροός τε καὶ ὑγιηρής ἐστι,
Of-whomever indeed the both belly free-flowing both and healthy is
καὶ ἡ κύστις μὴ πυρετώδης, μηδὲ ὁ στόμαχος τῆς κύστιος
and the bladder not feverish nor the neck of-the bladder
ξυμπέφρακται λίην, οὗτοι μὲν διουρεῦσι ῥηϊδίως, καὶ ἐν
is-blocked too-much these indeed pass-urine easily and in
τῇ κύστει οὐδὲν ξυστρέφεται· ὁκόσων δὲ ἂν ἡ κοιλίη
the bladder nothing collects of-whomever but — the belly
πυρετώδης ᾖ, ἀνάγκη καὶ τὴν κύστιν τωὐτὸ πάσχειν·
feverish is necessity also the bladder the-same to-suffer
ὁκόταν γὰρ θερμανθῇ μᾶλλον τῆς φύσιος, ἐφλέγμηνεν
when for it-is-heated more than-the nature is-inflamed
αὐτέης ὁ στόμαχος· ὁκόταν δὲ ταῦτα πάθῃ, τὸ οὖρον
its the neck when and these-things it-suffers the urine
οὐκ ἀφίησιν, ἀλλ᾽ ἐν ἑωυτέῳ ξυνέψει καὶ ξυγκαίει. Καὶ τὸ
not it-lets-go but in itself boils-down and burns-together And the
μὲν λεπτότατον αὐτέου ἀποκρίνεται καὶ τὸ καθαρώτατον
indeed thinnest of-it is-separated and the purest

διεῖ καὶ ἐξουρέεται, τὸ δὲ παχύτατον καὶ θολωδέστατον
passes-through and is-urined-out the but thickest and most-turbid
ξυστρέφεται καὶ ξυμπήγνυται· τὸ μὲν πρῶτον σμικρὸν,
collects and congeals the indeed first small
ἔπειτα μεῖζον γίγνεται· κυλινδεύμενον γὰρ ὑπὸ τοῦ οὔρου,
then larger it-becomes rolled for by the urine
ὅ τι ἂν ξυνίστηται παχὺ, ξυναρμόζει πρὸς ἑωυτό· καὶ
what — — collects thick it-fits-together to itself and
οὕτως αὔξεταί τε καὶ πωροῦται. Καὶ ὁκόταν οὐρέῃ, πρὸς
so grows both and becomes-a-stone And when be-urinates against
τὸν στόμαχον τῆς κύστιος προσπίπτει ὑπὸ τοῦ οὔρου
the neck of-the bladder it-falls-against by the urine
βιαζόμενον, καὶ κωλύει οὐρέειν, καὶ ὀδύνην παρέχει ἰσχυρήν·
being-forced and prevents to-urinate and pain causes strong
ὥστε τὰ αἰδοῖα τρίβουσι καὶ ἕλκουσι τὰ παιδία τὰ λιθιῶντα·
so-that the genitals rub and pull the children the having-the-stone
δοκέει γὰρ αὐτέοισι τὸ αἴτιον ἐνταῦθα εἶναι τῆς οὐρήσιος.
it-seems for to-them the cause there to-be of-the urination
Τεκμήριον δὲ, ὅτι οὕτως ἔχει· τὸ γὰρ οὖρον λαμπρότατον
Proof and that so it-is the for urine clearest
οὐρέουσιν οἱ λιθιῶντες, ὅτι τὸ παχύτατον καὶ
urinate those having-the-stone because the thickest and
θολωδέστατον αὐτέου μένει καὶ ξυστρέφεται· τὰ μὲν
most-turbid of-it remains and collects the indeed
πλεῖστα οὕτω λιθιᾷ. Γίγνεται δὲ παισὶ καὶ ἀπὸ τοῦ
most so it-forms-stone It-comes-about and in-children also from the
γάλακτος, ἢν μὴ ὑγιηρὸν ᾖ, ἀλλὰ θερμόν τε λίην καὶ
milk if not healthy it-is but hot both too and
χολῶδες· τὴν γὰρ κοιλίην διαθερμαίνει καὶ τὴν κύστιν, ὥστε
bilious the for belly it-heats-through and the bladder so-that
τὸ οὖρον ξυγκαιόμενον ταῦτα πάσχειν. Καὶ φημὶ ἄμεινον
the urine burned-together these-things to-suffer And I-say better

εἶναι τοῖσι παιδίοισι τὸν οἶνον ὡς ὑδαρέστατον διδόναι·
to-be for-the children the wine as most-watery to-give
ἧσσον γὰρ τὰς φλέβας ξυγκαίει καὶ ξυναυαίνει. Τοῖσι δὲ
less for the veins it-burns and dries-up In-the and
θήλεσι λίθοι οὐ γίγνονται ὁμοίως· ὁ γὰρ οὐρητὴρ βραχύς
females stones not come-about alike the for urethra short
ἐστιν ὁ τῆς κύστιος καὶ εὐρὺς, ὥστε βιάζεσθαι τὸ οὖρον
is the of-the bladder and wide so-that to-be-forced the urine
ῥηϊδίως· οὔτε γὰρ τῇ χειρὶ τρίβει τὸ αἰδοῖον ὥσπερ
easily neither for with-the hand she-rubs the genitals as
τὸ ἄρσεν, οὔτε ἅπτεται τοῦ οὐρητῆρος· ἐς γὰρ τὰ αἰδοῖα
the male nor touches the urethra into for the genitals
ξυντέτρηνται (οἱ δὲ ἄνδρες οὐκ εὐθὺ τέτρηνται, καὶ διότι οἱ
they-open the but men not straight are-pierced and because the
οὐρητῆρες εἰσιν οὐκ εὐρέες)· καὶ πίνουσι πλεῖον ἢ οἱ παῖδες.
urethras are not wide and they-drink more than the children
Περὶ μὲν οὖν τουτέων ὧδε ἔχει, ἢ ὅτι τουτέων ἐγγύτατα.
About indeed then these-things thus it-is or what to-these nearest
10 Περὶ δὲ ἐτέων ὧδε ἄν τις ἐνθυμεύμενος διαγιγνώσκοι
About and years so — anyone considering might-discern
ὁκοῖόν τι μέλλει ἔσεσθαι τὸ ἔτος, εἴτε νοσερὸν, εἴτε
of-what-kind — is-going to-be the year whether sickly or
ὑγιηρόν. Ἢν μὲν γὰρ κατὰ λόγον γένηται τὰ σημεῖα·
healthy If indeed for according-to reason come-about the signs
ἐπὶ τοῖσιν ἄστροισι δύνουσί τε καὶ ἐπιτέλλουσιν, ἔν τε τῷ
at the stars setting both and rising and in the
μετοπώρῳ ὕδατα γένηται, καὶ ὁ χειμὼν μέτριος, καὶ μήτε
autumn rains come-about and the winter moderate and neither
λίην εὔδιος, μήτε ὑπερβάλλων τὸν καιρὸν τῷ ψύχει, ἔν τε
too fair nor exceeding the season in-the cold and in
τῷ ἦρι ὕδατα γένηται ὡραῖα, καὶ ἐν τῷ θέρει, οὕτω τὸ ἔτος
the spring rains come-about seasonable and in the summer so the year

ὑγιεινότατον εἰκὸς εἶναι. Ἢν δὲ ὁ μὲν χειμὼν αὐχμηρὸς
healthiest likely to-be If but the indeed winter dry
καὶ βόρειος γένηται, τὸ δὲ ἦρ ἔπομβρον καὶ νότιον,
and northerly becomes the but spring rainy and southerly
ἀνάγκη τὸ θέρος πυρετώδες γίγνεσθαι καὶ ὀφθαλμίας καὶ
necessity the summer feverish to-become and ophthalmias and
δυσεντερίας ἐμποιέειν. Ὁκόταν γὰρ τὸ πνῖγος ἐπιγένηται
dysenteries to-produce When for the stifling-heat comes-on
ἐξαίφνης, τῆς τε γῆς ὑγρῆς ἐούσης ὑπὸ τῶν ὄμβρων τῶν
suddenly the both earth moist being by the rains the
ἐαρινῶν καὶ ὑπὸ τοῦ νότου, ἀνάγκη διπλόον τὸ καῦμα
spring and by the south-wind necessity double the heat
εἶναι ὑπό τε τῆς γῆς διαβρόχου ἐούσης καὶ θερμῆς καὶ
to-be by both the earth soaked being and hot and
ὑπὸ τοῦ ἡλίου καίοντος, τῶν τε κοιλιῶν μὴ ξυνεστηκυιῶν
by the sun burning the both bellies not compacted
τοῖσιν ἀνθρώποισι, μήτε τοῦ ἐγκεφάλου ἀνεξηρασμένου· οὐ
for-the men nor the brain dried-out not
γὰρ οἷόν τε, τοῦ ἦρος τοιουτέου ἐόντος, μὴ οὐ πλαδᾷν
for possible — the spring such being not not to-be-flabby
τὸ σῶμα καὶ τὴν σάρκα· ὥστε τοὺς πυρετοὺς ἐπιπίπτειν
the body and the flesh so-that the fevers to-fall-upon
ὀξυτάτους ἅπασι, μάλιστα δὲ τοῖσι φλεγματίῃσιν.
most-acute all most and the phlegmatic
Καὶ δυσεντερίας εἰκός ἐστι γίγνεσθαι καὶ τῇσι γυναιξὶ καὶ
And dysenteries likely is to-come-about also for-the women and
τοῖσιν εἴδεσι τοῖσιν ὑγροτάτοισιν. Καὶ ἢν μὲν ἐπὶ κυνὸς
for-the constitutions the moistest And if indeed at Dog's
ἐπιτολῇ ὕδωρ ἐπιγένηται καὶ χειμὼν, καὶ οἱ ἐτησίαι
rising rain comes-on and storm and the etesian-winds
πνεύσωσιν, ἐλπὶς παύσασθαι, καὶ τὸ μετόπωρον ὑγιηρὸν
blow hope to-cease and the autumn healthy

γενέσθαι· ἢν δὲ μὴ, κίνδυνος θανάτους τε γενέσθαι τοῖσι
to-become if but not danger deaths both to-come-about for-the
παιδίοισι καὶ τῇσι γυναιξὶ, τοῖσι δὲ πρεσβύτῃσιν ἥκιστα,
children and for-the women for-the but old-men least
τούς τε περιγενομένους ἐς τεταρταίους ἀποτελευτᾷν, καὶ
the both surviving into quartans to-end and
ἐκ τῶν τεταρταίων ἐς ὕδρωπας· ἢν δ' ὁ χειμὼν νότιος
from the quartans into dropsies if but the winter southerly
γένηται καὶ ἔπομβρος καὶ εὔδιος, τὸ δὲ ἦρ βόρειόν τε
becomes and rainy and mild the and spring northerly both
καὶ αὐχμηρὸν καὶ χειμέριον, πρῶτον μὲν τὰς γυναῖκας,
and dry and wintry first indeed the women
ὁκόσαι ἂν τύχωσιν ἐν γαστρὶ ἔχουσαι, καὶ ὁ τόκος
as-many-as — happen in belly having and the birth
αὐτέῃσιν ᾖ πρὸς τῷ ἦρι, ἐκτιτρώσκεσθαι· ὁκόσαι δ' ἂν
for-them is toward the spring to-miscarry as-many-as but —
καὶ τέκωσιν, ἀκρατέα τὰ παιδία τίκτειν καὶ νοσώδεα,
also give-birth weak the children to-bear and sickly
ὥστε ἢ αὐτίκα ἀπόλλυσθαι, ἢ ζῶσι λεπτά τε ἐόντα
so-that either at-once to-perish or they-live thin both being
καὶ ἀσθενέα καὶ νοσώδεα. Ταῦτα μὲν τῇσι γυναιξίν.
and weak and sickly These-things indeed for-the women
Τοῖσι δὲ λοιποῖσι δυσεντερίας, καὶ ὀφθαλμίας ξηράς· καὶ
For-the and rest dysenteries and ophthalmias dry and
ἐνίοισι κατάῤῥους ἀπὸ τῆς κεφαλῆς ἐπὶ τὸν πλεύμονα.
for-some catarrhs from the head to the lung
Τοῖσι μὲν οὖν φλεγματίῃσι τὰς δυσεντερίας εἰκὸς γίγνεσθαι,
For-the indeed then phlegmatic the dysenteries likely to-come-about
καὶ τῇσι γυναιξὶ, φλέγματος ἐπικαταῤῥύεντος ἀπὸ τοῦ
and for-the women phlegm flowing-down from the
ἐγκεφάλου, διὰ τὴν ὑγρότητα τῆς φύσιος· τοῖσι δὲ
brain because-of the moistness of-the nature for-the but

χολώδεσιν ὀφθαλμίας ξηρὰς, διὰ τὴν θερμότητα καὶ
bilious ophthalmias dry because-of the heat and
ξηρότητα τῆς σαρκός· τοῖσι δὲ πρεσβύτῃσι κατάῤῥους,
dryness of-the flesh for-the and old-men catarrhs
διὰ τὴν ἀραιότητα καὶ τὴν ἔκτηξιν τῶν φλεβῶν, ὥστε
because-of the looseness and the wasting of-the veins so-that
ἐξαίφνης τοὺς μὲν ἀπόλλυσθαι, τοὺς δὲ παραπλήκτους
suddenly the-ones indeed to-perish the-others but paralyzed
γίγνεσθαι τὰ δεξιὰ ἢ τὰ ἀριστερά. Ὁκόταν γὰρ, τοῦ χειμῶνος
to-become the right or the left When for the winter
ἐόντος νοτίου, καὶ θερμοῦ τοῦ σώματος, μὴ ξυνίστηται αἷμα
being southerly and hot the body not is-compacted blood
μηδὲ φλέβες, τοῦ ἦρος ἐπιγενομένου βορείου καὶ αὐχμηροῦ
nor veins the spring coming-on northerly and dry
καὶ ψυχροῦ, ὁ ἐγκέφαλος, ὁπηνίκα αὐτὸν ἔδει ἅμα καὶ
and cold the brain at-the-time-when it it-ought together also
τῷ ἦρι διαλύεσθαι καὶ καθαίρεσθαι ὑπό τε κορύζης
with-the spring to-be-dissolved and to-be-purged by both cold-in-the-head
καὶ βράγχων, τηνικαῦτα πήγνυταί τε καὶ ξυνίσταται, ὥστε
and hoarsenesses then is-congealed both and compacted so-that
ἐξαίφνης τοῦ θέρεος ἐπιγενομένου καὶ τοῦ καύματος, καὶ τῆς
suddenly the summer coming-on and the heat and the
μεταβολῆς ἐπιγενομένης, ταῦτα τὰ νοσεύματα ἐπιπίπτειν.
change coming-on these the diseases to-fall-upon
Καὶ ὁκόσαι μὲν τῶν πόλιων κέονταί γε καλῶς τοῦ ἡλίου
And as-many-as indeed of-the cities lie at-least well to-the sun
καὶ τῶν πνευμάτων, ὕδασί τε χρέονται ἀγαθοῖσιν, αὗται
and the winds waters both use good these
μὲν ἧσσον αἰσθάνονται τῶν τοιουτέων μεταβολέων· ὁκόσαι
indeed less perceive the such changes as-many-as

δὲ ὕδασί τε ἑλείοισι χρέονται καὶ λιμνώδεσι, κέονταί τε
but waters both marshy use and lake-like lie both
μὴ καλῶς τῶν πνευμάτων καὶ τοῦ ἡλίου, αὗται δὲ μᾶλλον.
not well to-the winds and the sun these but more
Κἢν μὲν τὸ θέρος αὐχμηρὸν γένηται, θᾶσσον παύονται
And-if indeed the summer dry becomes sooner cease
αἱ νοῦσοι· ἢν δὲ ἔπομβρον, πολυχρόνιοι γίγνονται· καὶ
the diseases if but rainy long they-become and
φαγεδαίνας κίνδυνος ἐγγίγνεσθαι ἀπὸ πάσης προφάσιος,
phagedaenas danger to-occur from every cause
ἢν ἕλκος ἐγγένηται· καὶ λειεντερίαι καὶ ὕδρωπες τελευτῶσι
if sore occurs and lienteries and dropsies at-the-end
τοῖσι νοσεύμασιν ἐπιγίγνονται· οὐ γὰρ ἀποξηραίνονται
to-the diseases supervene not for are-dried-out
αἱ κοιλίαι ῥηϊδίως. Ἢν δὲ τὸ θέρος ἔπομβρον γένηται
the bellies easily If and the summer rainy becomes
καὶ νότιον καὶ τὸ μετόπωρον, χειμῶνα ἀνάγκη νοσερὸν
and southerly and the autumn winter necessity sickly
εἶναι, καὶ τοῖσι φλεγματίῃσι καὶ τοῖσι γεραιτέροισι
to-be and for-the phlegmatic and for-the older-than
τεσσαράκοντα ἐτέων καύσους γίγνεσθαι εἰκὸς, τοῖσι δὲ
forty years ardent-fevers to-come-about likely for-the and
χολώδεσι πλευρίτιδας καὶ περιπλευμονίας. Ἢν δὲ τὸ θέρος
bilious pleurisies and pneumonias If and the summer
αὐχμηρὸν γένηται καὶ βόρειον, τὸ δὲ μετόπωρον ἔπομβρον
dry becomes and northerly the and autumn rainy
καὶ νότιον, κεφαλαλγίας ἐς τὸν χειμῶνα καὶ σφακέλους
and southerly headaches into the winter and gangrenes
τοῦ ἐγκεφάλου εἰκὸς γίγνεσθαι, καὶ προσέτι βράγχους καὶ
of-the brain likely to-come-about and besides hoarsenesses and
κορύζας καὶ βῆχας, ἐνίοισι δὲ καὶ φθίσιας. Ἢν δὲ βόρειόν
colds and coughs for-some and also consumptions If and northerly

τε ᾖ καὶ ἄνυδρον, καὶ μήτε ὑπὸ κύνα ἔπομβρον, μήτε
both it-be and waterless and neither under Dog rainy nor
ἐπὶ τῷ ἀρκτούρῳ, τοῖσι μὲν φλεγματίῃσι φύσει ξυμφέρει
at the Arcturus to-the indeed phlegmatic by-nature it-benefits
μάλιστα, καὶ τοῖσιν ὑγροῖσι τὰς φύσιας, καὶ τῇσι γυναιξίν·
most and to-the moist the natures and to-the women
τοῖσι δὲ χολώδεσι τοῦτο πολεμιώτατον γίγνεται· λίην
to-the but bilious this most-hostile becomes too
γὰρ ἀναξηραίνονται, καὶ ὀφθαλμίαι αὐτέοισιν ἐπιγίγνονται
for they-are-dried-out and ophthalmias to-them supervene
ξηραὶ, καὶ πυρετοὶ ὀξέες καὶ πολυχρόνιοι, ἐνίοισι δὲ καὶ
dry and fevers acute and long for-some and also
μελαγχολίαι. Τῆς γὰρ χολῆς τὸ μὲν ὑγρότατον καὶ
melancholies Of-the for bile the indeed moistest and
ὑδαρέστατον ἀναλοῦται, τὸ δὲ παχύτατον καὶ δριμύτατον
most-watery is-consumed the but thickest and most-acrid
λείπεται, καὶ τοῦ αἵματος κατὰ τὸν αὐτὸν λόγον, ἀφ' ὧν
remains and of-the blood according-to the same reasoning from which
ταῦτα τὰ νοσεύματα αὐτέοισι γίγνεται. Τοῖσι δὲ φλεγματίῃσι
these the diseases for-them come-about For-the but phlegmatic
πάντα ταῦτα ἀρωγά ἐστιν· ἀποξηραίνονται γὰρ, καὶ ἐς τὸν
all these-things helpful are they-are-dried-out for and into the
χειμῶνα ἀφικνέονται, οὐ πλαδῶντες, ἀλλὰ ἀνεξηρασμένοι.
winter they-arrive not flabby but dried-out
Κατὰ ταῦτά τις ἐννοεύμενος καὶ σκοπεύμενος προειδείη 11
According-to these-things anyone considering and examining would-foresee
ἂν τὰ πλεῖστα τῶν μελλόντων ἔσεσθαι ἀπὸ τῶν μεταβολέων.
— the most of-the things-about to-be from the changes
Φυλάσσεσθαι δὲ χρὴ μάλιστα τὰς μεταβολὰς τῶν ὡρέων
To-guard-against and one-must most the changes of-the seasons
τὰς μεγίστας, καὶ μήτε φάρμακον διδόναι ἑκόντα, μήτε
the greatest and neither a-drug to-give willingly nor

καίειν ὅ τι ἐς κοιλίην, μήτε τάμνειν, πρὶν παρέλθωσιν
to-cauterize what — into belly nor to-cut before pass
ἡμέραι δέκα ἢ καὶ πλείονες· μέγισται δέ εἰσιν αἵδε καὶ
days ten or even more greatest and are these and
ἐπικινδυνόταται, ἡλίου τροπαὶ ἀμφότεραι καὶ μᾶλλον αἱ
most-dangerous of-sun solstices both and more the
θεριναί· καὶ ἰσημερίαι νομιζόμεναι εἶναι ἀμφότεραι, μᾶλλον
summer and equinoxes considered to-be both more
δὲ αἱ μετοπωριναί. Δεῖ δὲ καὶ τῶν ἄστρων τὰς ἐπιτολὰς
but the autumnal One-must and also of-the stars the risings
φυλάσσεσθαι, καὶ μάλιστα τοῦ κυνὸς, ἔπειτα ἀρκτούρου,
to-guard-against and most of-the Dog then of-Arcturus
καὶ ἔτι πληϊάδων δύσιν· τά τε γὰρ νοσεύματα μάλιστα ἐν
and further of-the-Pleiades setting the both for diseases most in
ταύτῃσι τῇσιν ἡμέρῃσι κρίνεται· καὶ τὰ μὲν ἀποφθίνει,
these the days reach-crisis and the-ones indeed waste-away
τὰ δὲ λήγει, τὰ δὲ ἄλλα πάντα μεθίσταται ἐς ἕτερον
the-others but cease the and others all change into another
εἶδος καὶ ἑτέρην κατάστασιν. Περὶ μὲν τουτέων οὕτως ἔχει.
form and another state About indeed these-things so it-is

Asia differs from Europe in its plants and peoples: its even seasons make the land fertile and the men gentle and without courage, while where the seasons change most, the land and its men vary most. The Macrocephali shaped their infants' skulls until the form became natural, for seed comes from every part of the body. The Phasians, in a hot, wet, marshy land, are large, fat, and sluggish. Rule by kings makes Asiatics less warlike still, since their masters take the gains of their dangers; the free peoples of Asia are the most warlike of all.

Βούλομαι δὲ περὶ τῆς Ἀσίης καὶ τῆς Εὐρώπης δεῖξαι 12
I-wish and about the Asia and the Europe to-show
ὁκόσον διαφέρουσιν ἀλλήλων ἐς τὰ πάντα, καὶ περὶ
how-much they-differ from-one-another in the all-things and about
τῶν ἐθνέων τῆς μορφῆς, ὅτι διαλλάσσει καὶ μηδὲν ἔοικεν
the peoples the form that it-differs and in-nothing resembles
ἀλλήλοισιν. Περὶ μὲν οὖν ἁπάντων πολὺς ἂν εἴη λόγος,
one-another About indeed then all much — would-be argument
περὶ δὲ τῶν μεγίστων καὶ πλεῖστον διαφερόντων ἐρέω
about but the greatest and most differing I-will-speak
ὥς μοι δοκέει ἔχειν. Τὴν Ἀσίην πλεῖστον διαφέρειν φημὶ
as to-me it-seems to-be The Asia most to-differ I-say
τῆς Εὐρώπης ἐς τὰς φύσιας τῶν ξυμπάντων, τῶν τε ἐκ
from-the Europe in the natures of-the all the both from
τῆς γῆς φυομένων καὶ τῶν ἀνθρώπων· πολὺ γὰρ καλλίονα
the earth growing-things and of-the men much for finer
καὶ μείζονα πάντα γίγνεται ἐν τῇ Ἀσίῃ· ἥ τε χώρη τῆς
and greater all-things come-about in the Asia the both land than-the
χώρης ἡμερωτέρη, καὶ τὰ ἤθεα τῶν ἀνθρώπων ἠπιώτερα
land tamer and the characters of-the men gentler
καὶ εὐοργητότερα. Τὸ δὲ αἴτιον τουτέων ἡ κρῆσις τῶν
and more-good-tempered The and cause of-these the blending of-the

ὡρέων, ὅτι τοῦ ἡλίου ἐν μέσῳ τῶν ἀνατολέων κέεται
seasons because of-the sun in middle of-the risings it-lies
πρὸς τὴν ἠῶ, τοῦ τε ψυχροῦ πορρώτερω· τὴν δὲ αὔξησιν
toward the dawn of-the both cold farther the and growth
καὶ ἡμερότητα παρέχει πλεῖστον ἁπάντων, ὁκόταν μηδὲν
and tameness provides most of-all when nothing
ᾖ ἐπικρατέον βιαίως, ἀλλὰ παντὸς ἰσομοιρίη δυναστεύῃ.
is prevailing violently but of-everything equality holds-power
Ἔχει δὲ κατὰ τὴν Ἀσίην οὐ πανταχῇ ὁμοίως, ἀλλ'
It-is and in the Asia not everywhere alike but
ὅση μὲν τῆς χώρης ἐν μέσῳ κέεται τοῦ θερμοῦ καὶ
as-much-as indeed of-the land in middle lies of-the hot and
τοῦ ψυχροῦ, αὕτη μὲν εὐκαρποτάτη ἐστὶ καὶ εὐδενδροτάτη
of-the cold this indeed most-fruitful is and best-wooded
καὶ εὐδιεστάτη, καὶ ὕδασι καλλίστοισι κέχρηται τοῖσί
and calmest and with-waters finest it-has-the-use the
τε οὐρανίοισι καὶ τοῖσιν ἐκ τῆς γῆς. Οὔτε γὰρ ὑπὸ τοῦ
both heavenly and those from the earth Neither for by the
θερμοῦ ἐκκέκαυται λίην, οὔτε ὑπὸ αὐχμῶν καὶ ἀνυδρίης
heat is-it-burnt-up too-much nor by droughts and waterlessness
ἀναξηραίνεται, οὔτε ὑπὸ ψύχεος βεβιασμένη· ἐπεὶ δὲ καὶ
is-it-dried-out nor by cold forced since and also
διάβροχός ἐστιν ὑπό τε ὄμβρων πολλῶν καὶ χιόνος, τά τε
soaked it-is by both rains many and snow the both
ὡραῖα αὐτόθι πολλὰ ἐοικὸς γίγνεσθαι, ὁκόσα τε ἀπὸ
seasonal-fruits there many likely to-come-about as-many-as both from
σπερμάτων, καὶ ὁκόσα αὐτὴ ἡ γῆ ἀναδιδοῖ φυτά· ὧν
seeds and as-many-as itself the earth sends-up plants of-which
τοῖσι καρποῖσι χρέονται ἄνθρωποι, ἡμεροῦντες ἐξ ἀγρίων,
the fruits use men taming from wild
καὶ ἐς ἐπιτήδειον μεταφυτέοντες· τά τε ἐντρεφόμενα κτήνεα
and to suitable transplanting the both reared cattle

εὐθηνέειν εἰκὸς, καὶ μάλιστα τίκτειν τε πυκνότατα καὶ
to-thrive likely and most to-bear both most-frequently and
ἐκτρέφειν κάλλιστα· τούς τε ἀνθρώπους εὐτραφέας εἶναι,
to-rear best the both men well-nourished to-be
καὶ τὰ εἴδεα καλλίστους, καὶ μεγέθεα μεγίστους, καὶ ἥκιστα
and the forms finest and statures greatest and least
διαφόρους ἐς τά τε εἴδεα αὐτέων καὶ τὰ μεγέθεα· εἰκός τε
different in the both forms their and the statures likely both
τὴν χώρην ταύτην τοῦ ἦρος ἐγγύτατα εἶναι κατὰ τὴν
the land this to-the spring nearest to-be according-to the
φύσιν καὶ τὴν μετριότητα τῶν ὡρέων. Τὸ δὲ ἀνδρεῖον καὶ
nature and the moderation of-the seasons The but courage and
τὸ ταλαίπωρον καὶ τὸ ἔμπονον καὶ τὸ θυμοειδὲς οὐκ ἂν
the endurance and the industry and the spirit not —
δύναιτο ἐν τοιαύτῃ φύσει ἐγγίγνεσθαι οὔτε ὁμοφύλου οὔτε
could in such nature occur neither of-the-same-race nor
ἀλλοφύλου, ἀλλὰ τὴν ἡδονὴν ἀνάγκη κρατέειν ∗∗∗ Διότι
of-another-race but the pleasure necessity to-prevail (lacuna) Therefore
πολύμορφα γίγνεται τὰ ἐν τοῖσι θηρίοισιν. Περὶ
many-shaped become the-creatures among the wild-beasts About
μὲν οὖν Αἰγυπτίων καὶ Λιβύων οὕτως ἔχειν μοι δοκέει.
indeed then Egyptians and Libyans so to-be to-me it-seems
Περὶ δὲ τῶν ἐν δεξιῇ τοῦ ἡλίου τῶν ἀνατολέων τῶν 13
About and those on right of-the sun of-the risings the
θερινῶν μέχρι Μαιώτιδος λίμνης (οὗτος γὰρ ὅρος τῆς
summer as-far-as Maeotis lake this for boundary of-the
Εὐρώπης καὶ τῆς Ἀσίης) ὧδε ἔχει περὶ αὐτέων· τὰ δὲ ἔθνεα
Europe and of-the Asia thus it-is about them the and peoples
ταῦτα ταύτῃ διάφορα αὐτὰ ἑωυτέων μᾶλλόν ἐστι τῶν
these here different themselves from-themselves more are than-those
προδιηγημένων, διὰ τὰς μεταβολὰς τῶν ὡρέων καὶ τῆς
previously-described because-of the changes of-the seasons and of-the

χώρης τὴν φύσιν. Ἔχει δὲ καὶ κατὰ τὴν γῆν ὁμοίως ἅπερ
land the nature It-is and also with the earth alike as
καὶ κατὰ τοὺς ἄλλους ἀνθρώπους. Ὅκου γὰρ αἱ ὧραι
also with the other men Where for the seasons
μεγίστας μεταβολὰς ποιέονται καὶ πυκνοτάτας, ἐκεῖ καὶ
greatest changes make and most-frequent there also
ἡ χώρη ἀγριωτάτη καὶ ἀνωμαλωτάτη ἐστίν· καὶ εὑρήσεις
the land wildest and most-uneven is and you-will-find
ὄρεά τε πλεῖστα καὶ δασέα, καὶ πεδία, καὶ λειμῶνας
mountains both most and wooded and plains and meadows
ἐόντας· ὅκου δὲ αἱ ὧραι μὴ μέγα ἀλλάσσουσιν, ἐκεῖ ἡ χώρη
being where but the seasons not much change there the land
ὁμαλωτάτη ἐστίν. Οὕτω δὲ ἔχει καὶ περὶ τῶν ἀνθρώπων,
most-even is So and it-is also about the men
εἴ τις βούλεται ἐνθυμέεσθαι. Εἰσὶ γὰρ φύσιες, αἱ
if anyone wishes to-consider There-are for natures the-ones
μὲν ὄρεσιν ἐοικυῖαι δενδρώδεσί τε καὶ ἐφύδροισιν, αἱ
indeed to-mountains resembling wooded both and watered the-others
δὲ λεπτοῖσί τε καὶ ἀνύδροισιν, αἱ δὲ λειμακεστέροισί
but to-thin both and waterless the-others and to-more-meadowy
τε καὶ ἑλώδεσιν, αἱ δὲ πεδίῳ τε καὶ ψιλῇ καὶ ξηρῇ
both and marshy the-others and to-plain both and bare and dry
γῇ. Αἱ γὰρ ὧραι αἱ μεταλλάσσουσαι τῆς μορφῆς τὴν
earth The for seasons the changing of-the form the
φύσιν εἰσὶ διάφοροι· ἢν δὲ διάφοροι ἔωσι μετὰ σφέων
nature are different if and different they-are with them
αὐτέων, διαφοραὶ καὶ πλείονες γίγνονται τοῖσιν εἴδεσιν.
themselves differences also more come-about in-the forms

14 Καὶ ὁκόσα μὲν ὀλίγον διαφέρει τῶν ἐθνέων παραλείψω·
And as-many-as indeed little differ of-the peoples I-will-pass-over
ὁκόσα δὲ μεγάλα ἢ φύσει ἢ νόμῳ, ἐρέω περὶ
as-many-as but greatly either by-nature or by-custom I-will-speak about

αὐτέων ὡς ἔχει. Καὶ πρῶτον περὶ τῶν Μακροκεφάλων.
them how it-is And first about the Macrocephali
Τουτέων γὰρ οὐκ ἔστιν ἄλλο ἔθνος ὁμοίως τὰς κεφαλὰς
Than-these for not there-is other people alike the heads
ἔχον οὐδέν. Τὴν μὲν γὰρ ἀρχὴν ὁ νόμος αἰτιώτατος
having none At-the indeed for outset the custom most-responsible
ἐγένετο τοῦ μήκεος τῆς κεφαλῆς, νῦν δὲ καὶ ἡ φύσις
became of-the length of-the head now but also the nature
ξυμβάλλεται τῷ νόμῳ· τοὺς γὰρ μακροτάτην ἔχοντας τὴν
contributes to-the custom those for longest having the
κεφαλὴν γενναιοτάτους ἡγέονται. Ἔχει δὲ περὶ νόμου ὧδε·
head noblest they-consider It-is and about the-custom thus
τὸ παιδίον ὁκόταν γένηται τάχιστα, τὴν κεφαλὴν αὐτέου
the child as-soon-as is-born at-once the head of-it
ἔτι ἁπαλὴν ἐοῦσαν, μαλακοῦ ἐόντος, ἀναπλήσσουσι τῇσι
still tender being soft being they-remold with-the
χερσὶ, καὶ ἀναγκάζουσιν ἐς τὸ μῆκος αὔξεσθαι, δεσμά τε
hands and force into the length to-grow bandages both
προσφέροντες καὶ τεχνήματα ἐπιτήδεια, ὑφ' ὧν τὸ μὲν
applying and devices suitable by which the indeed
σφαιροειδὲς τῆς κεφαλῆς κακοῦται, τὸ δὲ μῆκος αὔξεται.
spherical of-the head is-spoiled the and length grows
Οὕτω τὴν ἀρχὴν ὁ νόμος κατειργάσατο, ὥστε ὑπὸ βίης
Thus at-the outset the custom worked-out so-that by force
τοιαύτην τὴν φύσιν γενέσθαι· τοῦ δὲ χρόνου προϊόντος,
such the nature to-come-about the and time advancing
ἐν φύσει ἐγένετο, ὥστε τὸν νόμον μηκέτι ἀναγκάζειν.
in nature it-came-to-be so-that the custom no-longer to-force
Ὁ γὰρ γόνος πανταχόθεν ἔρχεται τοῦ σώματος, ἀπό τε
The for seed from-everywhere comes of-the body from both
τῶν ὑγιηρῶν ὑγιηρὸς, ἀπό τε τῶν νοσερῶν νοσερός. Εἰ
the healthy-parts healthy from both the diseased-parts diseased If

οὖν γίγνονται ἔκ τε τῶν φαλακρῶν φαλακροὶ, καὶ ἐκ
then are-born from both the bald bald and from
γλαυκῶν γλαυκοὶ, καὶ ἐκ διεστραμμένων στρεβλοὶ, ὡς ἐπὶ
gray-eyed gray-eyed and from squinting squinting as for
τὸ πλῆθος, καὶ περὶ τῆς ἄλλης μορφῆς ὁ αὐτὸς λόγος,
the most-part and about the other form the same argument
τί κωλύει καὶ ἐκ μακροκεφάλου μακροκέφαλον γενέσθαι;
what prevents also from long-headed long-headed to-be-born
Νῦν δὲ ὁμοίως οὐκ ἔτι γίγνονται ὡς πρότερον· ὁ
Now but alike not any-longer they-are-born as before the
γὰρ νόμος οὐκ ἔτι ἰσχύει διὰ τὴν ὁμιλίην τῶν
for custom not any-longer prevails because-of the intercourse of-the
ἀνθρώπων. Περὶ μὲν οὖν τουτέων οὕτω μοι δοκέει.
men About indeed then these-things so to-me it-seems
15 Περὶ δὲ τῶν ἐν Φάσει, ἡ χώρη ἐκείνη ἑλώδης ἐστὶ καὶ
About and those in Phasis the land that marshy is and
θερμὴ καὶ ὑδατεινὴ καὶ δασεῖα· ὄμβροι τε αὐτόθι γίγνονται
hot and watery and wooded rains both there come-about
πᾶσαν ὥρην πολλοί τε καὶ ἰσχυροί· ἥ τε δίαιτα τοῖσιν
every season many both and strong the both life for-the
ἀνθρώποισιν ἐν τοῖσιν ἕλεσίν ἐστιν· τά τε οἰκήματα
men in the marshes is the both dwellings
ξύλινα καὶ καλάμινα ἐν τοῖσιν ὕδασι μεμηχανημένα· ὀλίγῃ
wooden and of-reeds in the waters contrived little
τε χρέονται βαδίσει κατὰ τὴν πόλιν καὶ τὸ ἐμπόριον,
both they-use walking in the city and the market
ἀλλὰ μονοξύλοισι διαπλέουσιν ἄνω καὶ κάτω· διώρυγες
but in-dugouts they-sail-through up and down canals
γὰρ πολλαί εἰσιν. Τὰ δὲ ὕδατα θερμὰ καὶ στάσιμα
for many are The and waters hot and stagnant
πίνουσιν, ὑπό τε τοῦ ἡλίου σηπόμενα, καὶ ὑπὸ τῶν
they-drink by both the sun putrefying and by the

ὄμβρων ἐπαυξανόμενα. Αὐτός τε ὁ Φάσις στασιμώτατος
rains swollen Itself both the Phasis most-stagnant
πάντων τῶν ποταμῶν καὶ ῥέων ἠπιώτατα· οἵ τε καρποὶ
of-all the rivers and flowing most-gently the both fruits
γιγνόμενοι αὐτόθι πάντες ἀναλδέες εἰσὶ, καὶ τεθηλυσμένοι,
growing there all stunted are and effeminate
καὶ ἀτελέες, ὑπὸ πολυπληθείης τοῦ ὕδατος· διὸ καὶ
and imperfect through abundance of-the water therefore also
οὐ πεπαίνονται· ἠήρ τε πουλὺς κατέχει τὴν χώρην ἀπὸ
not they-ripen mist both much holds the land from
τῶν ὑδάτων. Διὰ ταύτας δὴ τὰς προφάσιας τὰ
the waters Because-of these indeed the causes the
εἴδεα ἀπηλλαγμένα τῶν λοιπῶν ἀνθρώπων ἔχουσιν οἱ
forms set-apart from-the other men have the
Φασιηνοί· τά τε γὰρ μεγέθεα μεγάλοι, τὰ πάχεα δ’
Phasians the both for statures great the thicknesses and
ὑπερπαχέες· ἄρθρον τε κατάδηλον οὐδὲν, οὐδὲ φλέψ· τήν
very-fat joint both visible none nor vein the
τε χροιὴν ὠχρὴν ἔχουσιν, ὥσπερ ὑπὸ ἰκτέρου ἐχόμενοι·
both color sallow they-have as by jaundice held
φθέγγονταί τε βαρύτατον ἀνθρώπων, τῷ ἠέρι χρεώμενοι
they-speak both deepest of-men the air using
οὐ λαμπρῷ, ἀλλὰ χνοώδει τε καὶ διερῷ· πρός τε τὸ
not clear but murky both and damp toward both the
ταλαιπωρέειν τὸ σῶμα ἀργότεροι πεφύκασιν· αἵ τε ὧραι
toiling the body more-sluggish they-are-by-nature the both seasons
οὐ πολὺ μεταλλάσσουσιν, οὔτε πρὸς τὸ πνῖγος, οὔτε πρὸς
not much change neither toward the stifling-heat nor toward
τὸ ψύχος· τά τε πνεύματα τὰ πολλὰ νότια, πλὴν αὐρῆς
the cold the both winds the most southerly except breeze
μιῆς ἐπιχωρίης· αὕτη δὲ πνέει ἐνίοτε βίαιος, καὶ χαλεπὴ,
one local this and blows sometimes violent and harsh

καὶ θερμὴ, καὶ Κέγχρονα ὀνομάζουσι τοῦτο τὸ πνεῦμα. Ὁ
and hot and Kenchron they-name this the wind The
δὲ βορέης οὐ σφόδρα ἀφικνέεται· ὁκόταν δὲ πνέῃ, ἀσθενὴς
but north-wind not much arrives when and it-blows weak
καὶ βληχρὸς. Περὶ μὲν τῆς φύσιος τῆς διαφορῆς καὶ τῆς
and feeble About indeed the nature the difference and the
μορφῆς τῶν ἐν τῇ Ἀσίῃ καὶ τῇ Εὐρώπῃ οὕτως ἔχει.
form of-those in the Asia and the Europe so it-is
16 Περὶ δὲ τῆς ἀθυμίης τῶν ἀνθρώπων καὶ τῆς ἀνανδρείης,
About and the faintheartedness of-the men and the unmanliness
ὅτι ἀπολεμώτεροί εἰσι τῶν Εὐρωπαίων οἱ Ἀσιηνοὶ, καὶ
that more-unwarlike are than-the Europeans the Asiatics and
ἡμερώτεροι τὰ ἤθεα, αἱ ὧραι αἴτιαι μάλιστα, οὐ μεγάλας
tamer the characters the seasons (are)-causes most not great
τὰς μεταβολὰς ποιεύμεναι, οὔτε ἐπὶ τὸ θερμὸν, οὔτε ἐπὶ
the changes making neither toward the hot nor toward
τὸ ψυχρὸν, ἀλλὰ παραπλησίως. Οὐ γὰρ γίγνονται ἐκπλήξιες
the cold but nearly-equally Not for come-about shocks
τῆς γνώμης, οὔτε μετάστασις ἰσχυρὴ τοῦ σώματος, ἀφ᾽
of-the mind nor change strong of-the body from
ὅτων εἰκὸς τὴν ὀργὴν ἀγριοῦσθαί τε, καὶ τοῦ ἀγνώμονος
which likely the temper to-be-made-wild both and of-the reckless
καὶ θυμοειδέος μετέχειν μᾶλλον ἢ ἐν τῷ αὐτέῳ αἰεὶ ἐόντα.
and spirited to-share more than in the same always being
Αἱ γὰρ μεταβολαί εἰσι τῶν πάντων, αἵ τε ἐγείρουσαι
The for changes are of-the all the-ones both rousing
τὴν γνώμην τῶν ἀνθρώπων, καὶ οὐκ ἐῶσαι ἀτρεμίζειν.
the mind of-the men and not allowing to-be-still
Διὰ ταύτας ἐμοὶ δοκέει τὰς προφάσιας ἄναλκες εἶναι τὸ
Because-of these to-me seems the causes feeble to-be the
γένος τὸ Ἀσιηνόν· καὶ προσέτι διὰ τοὺς νόμους. Τῆς γὰρ
race the Asiatic and besides because-of the laws Of-the for

Ἀσίης τὰ πολλὰ βασιλεύεται. Ὅκου δὲ μὴ αὐτοὶ ἑωυτέων
Asia the most is-ruled-by-kings Where and not themselves of-themselves
εἰσὶ καρτεροὶ ἄνθρωποι μηδὲ αὐτόνομοι, ἀλλὰ δεσπόζονται,
are masters men nor independent but are-ruled-despotically
οὐ περὶ τουτέου αὐτέοισιν ὁ λόγος ἐστὶν, ὅκως τὰ
not about this for-them the argument is how the
πολέμια ἀσκήσωσιν, ἀλλ᾽ ὅκως μὴ δόξωσι μάχιμοι εἶναι.
warlike-things they-may-practice but how not they-may-seem warlike to-be
Οἱ γὰρ κίνδυνοι οὐχ ὅμοιοι εἰσίν· τοὺς μὲν γὰρ
The for dangers not alike are the-ones indeed for
στρατεύεσθαι εἰκὸς καὶ ταλαιπωρέειν καὶ ἀποθνήσκειν ἐξ
to-serve-in-war likely and to-toil and to-die from
ἀνάγκης ὑπὲρ τῶν δεσποτέων, ἀπό τε παιδίων καὶ
necessity on-behalf-of the masters away both from-children and
γυναικὸς ἐόντας καὶ τῶν λοιπῶν φίλων· καὶ ὁκόσα μὲν
wife being and the other friends and as-many-as indeed
ἂν χρηστὰ καὶ ἀνδρεῖα ἐργάσωνται, οἱ δεσπόται ἀπ᾽ αὐτέων
— *useful and brave-things they-accomplish the masters from them*
αὔξονταί τε καὶ ἐκφύονται· τοὺς δὲ κινδύνους καὶ θανάτους
grow both and flourish the but dangers and deaths
αὐτοὶ καρποῦνται· ἔτι δὲ πρὸς τούτοισι τῶν τοιούτων
they-themselves reap further and besides these of-the such
ἀνθρώπων ἀνάγκη ἐρημοῦσθαι τὴν γῆν ὑπό τε πολεμίων
men necessity to-be-made-desolate the land by both enemies
καὶ ἀργίης· ὥστε, καὶ εἴ τις φύσει πέφυκεν ἀνδρεῖος καὶ
and idleness so-that even if anyone by-nature is-born brave and
εὔψυχος, ἀποτρέπεσθαι τὴν γνώμην ἀπὸ τῶν νόμων. Μέγα
courageous to-be-turned-away the mind from the laws Great
δὲ τεκμήριον τουτέων· ὁκόσοι γὰρ ἐν τῇ Ἀσίῃ Ἕλληνες
and proof of-these as-many-as for in the Asia Greeks
ἢ βάρβαροι μὴ δεσπόζονται, ἀλλ᾽ αὐτόνομοί εἰσι καὶ
or barbarians not are-ruled-despotically but independent are and

ἑωυτέοισι ταλαιπωρεῦσιν, οὗτοι μαχιμώτατοί εἰσι πάντων·
for-themselves toil these most-warlike are of-all
τοὺς γὰρ κινδύνους ἑωυτέων πέρι κινδυνεύουσιν, καὶ τῆς
the for dangers of-themselves about they-risk and of-the
ἀνδρείης αὐτέοι τὰ ἆθλα φέρονται, καὶ τῆς δειλίης
courage they-themselves the prizes carry-off and of-the cowardice
τὴν ζημίην ὡσαύτως. Εὑρήσεις δὲ καὶ τοὺς Ἀσιηνοὺς
the penalty likewise You-will-find and also the Asiatics
διαφέροντας αὐτοὺς ἑωυτέων, τοὺς μὲν βελτίονας, τοὺς
differing themselves from-one-another the-ones indeed better the-others
δὲ φαυλοτέρους ἐόντας· τουτέων δὲ αἱ μεταβολαὶ αἴτιαι
but worse being of-these and the changes (are)-causes
τῶν ὡρέων, ὥσπερ μοι εἴρηται ἐν τοῖσι προτέροισιν.
of-the seasons as by-me has-been-said in the earlier-parts
Καὶ περὶ μὲν τῶν ἐν τῇ Ἀσίῃ οὕτως ἔχει.
And about indeed those in the Asia so it-is

IV · THE SCYTHIANS

The Sauromatian women ride, shoot, and fight, and keep their maidenhood until they have killed three enemies; their mothers sear off the right breast in infancy. The other Scythians are nomads who live in felt-covered wagons and eat boiled meat and mare's cheese. Their plain lies under the Bears, cold and misty, with long winters and little change, so they are fat, moist, slack, and alike in body. They cauterize their shoulders and arms to dry them, and the cold burns their whiteness red.

17 Ἐν δὲ τῇ Εὐρώπῃ ἐστὶν ἔθνος Σκυθικὸν, ὃ περὶ
In and the Europe is a-people Scythian which around
τὴν λίμνην οἰκέει τὴν Μαιῶτιν, διαφέρον τῶν ἐθνέων
the lake dwells the Maeotis differing from-the peoples
τῶν ἄλλων, Σαυρομάται καλεῦνται. Τουτέων αἱ γυναῖκες
the other Sauromatae they-are-called Of-these the women

ἱππάζονταί τε καὶ τοξεύουσι, καὶ ἀκοντίζουσιν ἀπὸ τῶν
ride both and shoot-arrows and throw-javelins from the
ἵππων, καὶ μάχονται τοῖσι πολεμίοισιν, ἕως ἂν παρθένοι
horses and fight with-the enemies as-long-as — maidens
ἔωσιν. Οὐκ ἀποπαρθενεύονται δὲ μέχρις ἂν τῶν πολεμίων
they-are Not they-lose-maidenhood and until — of-the enemies
τρεῖς ἀποκτείνωσι, καὶ οὐ πρότερον ξυνοικέουσιν ἤπερ τὰ
three they-kill and not before they-cohabit than the
ἱερὰ θύουσαι τὰ ἐν νόμῳ. Ἢ δ' ἂν ἄνδρα ἑωυτῇ
sacred-rites performing the in custom Whoever and — husband for-herself
ἄρηται, παύεται ἱππαζομένη, ἕως ἂν μὴ ἀνάγκη καταλάβῃ
takes ceases riding until — not necessity overtakes
παγκοίνου στρατείης. Τὸν δεξιὸν δὲ μαζὸν οὐκ ἔχουσιν.
of-general expedition The right and breast not they-have
Παιδίοισι γὰρ ἐοῦσιν ἔτι νηπίοισιν αἱ μητέρες χαλκεῖον
To-the-children for being still infants the mothers a-bronze-instrument
τετεχνημένον ἐπ' αὐτέῳ τουτέῳ διάπυρον ποιέουσαι, πρὸς
contrived for very this red-hot making to
τὸν μαζὸν τιθέασι τὸν δεξιὸν, καὶ ἐπικαίεται, ὥστε τὴν
the breast apply the right and it-is-cauterized so-that the
αὔξησιν φθείρεσθαι, ἐς δὲ τὸν δεξιὸν ὦμον καὶ βραχίονα
growth to-be-destroyed into and the right shoulder and arm
πᾶσαν τὴν ἰσχὺν καὶ τὸ πλῆθος ἐκδιδόναι.
all the strength and the bulk to-give-over
Περὶ δὲ τῶν λοιπῶν Σκυθέων τῆς μορφῆς, ὅτι αὐτοὶ 18
About and the remaining Scythians the form that they
ἑωυτοῖσιν ἐοίκασι, καὶ οὐδαμῶς ἄλλοισιν, ὠυτὸς λόγος καὶ
themselves resemble and in-no-way others the-same argument also
περὶ τῶν Αἰγυπτίων, πλὴν, ὅτι οἱ μὲν ὑπὸ τοῦ θερμοῦ
about the Egyptians except that the-ones indeed by the heat
εἰσι βεβιασμένοι, οἱ δ' ὑπὸ τοῦ ψυχροῦ. Ἡ δὲ Σκυθέων
are oppressed the-others but by the cold The and Scythians'

ἐρημίη καλευμένη πεδιάς ἐστι καὶ λειμακώδης καὶ ὑψηλὴ, καὶ
desert so-called a-plain is and meadowy and high and
ἔνυδρος μετρίως· ποταμοὶ γάρ εἰσι μεγάλοι οἳ ἐξοχετεύουσι
watered moderately rivers for are great which drain-off
τὸ ὕδωρ ἐκ τῶν πεδίων. Ἐνταῦθα καὶ οἱ Σκύθαι διαιτεῦνται,
the water from the plains There also the Scythians live
Νομάδες δὲ καλεῦνται, ὅτι οὐκ ἔστιν οἰκήματα, ἀλλ᾽
Nomads and they-are-called because not there-are houses but
ἐν ἁμάξῃσιν οἰκεῦσιν. Αἱ δὲ ἅμαξαί εἰσιν, αἱ μὲν
in wagons they-dwell The and wagons are the-ones indeed
ἐλάχισται, τετράκυκλοι, αἱ δὲ ἑξάκυκλοι· αὗται δὲ
smallest four-wheeled the-others but six-wheeled these and
πίλοισι περιπεφραγμέναι· εἰσὶ δὲ καὶ τετεχνασμέναι ὥσπερ
with-felt fenced-around are and also contrived as
οἰκήματα, τὰ μὲν ἁπλᾶ, τὰ δὲ τριπλᾶ· ταῦτα δὲ καὶ
houses the-ones indeed single the-others but triple these and also
στεγνὰ πρὸς ὕδωρ, καὶ πρὸς χιόνα, καὶ πρὸς τὰ πνεύματα.
watertight against water and against snow and against the winds
Τὰς δὲ ἅμαξας ἕλκουσι ζεύγεα, τὰς μὲν δύο, τὰς δὲ
The and wagons draw yokes the-ones indeed two the-others but
τρία βοῶν, κέρως ἄτερ· οὐ γὰρ ἔχουσι κέρατα ὑπὸ ψύχεος.
three of-oxen horn without not for they-have horns through cold
Ἐν ταύτῃσι μὲν οὖν τῇσιν ἁμάξῃσιν αἱ γυναῖκες
In these indeed then the wagons the women
διαιτεῦνται· αὐτοὶ δ᾽ ἐφ᾽ ἵππων ὀχεῦνται οἱ ἄνδρες·
live they and on horses ride the men
ἕπονται δὲ αὐτέοισι καὶ τὰ πρόβατα ἐόντα καὶ αἱ βόες
follow and them also the sheep being and the cows
καὶ οἱ ἵπποι· μένουσι δ᾽ ἐν τῷ αὐτέῳ τοσοῦτον χρόνον,
and the horses they-remain and in the same so-much time
ὅσον ἂν ἀπόχρῃ αὐτέοισι τοῖσι κτήνεσιν ὁ χόρτος·
as-much-as — suffices for-them for-the cattle the fodder

ὁκόταν δὲ μηκέτι, ἐς ἑτέρην χώρην μετέρχονται. Αὐτοὶ
when but no-longer to another land they-move They
δ' ἐσθίουσι κρέα ἑφθὰ, καὶ πίνουσι γάλα ἵππων, καὶ
and eat meats boiled and drink milk of-mares and
ἱππάκην τρώγουσιν· τοῦτο δ' ἐστὶ τυρὸς ἵππων. Τὰ
hippake they-chew this and is cheese of-mares The-things
μὲν ἐς τὴν δίαιταν αὐτέων οὕτως ἔχει καὶ τοὺς νόμους.
indeed as-to the way-of-life of-them so it-is and the customs
Περὶ δὲ τῶν ὡρέων καὶ τῆς μορφῆς, ὅτι πολὺ ἀπήλλακται 19
About and the seasons and the form that much differs
τῶν λοιπῶν ἀνθρώπων τὸ Σκυθικὸν γένος, καὶ ἔοικεν
from-the other men the Scythian race and resembles
αὐτὸ ἑωυτέῳ, ὥσπερ τὸ Αἰγύπτιον, καὶ ἥκιστα πολύγονόν
it itself as the Egyptian and least prolific
ἐστιν· καὶ ἡ χώρη ἐλάχιστα θηρία τρέφει κατὰ μέγεθος
is and the land fewest wild-beasts nourishes in size
καὶ πλῆθος. Κέεται γὰρ ὑπ' αὐτῇσι τῇσιν ἄρκτοισι καὶ
and number It-lies for under very the Bears and
τοῖσιν ὄρεσι τοῖσι Ῥιπαίοισιν, ὅθεν ὁ βορέης πνέει· ὅ
the mountains the Rhipaean whence the north-wind blows the
τε ἥλιος τελευτῶν ἐγγύτατα γίγνεται, ὁκόταν ἐπὶ τὰς
both sun ending nearest comes when to the
θερινὰς ἔλθῃ περιόδους, καὶ τότε ὀλίγον χρόνον θερμαίνει,
summer it-comes circuits and then little time it-beats
καὶ οὐ σφόδρα· τὰ δὲ πνεύματα τὰ ἀπὸ τῶν θερμῶν
and not much the and winds the from the hot-regions
πνέοντα οὐκ ἀφικνέεται, ἢν μὴ ὀλιγάκις καὶ ἀσθενέα,
blowing not arrive unless — rarely and weak
ἀλλ' ἀπὸ τῶν ἄρκτων αἰεὶ πνέουσι πνεύματα ψυχρὰ ἀπό
but from the Bears always blow winds cold from
τε χιόνος καὶ κρυστάλλων καὶ ὑδάτων πολλῶν· οὐδέποτε
both snow and ice and waters many never

δὲ τὰ ὄρεα ἐκλείπει· ἀπὸ τουτέων δὲ δυσοίκητά ἐστιν.
and the mountains leave from these and uninhabitable are
Ἠήρ τε κατέχει πουλὺς τῆς ἡμέρης τὰ πεδία, καὶ ἐν
Mist both holds much of-the day the plains and in
τουτέοισι διαιτεῦνται· ὥστε τὸν μὲν χειμῶνα αἰεὶ εἶναι,
these they-live so-that the indeed winter always to-be
τὸ δὲ θέρος ὀλίγας ἡμέρας, καὶ ταύτας μὴ λίην.
the and summer few days and these not very
Μετέωρα γὰρ τὰ πεδία καὶ ψιλὰ, καὶ οὐκ ἐστεφάνωνται
Lofty for the plains and bare and not are-crowned
ὄρεσιν, ἀλλ' ἀνάντεα ὑπὸ τῶν ἄρκτων. Αὐτόθι καὶ τὰ
with-mountains but sloping-up from the Bears There also the
θηρία οὐ γίγνεται μεγάλα, ἀλλ' οἷά τέ ἐστιν ὑπὸ γῆν
wild-beasts not become large but such-as — are under earth
σκεπάζεσθαι ὁ γὰρ χειμὼν κωλύει καὶ τῆς γῆς ἡ ψιλότης,
to-be-sheltered the for winter prevents and of-the earth the bareness
καὶ ὅτι οὐκ ἔστιν ἀλέη οὐδὲ σκέπη. Αἱ γὰρ μεταβολαὶ
and because not there-is warmth nor shelter The for changes
τῶν ὡρέων οὐκ εἰσὶ μεγάλαι οὐδὲ ἰσχυραὶ, ἀλλ' ὅμοιαι
of-the seasons not are great nor strong but alike
καὶ ὀλίγον μεταβάλλουσαι· διότι καὶ τὰ εἴδεα ὅμοια αὐτὰ
and little changing therefore also the forms alike they
ἑωυτέοισίν εἰσιν· σίτῳ τε χρέονται αἰεὶ ὁμοίως, ἐσθῆτί
themselves are with-food both they-use always alike with-clothing
τε αὐτέῃ καὶ θέρεος καὶ χειμῶνος, τόν τε ἠέρα ὑδατεινὸν
both the-same both in-summer and in-winter the both air watery
ἕλκοντες καὶ παχὺν, τά τε ὕδατα πίνοντες ἀπὸ χιόνος καὶ
drawing-in and thick the both waters drinking from snow and
παγετῶν, τοῦ τε ταλαιπώρου ἀπεόντος· οὐ γὰρ οἷόν τε
frosts the both toil being-absent not for possible —
τὸ σῶμα ταλαιπωρέεσθαι, οὐδὲ τὴν ψυχὴν, ὅκου μεταβολαὶ
the body to-be-exercised nor the soul where changes

μὴ γίγνονται ἰσχυραί. Διὰ ταύτας τὰς ἀνάγκας τὰ εἴδεα
not come-about strong Because-of these the necessities the forms
αὐτέων παχέα ἐστὶ καὶ σαρκώδεα, καὶ ἄναρθρα καὶ ὑγρὰ
of-them thick are and fleshy and jointless and moist
καὶ ἄτονα· αἵ τε κοιλίαι ὑγρόταται, πασέων κοιλιῶν αἱ
and slack the both bellies moistest of-all bellies the
κάτω· οὐ γὰρ οἷόν τε νηδὺν ἀναξηραίνεσθαι ἐν τοιαύτῃ
lower not for possible — abdomen to-be-dried-out in such
χώρῃ καὶ φύσει καὶ ὥρης καταστάσει· ἀλλὰ διὰ
land and nature and of-season condition but because-of
πιμελήν τε καὶ ψιλὴν τὴν σάρκα, τά τε εἴδεα ἔοικεν
fat both and bare the flesh the both forms resemble
ἀλλήλοισι, τά τε ἄρσενα τοῖσιν ἄρσεσι, καὶ τὰ θήλεα
one-another the both males the males and the females
τοῖσι θήλεσιν. Τῶν γὰρ ὡρέων παραπλησίων ἐουσέων,
the females Of-the for seasons nearly-alike being
φθοραὶ οὐκ ἐγγίγνονται οὐδὲ κακώσιες ἐν τῇ τοῦ γόνου
corruptions not occur nor damages in the of-the seed
ξυμπήξει, ἢν μή τινος ἀνάγκης βιαίου τύχῃ ἢ νούσου.
compacting if not of-some necessity violent it-meets or disease
Μέγα δὲ τεκμήριον ἐς τὴν ὑγρότητα παρέξομαι. Σκυθέων 20
Great and proof for the moistness I-will-provide of-Scythians
γὰρ τοὺς πολλοὺς, ἅπαντας ὅσοι Νομάδες, εὑρήσεις
for the many all as-many-as Nomads you-will-find
κεκαυμένους τούς τε ὤμους καὶ τοὺς βραχίονας καὶ τοὺς
cauterized the both shoulders and the arms and the
καρποὺς τῶν χειρέων, καὶ τὰ στήθεα, καὶ τὰ ἰσχία καὶ
wrists of-the hands and the breasts and the hips and
τὴν ὀσφὺν, δι᾽ ἄλλ᾽ οὐδὲν ἢ διὰ τὴν ὑγρότητα τῆς
the loin because-of other nothing than because-of the moistness of-the
φύσιος καὶ τὴν μαλακίην· οὐ γὰρ δύνανται οὔτε τοῖσι τόξοισι
nature and the softness not for they-can either with-the bows

ξυντείνειν, οὔτε τῷ ἀκοντίῳ ἐμπίπτειν τῷ ὤμῳ ὑπὸ
to-draw-tight or with-the javelin to-thrust with-the shoulder through
ὑγρότητος καὶ ἀτονίης· ὁκόταν δὲ καυθῶσιν, ἀναξηραίνεται
moistness and slackness when but they-are-cauterized is-dried-out
ἐκ τῶν ἄρθρων τὸ πολὺ τοῦ ὑγροῦ, καὶ ἐντονώτερα μᾶλλον
from the joints the much of-the moist and more-sinewy more
γίγνεται, καὶ τροφιμώτερα, καὶ ἠρθρωμένα τὰ σώματα
become and better-nourished and well-jointed the bodies
μᾶλλον. Ῥοϊκὰ δὲ γίγνεται καὶ πλατέα· πρῶτον μὲν ὅτι
more Flabby and they-become and broad first indeed because
οὐ σπαργανοῦνται ὥσπερ ἐν Αἰγύπτῳ, οὐδὲ νομίζουσι
not they-are-swaddled as in Egypt nor do-they-think-it-right
διὰ τὴν ἱππασίην, ὅκως ἂν εὖεδροι ἔωσιν· ἔπειτα δὲ
because-of the horse-riding so-that — firm-in-the-seat they-may-be then and
διὰ τὴν ἕδρην· τά τε γὰρ ἄρσενα, ἕως ἂν οὐχ οἷά τε ἐφ'
because-of the sitting the both for males until — not able — on
ἵππου ὀχέεσθαι, τὸ πολὺ τοῦ χρόνου κάθηται ἐν τῇ ἁμάξῃ,
horse to-ride the most of-the time sits in the wagon
καὶ βραχὺ τῇ βαδίσει χρέονται, διὰ τὰς μεταναστάσιας
and little the walking use because-of the migrations
καὶ περιελάσιας· τὰ δὲ θήλεα θαυμαστὸν οἷον ῥοϊκὰ καὶ
and wanderings the and females wonderful how flabby and
βραδέα εἶναι τὰ εἴδεα. Πυῤῥὸν δὲ τὸ γένος ἐστὶ τὸ Σκυθικὸν
slow to-be the forms Red and the race is the Scythian
διὰ τὸ ψύχος, οὐκ ἐπιγιγνομένου ὀξέως τοῦ ἡλίου· ὑπὸ
because-of the cold not coming-on sharply of-the sun by
δὲ τοῦ ψύχεος ἡ λευκότης ἐπικαίεται καὶ γίγνεται πυῤῥή.
and the cold the whiteness is-burned and becomes red

The Scythians are not prolific, the men from a moist, cold belly and constant riding, the women from fat. Many of their men become impotent and live as women; the natives blame a god, but every disease is divine and natural alike, and this one comes from riding and from cutting the veins behind the ears, so it strikes the rich, who ride, not the poor. Europeans differ more among themselves than Asians because their seasons change more, and change and free laws breed courage. Where the land is rich, the people are fleshy and idle; where it is bare, they are hard and wakeful.

Πολύγονον δὲ οὐχ οἷόν τε εἶναι φύσιν τοιαύτην· οὔτε γὰρ 21
Prolific and not possible — to-be nature such neither for
τῷ ἀνδρὶ ἡ ἐπιθυμίη τῆς μίξιος γίγνεται πολλὴ διὰ
in-the man the desire of-the intercourse comes-about much because-of
τὴν ὑγρότητα τῆς φύσιος καὶ τῆς κοιλίης τὴν μαλθακότητά
the moistness of-the nature and of-the belly the softness
τε καὶ τὴν ψυχρότητα, ἀπὸ τῶν ἥκιστα εἰκὸς εἶναι ἄνδρα
both and the coldness from which least likely to-be a-man
οἷόν τε λαγνεύειν· καὶ ἔτι ὑπὸ τῶν ἵππων αἰεὶ κοπτόμενοι,
able — to-have-sex and further by the horses always jolted
ἀσθενέες γίγνονται ἐς τὴν μίξιν. Τοῖσι μὲν ἀνδράσιν αὗται
weak they-become for the intercourse For-the indeed men these
αἱ προφάσιες γίγνονται· τῇσι δὲ γυναιξὶν ἥ τε πιότης τῆς
the causes come-about for-the but women the both fatness of-the
σαρκὸς καὶ ὑγρότης· οὐ γὰρ δύνανται ἔτι ξυναρπάζειν
flesh and moistness not for can any-longer to-seize
αἱ μῆτραι τὸν γόνον· οὔτε γὰρ ἐπιμήνιος κάθαρσις αὐτέῃσι
the wombs the seed nor for monthly purgation to-them
γίγνεται ὡς χρεών ἐστιν, ἀλλ᾽ ὀλίγον καὶ διὰ χρόνου· τό
comes-about as needful is but little and at intervals the
τε στόμα τῶν μητρέων ὑπὸ πιμελῆς ξυγκλείεται, καὶ οὐχ
both mouth of-the wombs by fat is-closed and not

ὑποδέχεται τὸν γόνον· αὐταί τε ἀταλαίπωροι καὶ πίεραι,
receives the seed they both unexercised and fat
καὶ αἱ κοιλίαι ψυχραὶ καὶ μαλακαί. Καὶ ὑπὸ τουτέων τῶν
and the bellies cold and soft And by these the
ἀναγκέων οὐ πολύγονόν ἐστι τὸ γένος τὸ Σκυθικόν. Μέγα
necessities not prolific is the race the Scythian Great
δὲ τεκμήριον αἱ οἰκέτιδες ποιέουσιν· οὐ γὰρ φθάνουσι
and proof the slave-women provide not for they-have-time
παρὰ ἄνδρα ἀφικνεύμεναι, καὶ ἐν γαστρὶ ἴσχουσι διὰ
to a-man arriving and in belly they-conceive because-of
τὴν ταλαιπωρίην καὶ ἰσχνότητα τῆς σαρκός.
the toil and leanness of-the flesh

22 Ἔτι τε πρὸς τουτέοισιν εὐνουχίαι γίγνονται οἱ πλεῖστοι
Further both besides these eunuchs become the most
ἐν Σκύθῃσι, καὶ γυναικεῖα ἐργάζονται, καὶ ὡς αἱ γυναῖκες
among Scythians and women's-work they-do and like the women
διαλέγονται ὁμοίως· καλεῦνταί τε οἱ τοιοῦτοι ἀνανδριεῖς. Οἱ
they-talk likewise are-called and the such unmanly The
μὲν ἐπιχώριοι τὴν αἰτίην προστιθέασι θεῷ, καὶ σέβονται
indeed natives the cause attribute to-a-god and revere
τουτέους τοὺς ἀνθρώπους καὶ προσκυνέουσι, δεδοικότες
these the men and worship fearing
περὶ ἑωυτέων ἕκαστοι. Ἐμοὶ δὲ καὶ αὐτέῳ δοκέει ταῦτα
about themselves each To-me and also myself seem these
τὰ πάθεα θεῖα εἶναι καὶ τἄλλα πάντα, καὶ οὐδὲν ἕτερον
the afflictions divine to-be and the-others all and none one
ἑτέρου θειότερον οὐδὲ ἀνθρωπινώτερον, ἀλλὰ πάντα ὅμοια
than-another more-divine nor more-human but all alike
καὶ πάντα θεῖα· ἕκαστον δὲ ἔχει φύσιν τῶν τοιουτέων,
and all divine each and has nature of-the such
καὶ οὐδὲν ἄνευ φύσιος γίγνεται. Καὶ τοῦτο τὸ πάθος, ὥς
and nothing without nature comes-about And this the affliction as

μοι δοκέει γίγνεσθαι, φράσω· ὑπὸ τῆς ἱππασίης αὐτέους
to-me it-seems to-come-about I-will-tell by the horse-riding them
κέδματα λαμβάνει, ἅτε αἰεὶ κρεμαμένων ἀπὸ τῶν ἵππων
swellings seize as always hanging from the horses
τοῖσι ποσίν· ἔπειτα ἀποχωλοῦνται καὶ ἕλκονται τὰ ἰσχία
with-the feet then they-become-lame and are-ulcerated the hips
οἳ ἂν σφόδρα νοσήσωσιν. Ἰῶνται δὲ σφᾶς αὐτέους
those-who — severely fall-ill They-cure and them themselves
τρόπῳ τοιῷδε· ὁκόταν ἄρχηται ἡ νοῦσος, ὄπισθεν τοῦ
in-manner such when begins the disease behind the
ὠτὸς ἑκατέρην φλέβα τάμνουσιν· ὅταν δὲ ἀποῤῥυῇ τὸ αἷμα,
ear each vein they-cut when and has-flowed-off the blood
ὕπνος ὑπολαμβάνει ὑπὸ ἀσθενείης, καὶ καθεύδουσιν· ἔπειτα
sleep takes-over from weakness and they-sleep then
ἀνεγείρονται, οἱ μέν τινες ὑγιέες ἐόντες, οἱ δ' οὔ.
they-wake-up the-ones indeed some healthy being the-others but not
Ἐμοὶ μὲν οὖν δοκέει ἐν ταύτῃ τῇ ἰήσει διαφθείρεσθαι ὁ
To-me indeed then it-seems in this the cure to-be-destroyed the
γόνος· εἰσὶ γὰρ παρὰ τὰ ὦτα φλέβες, ἃς ἐάν τις
seed there-are for beside the ears veins which if anyone
ἐπιτάμῃ, ἄγονοι γίγνονται οἱ ἐπιτμηθέντες· ταύτας τοίνυν
cuts barren become those having-been-cut these therefore
μοι δοκέουσι τὰς φλέβας ἐπιτάμνειν. Οἱ δὲ μετὰ ταῦτα,
to-me they-seem the veins to-cut They and after these-things
ἐπειδὰν ἀφίκωνται παρὰ γυναῖκας, καὶ μὴ οἷοί τε ἔωσι
when they-come to women and not able — are
χρέεσθαι σφίσιν, τὸ πρῶτον οὐκ ἐνθυμεῦνται, ἀλλ' ἡσυχίην
to-use them the first not they-consider but quiet
ἔχουσιν· ὁκόταν δὲ δὶς καὶ τρὶς καὶ πλεονάκις αὐτέοισι
they-keep when but twice and thrice and more-often to-them
πειρωμένοισι μηδὲν ἀλλοιότερον ἀποβαίνῃ, νομίσαντές τι
trying nothing different results believing something

ἡμαρτηκέναι τῷ θεῷ· ὃν ἐπαιτιῶνται, ἐνδύονται στολὴν
to-have-sinned against-the god whom they-blame they-put-on dress
γυναικείην, καταγνόντες ἑωυτέων ἀνανδρείην· γυναικίζουσί
women's having-condemned of-themselves unmanliness they-play-the-woman
τε καὶ ἐργάζονται μετὰ τῶν γυναικῶν ἃ καὶ ἐκεῖναι.
both and they-work with the women what-things also those-women
Τοῦτο δὲ πάσχουσι Σκυθέων οἱ πλούσιοι, οὐχ οἱ κάκιστοι,
This and suffer of-Scythians the rich not the basest
ἀλλ' οἱ εὐγενέστατοι καὶ ἰσχὺν πλείστην κεκτημένοι, διὰ
but the noblest and strength most possessing because-of
τὴν ἱππασίην· οἱ δὲ πένητες ἧσσον· οὐ γὰρ ἱππάζονται.
the horse-riding the but poor less not for they-ride
Καίτοι ἐχρῆν, ἐπεὶ θειότερον τοῦτο τὸ νόσευμα τῶν
And-yet it-ought since more-divine this the disease than-the
λοιπῶν ἐστιν, οὐ τοῖσι γενναιοτάτοισι τῶν Σκυθέων καὶ
others is not to-the noblest of-the Scythians and
τοῖσι πλουσιωτάτοισι προσπίπτειν μούνοισι, ἀλλὰ τοῖσιν
to-the richest to-fall-upon alone but to-the
ἅπασιν ὁμοίως, καὶ μᾶλλον τοῖσιν ὀλίγα κεκτημένοισιν, οὐ
all alike and more to-those little possessing not
τιμωμένοισιν ἤδη, εἰ χαίρουσιν οἱ θεοὶ καὶ θαυμαζόμενοι
honoring already if rejoice the gods and being-admired
ὑπ' ἀνθρώπων, καὶ ἀντὶ τουτέων χάριτας ἀποδιδόασιν.
by men and in-return-for these favors repay
Εἰκὸς γὰρ τοὺς μὲν πλουσίους θύειν πολλὰ τοῖσι θεοῖσι,
Likely for the indeed rich to-sacrifice much to-the gods
καὶ ἀνατιθέναι ἀναθήματα, ἐόντων χρημάτων, καὶ τιμᾷν,
and to-dedicate offerings being money and to-honor
τοὺς δὲ πένητας ἧσσον, διὰ τὸ μὴ ἔχειν, ἔπειτα καὶ
the but poor less because-of the not to-have then also
ἐπιμεμφομένους ὅτι οὐ διδόασι χρήματα αὐτέοισιν· ὥστε
blaming that not they-give money to-them so-that

τῶν τοιουτέων ἁμαρτιῶν τὰς ζημίας τοὺς ὀλίγα κεκτημένους
of-the such sins the penalties the little possessing
φέρειν μᾶλλον ἢ τοὺς πλουσίους. Ἀλλὰ γὰρ, ὥσπερ καὶ
to-bear rather than the rich But for as also
πρότερον ἔλεξα, θεῖα μὲν καὶ ταῦτά ἐστιν ὁμοίως τοῖσιν
before I-said divine indeed also these-things are alike with-the
ἄλλοισιν· γίγνεται δὲ κατὰ φύσιν ἕκαστα· καὶ ἡ τοιαύτη
others it-comes-about but according-to nature each and the such
νοῦσος ἀπὸ τοιαύτης προφάσιος τοῖσι Σκύθῃσι γίγνεται
disease from such cause for-the Scythians comes-about
οἵην εἴρηκα. Ἔχει δὲ καὶ κατὰ τοὺς λοιποὺς ἀνθρώπους
as I-have-said It-is and also with the other men
ὁμοίως. Ὅκου γὰρ ἱππάζονται μάλιστα καὶ πυκνότατα,
alike Where for they-ride most and most-frequently
ἐκεῖ πλεῖστοι ὑπὸ κεδμάτων καὶ ἰσχιάδων καὶ ποδαγριῶν
there most by swellings and sciaticas and gouts
ἁλίσκονται, καὶ λαγνεύειν κάκιστοί εἰσιν. Ταῦτα δὲ τοῖσί
are-seized and to-have-sex worst they-are These-things and to-the
τε Σκύθῃσι πρόσεστι, καὶ εὐνουχοειδέστατοί εἰσιν ἀνθρώπων
both Scythians belong and most-eunuch-like are of-men
διὰ τὰς προειρημένας προφάσιας, καὶ ὅτι ἀναξυρίδας
because-of the aforesaid causes and because trousers
ἔχουσιν αἰεὶ, καὶ εἰσὶν ἐπὶ τῶν ἵππων τὸ πλεῖστον τοῦ
they-wear always and are on the horses the most of-the
χρόνου, ὥστε μήτε χειρὶ ἅπτεσθαι τοῦ αἰδοίου, ὑπό τε
time so-that neither with-hand to-touch the genitals by both
τοῦ ψύχεος καὶ τοῦ κόπου ἐπιλαθέσθαι τοῦ ἱμέρου καὶ τῆς
the cold and the fatigue to-forget the desire and the
μίξιος, καὶ μηδὲν παρακινέειν πρότερον ἢ ἀνανδρωθῆναι.
intercourse and nothing to-stir before than to-be-unmanned
Περὶ μὲν οὖν τῶν Σκυθέων οὕτως ἔχει τοῦ γένεος.
About indeed then the Scythians so it-is of-the race

23 Τὸ δὲ λοιπὸν γένος τὸ ἐν τῇ Εὐρώπῃ διάφορον αὐτὸ
The and remaining race the in the Europe different it
ἑωυτέῳ ἐστι, καὶ κατὰ τὸ μέγεθος καὶ κατὰ τὰς μορφὰς,
from-itself is both in the size and in the forms
διὰ τὰς μεταλλαγὰς τῶν ὡρέων, ὅτι μεγάλαι γίγνονται
because-of the changes of-the seasons because great they-become
καὶ πυκναὶ, καὶ θάλπεά τε ἰσχυρὰ καὶ χειμῶνες καρτεροὶ,
and frequent and heats both strong and winters harsh
καὶ ὄμβροι πολλοὶ, καὶ αὖθις αὐχμοὶ πολυχρόνιοι, καὶ
and rains many and again droughts long and
πνεύματα, ἐξ ὧν μεταβολαὶ πολλαὶ καὶ παντοδαπαί. Ἀπὸ
winds from which changes many and various From
τουτέων εἰκὸς αἰσθάνεσθαι καὶ τὴν γένεσιν ἐν τῇ ξυμπήξει
these likely to-feel also the generation in the compacting
τοῦ γόνου ἄλλην καὶ μὴ τῷ αὐτέῳ τὴν αὐτέην γίγνεσθαι,
of-the seed other and not in-the same the same to-come-about
ἔν τε τῷ θέρει καὶ τῷ χειμῶνι, μηδὲ ἐν ἐπομβρίῃ καὶ
in both the summer and the winter nor in rain and
αὐχμῷ· διότι τὰ εἴδεα διηλλάχθαι νομίζω τῶν Εὐρωπαίων
drought therefore the forms to-be-varied I-think of-the Europeans
μᾶλλον ἢ τῶν Ἀσιηνῶν· καὶ τὰ μεγέθεα διαφορώτατα
more than of-the Asiatics and the statures most-different
αὐτὰ ἑωυτοῖσιν εἶναι κατὰ πόλιν ἑκάστην· αἱ γὰρ φθοραὶ
they from-themselves to-be by city each the for corruptions
πλείονες ἐγγίγνονται τοῦ γόνου ἐν τῇ ξυμπήξει ἐν τῇσι
more occur of-the seed in the compacting in the
μεταλλαγῇσι τῶν ὡρέων πυκνῇσιν ἐούσῃσιν ἢ ἐν τῇσι
changes of-the seasons frequent being than in the
παραπλησίῃσι καὶ ὁμοίῃσιν. Περί τε τῶν ἠθέων ὁ αὐτὸς
nearly-alike and similar About both the characters the same
λόγος· τό τε ἄγριον καὶ τὸ ἄμικτον καὶ τὸ θυμοειδὲς
argument the both wild and the unsociable and the spirited

ἐν τῇ τοιαύτῃ φύσει ἐγγίγνεται· αἱ γὰρ ἐκπλήξιες πυκναὶ
in the such nature occurs the for shocks frequent
γιγνόμεναι τῆς γνώμης τὴν ἀγριότητα ἐντιθέασιν· τὸ δὲ
coming-about of-the mind the wildness put-in the but
ἥμερόν τε καὶ ἤπιον ἀμαυροῦσιν· διότι εὐψυχοτέρους νομίζω
tame both and gentle they-dim therefore braver I-think
τοὺς τὴν Εὐρώπην οἰκέοντας εἶναι ἢ τοὺς τὴν Ἀσίην· ἐν
those the Europe inhabiting to-be than those the Asia in
μὲν γὰρ τῷ αἰεὶ παραπλησίῳ αἱ ῥᾳθυμίαι ἔνεισιν, ἐν δὲ
indeed for the always nearly-alike the slacknesses are-in in but
τῷ μεταβαλλομένῳ αἱ ταλαιπωρίαι τῷ σώματι καὶ τῇ
the changing the hardships for-the body and the
ψυχῇ· καὶ ἀπὸ μὲν ἡσυχίης καὶ ῥᾳθυμίης ἡ δειλίη αὔξεται,
soul and from indeed quiet and slackness the cowardice grows
ἀπὸ δὲ τῆς ταλαιπωρίης καὶ τῶν πόνων αἱ ἀνδρεῖαι.
from but the hardship and the toils the courage
Διὰ τοῦτό εἰσι μαχιμώτεροι οἱ τὴν Εὐρώπην οἰκέοντες,
Because-of this are more-warlike those the Europe inhabiting
καὶ διὰ τοὺς νόμους, ὅτι οὐ βασιλεύονται ὥσπερ οἱ
and because-of the laws because not they-are-ruled-by-kings as the
Ἀσιηνοί· ὅκου γὰρ βασιλεύονται, ἐκεῖ ἀνάγκη δειλοτάτους
Asiatics where for they-are-ruled-by-kings there necessity most-cowardly
εἶναι· εἴρηται δέ μοι καὶ πρότερον. Αἱ γὰρ ψυχαὶ
to-be it-has-been-said and by-me also before The for souls
δεδούλωνται καὶ, οὐ βούλονται παρακινδυνεύειν ἑκόντες εἰκῆ
have-been-enslaved and not wish to-run-risks willingly rashly
ὑπὲρ ἀλλοτρίης δυνάμιος. Ὅσοι δὲ αὐτόνομοι, ὑπὲρ
on-behalf-of another's power As-many-as but independent on-behalf-of
ἑωυτέων γὰρ τοὺς κινδύνους αἱρεῦνται καὶ οὐκ ἄλλων,
themselves for the dangers choose and not of-others
προθυμεῦνται ἑκόντες καὶ ἐς τὸ δεινὸν ἔρχονται· τὰ γὰρ
they-are-eager willingly and into the danger they-go the for

ἀριστεῖα τῆς νίκης αὐτοὶ φέρονται· οὕτως οἱ νόμοι οὐχ
prizes of-the victory they-themselves carry-off so the laws not
ἥκιστα τὴν εὐψυχίην ἐργάζονται. Τὸ μὲν οὖν ὅλον καὶ τὸ
least the courage produce The indeed then whole and the
ἅπαν οὕτως ἔχει περί τε τῆς Εὐρώπης καὶ τῆς Ἀσίης.
all so it-is about both the Europe and the Asia
24 Ἔνεισι δὲ καὶ ἐν τῇ Εὐρώπῃ φῦλα διάφορα ἕτερα ἑτέροισι
There-are and also in the Europe tribes different other from-others
καὶ τὰ μεγέθεα καὶ τὰς μορφὰς καὶ τὰς ἀνδρείας· τὰ
both the statures and the forms and the courage the
δὲ διαλλάσσοντα ταῦτά ἐστιν, ἃ καὶ ἐπὶ τῶν πρότερον
and distinguishing these are which also in the former-cases
εἴρηται· ἔτι δὲ σαφέστερον φράσω. Ὁκόσοι μὲν χώρην
have-been-said further but more-clearly I-will-tell As-many-as indeed land
ὀρεινήν τε οἰκέουσι καὶ τρηχείην καὶ ὑψηλὴν καὶ ἔνυδρον,
mountainous both inhabit and rough and high and watered
καὶ αἱ μεταβολαὶ αὐτέοισι γίγνονται τῶν ὡρέων μέγα
and the changes for-them come-about of-the seasons greatly
διάφοροι, ἐνταῦθα εἰκὸς εἴδεα μεγάλα εἶναι, καὶ πρὸς τὸ
different there likely forms large to-be and for the
ταλαίπωρον καὶ τὸ ἀνδρεῖον εὖ πεφυκότα· καὶ τό τε ἄγριον
endurance and the courage well formed and the both wild
καὶ τὸ θηριῶδες αἱ τοιαῦται φύσιες οὐχ ἥκιστα ἔχουσιν·
and the brutish the such natures not least have
ὁκόσοι δὲ κοῖλα χωρία καὶ λειμακώδεα καὶ πνιγηρὰ, καὶ
as-many-as but hollow places and meadowy and stifling and
τῶν θερμῶν πνευμάτων πλέον μέρος μετέχουσιν ἢ τῶν
of-the hot winds more part share than of-the
ψυχρῶν, ὕδασί τε χρέονται θερμοῖσιν, οὗτοι μεγάλοι μὲν
cold waters both use hot these large indeed
οὐκ ἂν εἴησαν οὐδὲ κανονίαι· ἐς εὖρος δὲ πεφυκότες καὶ
not — would-be nor straight-built to breadth but formed and

σαρκώδεες καὶ μελανότριχες· καὶ αὐτοὶ μέλανες μᾶλλον
fleshy and black-haired and themselves dark rather
ἢ λευκότεροι, φλεγματίαι τε ἧσσον ἢ χολώδεες· τὸ δὲ
than fairer phlegmatic and less than bilious the and
ἀνδρεῖον καὶ τὸ ταλαίπωρον ἐν τῇ ψυχῇ, φύσει μὲν οὐκ
courage and the endurance in the soul by-nature indeed not
ἂν ὁμοίως ἐνείη, νόμος δὲ προσγενόμενος ἀπεργάσοιτ' ἄν.
— alike would-be-in custom but added would-produce-it —
Καὶ εἰ μὲν ποταμοὶ ἐνείησαν ἐν τῇ χώρῃ, οἵτινες ἐκ
And if indeed rivers should-be-in in the land which from
τῆς χώρης ἐξοχετεύουσι τό τε στάσιμον καὶ τὸ ὄμβριον,
the land drain-off the both stagnant and the rain-water
οὗτοι ἄν ὑγιηροί τε εἴησαν καὶ λαμπροί· εἰ μέντοι
these — healthy both would-be and bright if however
ποταμοὶ μὲν μὴ εἴησαν, τὰ δὲ ὕδατα κρηναῖά τε καὶ
rivers indeed not should-be the but waters spring-fed both and
στάσιμα πίνοιεν καὶ ἑλώδεα, ἀνάγκη τὰ τοιαῦτα εἴδεα
stagnant they-should-drink and marshy necessity the such forms
προγαστρότερα εἶναι καὶ σπληνώδεα. Ὁκόσοι δὲ ὑψηλὴν
rather-big-bellied to-be and splenetic As-many-as but high
οἰκέουσι χώρην καὶ λείην καὶ ἀνεμώδεα καὶ ἔνυδρον, εἶεν
inhabit land and smooth and windy and watered would-be
ἂν εἴδεα μεγάλοι καὶ ἑωυτέοισι παραπλήσιοι· ἀνανδρότεραι
— forms large and to-themselves similar more-unmanly
δὲ καὶ ἡμερώτεραι τουτέων αἱ γνῶμαι· ὁκόσοι δὲ λεπτά
but and tamer of-these the minds as-many-as but thin
τε καὶ ἄνυδρα καὶ ψιλά, τῇσι δὲ μεταβολῇσι τῶν ὡρέων
both and waterless and bare with-the and changes of-the seasons
οὐκ εὔκρητα, ἐν ταύτῃ τῇ χώρῃ τὰ εἴδεα εἰκὸς σκληρά
not well-blended in this the land the forms likely hard
τε εἶναι καὶ ἔντονα, καὶ ξανθότερα ἢ μελάντερα, καὶ
both to-be and sinewy and blonder than darker and

τὰ ἤθεα καὶ τὰς ὀργὰς αὐθάδεάς τε καὶ ἰδιογνώμονας.
the characters and the tempers self-willed both and opinionated
Ὅκου γὰρ μεταβολαί εἰσι πυκνόταται τῶν ὡρέων καὶ
Where for changes are most-frequent of-the seasons and
πλεῖστον διάφοροι αὐταὶ ἑωυτέῃσιν, ἐκεῖ καὶ τὰ εἴδεα καὶ
most different they from-themselves there also the forms and
τὰ ἤθεα καὶ τὰς φύσιας εὑρήσεις πλεῖστον διαφερούσας.
the characters and the natures you-will-find most differing
Μέγισται μὲν οὖν εἰσιν αὗται τῆς φύσιος αἱ διαλλαγαί·
Greatest indeed then are these of-the nature the differences
ἔπειτα δὲ καὶ ἡ χώρη ἐν ᾗ ἄν τις τρέφηται, καὶ
then and also the land in which — anyone is-reared and
τὰ ὕδατα· εὑρήσεις γὰρ ἐπὶ τὸ πλῆθος τῆς χώρης τῇ
the waters you-will-find for for the most-part of-the land to-the
φύσει ἀκολουθέοντα καὶ τὰ εἴδεα τῶν ἀνθρώπων καὶ τοὺς
nature following both the forms of-the men and the
τρόπους. Ὅκου μὲν γὰρ ἡ γῆ πίειρα καὶ μαλθακὴ καὶ
ways Where indeed for the earth rich and soft and
ἔνυδρος, καὶ τὰ ὕδατα κάρτα μετέωρα ἔχουσα, ὥστε θερμὰ
watered and the waters very near-the-surface having so-that hot
εἶναι τοῦ θέρεος, καὶ τοῦ χειμῶνος ψυχρὰ, καὶ τῶν ὡρέων
to-be in-the summer and in-the winter cold and to-the seasons
καλῶς κέεται, ἐνταῦθα καὶ οἱ ἄνθρωποι σαρκώδεές εἰσι καὶ
well it-lies there also the men fleshy are and
ἄναρθροι καὶ ὑγροὶ, καὶ ἀταλαίπωροι, καὶ τὴν ψυχὴν κακοὶ
jointless and moist and unenduring and the soul bad
ὡς ἐπὶ τὸ πουλύ· τό τε ῥᾴθυμον καὶ τὸ ὑπνηρόν ἐστιν
as for the most the both slackness and the sleepiness is
ἐν αὐτέοισιν ἰδεῖν· ἔς τε τὰς τέχνας παχέες καὶ οὐ λεπτοὶ
in them to-see in both the arts thick and not subtle
οὐδ' ὀξέες. Ὅκου δ' ἐστὶν ἡ χώρη ψιλή τε καὶ ἀνώχυρος
nor sharp Where but is the land bare both and unsheltered

καὶ τρηχείη, καὶ ὑπὸ τοῦ χειμῶνος πιεζομένη, καὶ ὑπὸ τοῦ
and rough and by the winter oppressed and by the
ἡλίου κεκαυμένη, ἐνταῦθα δὲ σκληρούς τε καὶ ἰσχνοὺς καὶ
sun burnt there but hard both and lean and
διηρθρωμένους καὶ ἐντόνους καὶ δασέας ἂν ἴδοις· τό τε
well-jointed and sinewy and hairy — you-would-see the both
ἐργατικὸν ὀξὺ ἐνεὸν ἐν τῇ φύσει τῇ τοιαύτῃ καὶ τὸ ἄγρυπνον,
industrious sharp being-in in the nature the such and the wakeful
τά τε ἤθεα καὶ τὰς ὀργὰς αὐθάδεας καὶ ἰδιογνώμονας,
the both characters and the tempers self-willed and opinionated
τοῦ τε ἀγρίου μᾶλλον μετέχοντας ἢ τοῦ ἡμέρου, ἔς τε
of-the both wild more sharing than of-the tame in both
τὰς τέχνας ὀξυτέρους τε καὶ ξυνετωτέρους καὶ τὰ πολέμια
the arts sharper both and more-intelligent and the warlike-things
ἀμείνους εὑρήσεις· καὶ τἆλλα τὰ ἐν τῇ γῇ φυόμενα
better you-will-find and the-other-things the in the earth growing
πάντα ἀκόλουθα ἐόντα τῇ γῇ. Αἱ μὲν ἐναντιώταται φύσιές
all following being the earth The indeed most-opposite natures
τε καὶ ἰδέαι ἔχουσιν οὕτως· ἀπὸ δὲ τουτέων τεκμαιρόμενος
both and forms have so from but these inferring
τὰ λοιπὰ ἐνθυμέεσθαι, καὶ οὐχ ἁμαρτήσῃ.
the remaining-things consider and not you-will-err

HIPPOCRATES

ΠΕΡΙ ΙΕΡΗΣ ΝΟΥΣΟΥ

On the Sacred Disease

ΠΕΡΙ ΙΕΡΗΣ ΝΟΥΣΟΥ

I · NOT MORE DIVINE THAN OTHER DISEASES

The so-called sacred disease is no more divine than any other; it has a nature and a cause. Those who first called it sacred were charlatans who hid their ignorance behind purifications, charms, and taboos, and blamed a god for each kind of fit; but whoever can remove it by rites could also impose it, so the cause is human. It is hereditary and curable, attacks the phlegmatic, and begins in the brain, which veins from the liver and the spleen supply with air, when the brain is not purged of phlegm in the womb.

Περὶ μὲν τῆς ἱερῆς νούσου καλεομένης ὧδ' ἔχει· οὐδέν 1
About indeed the sacred disease so-called thus it-is in-nothing
τί μοι δοκέει τῶν ἄλλων θειοτέρη εἶναι νούσων οὐδὲ
— to-me it-seems than-the other more-divine to-be diseases nor
ἱερωτέρη, ἀλλὰ φύσιν μὲν ἔχει ἣν καὶ τὰ λοιπὰ
more-sacred but nature indeed has which also the other
νουσήματα, ὅθεν γίνεται. Φύσιν δὲ αὐτῇ καὶ πρόφασιν
diseases whence it-comes-about Nature and for-it and cause
οἱ ἄνθρωποι ἐνόμισαν θεῖόν τι πρῆγμα εἶναι ὑπὸ
the men thought divine some thing to-be through
ἀπειρίης καὶ θαυμασιότητος, ὅτι οὐδὲν ἔοικεν ἑτέρῃσι
inexperience and wonder because in-nothing it-resembles other
νούσοισιν· καὶ κατὰ μὲν τὴν ἀπορίην αὐτοῖσι τοῦ
diseases and according-to indeed the perplexity for-them of-the
μὴ γινώσκειν τὸ θεῖον αὐτῇ διασώζεται, κατὰ δὲ τὴν
not to-know the divine for-it is-preserved according-to but the
εὐπορίην τοῦ τρόπου τῆς ἰήσιος ᾧ ἰῶνται, ἀπόλλυται,
ease of-the manner of-the cure by-which they-cure it-is-destroyed
ὅτι καθαρμοῖσί τε ἰῶνται καὶ ἐπαοιδῇσιν. Εἰ δὲ διὰ
because by-purifications both they-cure and by-incantations If and because-of
τὸ θαυμάσιον θεῖον νομιεῖται, πολλὰ τὰ ἱερὰ νουσήματα
the wonderful divine it-shall-be-thought many the sacred diseases

ἔσται καὶ οὐχὶ ἓν, ὡς ἐγὼ ἀποδείξω ἕτερα οὐδὲν ἧσσον
will-be and not one as I will-show others nothing less
ἐόντα θαυμάσια οὐδὲ τερατώδεα, ἃ οὐδεὶς νομίζει ἱερὰ
being wonderful nor portentous which no-one thinks sacred
εἶναι. Τοῦτο μὲν γὰρ οἱ πυρετοὶ οἱ ἀμφημερινοὶ καὶ οἱ
to-be This indeed for the fevers the quotidian and the
τριταῖοι καὶ οἱ τεταρταῖοι οὐδὲν ἧσσόν μοι δοκέουσιν ἱεροὶ
tertian and the quartan nothing less to-me seem sacred
εἶναι καὶ ὑπὸ θεοῦ γίνεσθαι ταύτης τῆς νούσου, ὧν
to-be and by god to-come-about than-this the disease of-which
οὐ θαυμασίως γ' ἔχουσιν· τοῦτο δὲ ὁρέω μαινομένους
not in-wonder at-least they-have this and I-see raving
ἀνθρώπους καὶ παραφρονέοντας ἀπὸ μηδεμιῆς προφάσιος
men and deranged from no cause
ἐμφανέος, καὶ πολλά τε καὶ ἄκαιρα ποιέοντας, ἔν τε
manifest and many-things both and untimely doing in both
τῷ ὕπνῳ οἶδα πολλοὺς οἰμώζοντας καὶ βοῶντας, τοὺς δὲ
the sleep I-know many groaning and shouting some and
πνιγομένους, τοὺς δὲ καὶ ἀναΐσσοντάς τε καὶ φεύγοντας
choking others and also leaping-up both and fleeing
ἔξω καὶ παραφρονέοντας μέχρις ἂν ἐπέγρωνται, ἔπειτα δὲ
outside and deranged until — they-wake then and
ὑγιέας ἐόντας καὶ φρονέοντας ὥσπερ καὶ πρότερον, ἐόντας
healthy being and sane as also before being
τ' αὐτέους ὠχρούς τε καὶ ἀσθενέας, καὶ ταῦτα οὐχ
and themselves pale both and weak and these-things not
ἅπαξ, ἀλλὰ πολλάκις, ἄλλα τε πολλά ἐστι καὶ παντοδαπὰ
once but often others both many are and of-all-kinds
ὧν περὶ ἑκάστου λέγειν πουλὺς ἂν εἴη λόγος.
of-which about each to-speak much — would-be argument

Ἐμοὶ δὲ δοκέουσιν οἱ πρῶτοι τοῦτο τὸ νόσημα
To-me and seem those first this the disease
ἀφιερώσαντες τοιοῦτοι εἶναι ἄνθρωποι οἷοι καὶ νῦν εἰσι
having-sanctified such to-be men as also now are
μάγοι τε καὶ καθάρται καὶ ἀγύρται καὶ ἀλαζόνες, ὁκόσοι
magi both and purifiers and beggar-priests and charlatans as-many-as
δὴ προσποιέονται σφόδρα θεοσεβέες εἶναι καὶ πλέον τι
indeed pretend very pious to-be and more something
εἰδέναι. Οὗτοι τοίνυν παραμπεχόμενοι καὶ προβαλλόμενοι τὸ
to-know These therefore cloaking and putting-forward the
θεῖον τῆς ἀμηχανίης τοῦ μὴ ἴσχειν ὅ τι προσενέγκαντες
divine of-the helplessness of-the not to-have what — offering
ὠφελήσουσιν, ὡς μὴ κατάδηλοι ἔωσιν οὐδὲν ἐπιστάμενοι,
they-will-benefit so-that not manifest they-may-be nothing knowing
ἱερὸν ἐνόμισαν τοῦτο τὸ πάθος εἶναι, καὶ λόγους ἐπιλέξαντες
sacred considered this the affliction to-be and words having-chosen
ἐπιτηδείους τὴν ἴησιν κατεστήσαντο ἐς τὸ ἀσφαλὲς σφίσιν
suitable the cure established into the safe for-them
αὐτοῖσι, καθαρμοὺς προσφέροντες καὶ ἐπαοιδὰς, λουτρῶν
themselves purifications applying and incantations from-baths
τε ἀπέχεσθαι κελεύοντες καὶ ἐδεσμάτων πολλῶν καὶ
both to-abstain ordering and from-foods many and
ἀνεπιτηδείων ἀνθρώποισι νοσέουσιν ἐσθίειν, θαλασσίων μὲν
unsuitable for-men being-sick to-eat of-sea-ones indeed
τρίγλης, μελανούρου, κεστρέος, ἐγχέλυος (οὗτοι γὰρ οἱ
red-mullet black-tail gray-mullet eel these for the
ἰχθύες εἰσὶν ἐπικαιρότατοι), κρεῶν δὲ αἰγείου καὶ ἐλάφων
fish are most-dangerous of-meats and goat's and deer's
καὶ χοιρίων καὶ κυνὸς (ταῦτα γὰρ κρεῶν ταρακτικώτατά
and pork's and dog's these for of-meats most-disturbing
ἐστι τῆς κοιλίης), ὀρνίθων δὲ ἀλεκτρυόνος καὶ τρυγόνος
are of-the belly of-birds and cock's and turtle-dove's

καὶ ὠτίδος, ἔτι δὲ ὅσα νομίζεται ἰσχυρότατα εἶναι,
and bustard's further and as-many-as are-thought strongest to-be
λαχάνων δὲ μίνθης, σκορόδου καὶ κρομύου (δριμὺ γὰρ
of-vegetables and mint garlic and onion acrid for
ἀσθενέοντι οὐδὲν ξυμφέρει), ἱμάτιον δὲ μέλαν μὴ ἔχειν
for-one-weak nothing benefits a-cloak and black not to-wear
(θανατῶδες γὰρ τὸ μέλαν), μηδὲ ἐν αἰγείῳ κατακέεσθαι
deadly for the black nor on goat's to-lie-down
δέρματι μηδὲ φορέειν, μηδὲ πόδα ἐπὶ ποδὶ ἔχειν, μηδὲ
skin nor to-wear-it nor foot on foot to-have nor
χεῖρα ἐπὶ χειρὶ (ταῦτα γὰρ πάντα κωλύματα εἶναι).
hand on hand these-things for all bindrances to-be
Ταῦτα δὲ πάντα τοῦ θείου εἵνεκεν προστιθέασιν, ὡς
These-things and all for-the divine sake they-add as
πλέον τι εἰδότες καὶ ἄλλας προφάσιας λέγοντες,
more something knowing and other causes saying
ὅκως, εἰ μὲν ὑγιὴς γένοιτο, αὐτῶν ἡ δόξα εἴη
so-that if indeed healthy he-should-become their the reputation might-be
καὶ ἡ δεξιότης, εἰ δὲ ἀποθάνοι, ἐν ἀσφαλεῖ καθισταῖντο
and the cleverness if but he-should-die in safety might-be-established
αὐτῶν αἱ ἀπολογίαι καὶ ἔχοιεν πρόφασιν ὡς οὐκ
their the defenses and they-might-have excuse that not
αἴτιοί εἰσιν αὐτοὶ, ἀλλ' οἱ θεοί· οὔτε γὰρ φαγέειν οὔτε
responsible are they but the gods neither for to-eat nor
πιέειν ἔδοσαν φάρμακον οὐδὲν, οὔτε λουτροῖσι καθήψησαν,
to-drink they-gave drug any nor with-baths they-steeped
ὥστε δοκέειν αἴτιον εἶναι. Ἐγὼ δὲ δοκέω Λιβύων τῶν
so-as to-seem responsible to-be I and think of-Libyans of-those
τὴν μεσόγειον οἰκεόντων οὐδένα ὑγιαίνειν, ὅτι ἐν αἰγείοισι
the interior inhabiting none to-be-healthy since in goat
δέρμασι κατακέονται καὶ κρέασιν αἰγείοισι χρῶνται, ἐπεὶ
skins they-lie and with-meats goat they-use since

οὐκ ἔχουσιν οὔτε στρῶμα οὔτε ἱμάτιον οὔτε ὑπόδημα ὅ
not they-have either bedding or cloak or shoe what
τι μὴ αἴγειόν ἐστιν· οὐ γάρ ἐστιν αὐτοῖς ἄλλο προβάτιον
— not goat's is not for there-is to-them other small-cattle
οὐδὲν ἢ αἶγες καὶ βόες. Εἰ δὲ ταῦτα προσφερόμενα καὶ
none than goats and oxen If and these-things given and
ἐσθιόμενα τὴν νοῦσον τίκτει τε καὶ αὔξει καὶ μὴ ἐσθιόμενα
eaten the disease beget both and increase and not eaten
ἰῆται, οὐκ ἔστιν ἄρα ὁ θεὸς αἴτιος οὐδενὸς, οὐδὲ οἱ
cure not is then the god cause of-anything nor the
καθαρμοὶ ὠφελέουσιν, ἀλλὰ τὰ ἐδέσματα τὰ ἰώμενά ἐστι
purifications benefit but the foods the-things curing are
καὶ τὰ βλάπτοντα, τοῦ δὲ θείου ἀφανίζεται ἡ δύναμις.
and the-things harming of-the and divine vanishes the power
Οὕτως οὖν ἔμοιγε δοκέουσιν οἵτινες τούτῳ τῷ τρόπῳ
So then to-me-at-least they-seem whoever in-this the manner
ἐγχειρέουσιν ἰῆσθαι ταῦτα τὰ νοσήματα, οὔτε ἱερὰ νομίζειν
undertake to-cure these the diseases neither sacred to-think
εἶναι οὔτε θεῖα· ὅκου γὰρ ὑπὸ καθαρμῶν τοιούτων
to-be nor divine where for by purifications such
μετάστατα γίνεται καὶ ὑπὸ θεραπείης τοιῆσδε, τί κωλύει
removable they-become and by treatment such what prevents
καὶ ὑφ' ἑτέρων τεχνημάτων ὁμοίων τούτοισιν ἐπιγίνεσθαι
also by other contrivances like to-these to-come-upon
τοῖσιν ἀνθρώποισι, καὶ προσπίπτειν; ὥστε μηκέτι τὸ θεῖον
the men and to-fall-upon so-that no-longer the divine
αἴτιον εἶναι, ἀλλά τι ἀνθρώπινον. Ὅστις γὰρ οἷός
cause to-be but something human Whoever for able
τε περικαθαίρων ἐστὶ καὶ μαγεύων ἀπάγειν τοιοῦτον
— purifying is and practicing-magic to-take-away such
πάθος, οὗτος κἂν ἐπάγοι ἕτερα τεχνησάμενος, καὶ ἐν
affliction this-one also-could bring-on others having-contrived and in

τούτῳ τῷ λόγῳ τὸ θεῖον ἀπόλλυται. Τοιαῦτα λέγοντες
this the argument the divine perishes Such-things saying
καὶ μηχανεύμενοι προσποιέονται πλέον τι εἰδέναι, καὶ
and contriving they-pretend more something to-know and
ἀνθρώπους ἐξαπατέουσι προστιθέμενοι τούτοισιν ἁγνείας τε
men deceive applying to-these purities both
καὶ καθαρότητας, ὅ τε πουλὺς αὐτοῖσι τοῦ λόγου ἐς τὸ θεῖον
and cleansings the both much for-them of-the talk to the divine
ἀφήκει καὶ τὸ δαιμόνιον. Καίτοι ἔμοιγε οὐ περὶ εὐσεβείης
comes-down and the daemonic And-yet to-me-at-least not about piety
δοκέουσι τοὺς λόγους ποιέεσθαι, ὡς οἴονται, ἀλλὰ περὶ
they-seem the words to-make as they-think but about
δυσσεβείης μᾶλλον, καὶ ὡς οἱ θεοὶ οὐκ εἰσὶ, τό τε εὐσεβὲς
impiety rather and that the gods not are the both pious
καὶ θεῖον αὐτῶν ἀσεβὲς καὶ ἀνόσιόν ἐστιν, ὡς ἐγὼ διδάξω.
and divine of-them impious and unholy is as I will-teach
Εἰ γὰρ σελήνην τε καθαιρέειν καὶ ἥλιον ἀφανίζειν καὶ
If for moon both to-draw-down and sun to-make-disappear and
χειμῶνά τε καὶ εὐδίην ποιέειν καὶ ὄμβρους καὶ αὐχμοὺς
storm both and fair-weather to-make and rains and droughts
καὶ θάλασσαν ἄφορον καὶ γῆν καὶ τἆλλα τὰ τοιουτότροπα
and sea barren and earth and the-other the such-like
πάντα ὑποδέχονται ἐπίστασθαι, εἴτε καὶ ἐκ τελετέων
all-things they-undertake to-know whether also from rites
εἴτε καὶ ἐξ ἄλλης τινὸς γνώμης ἢ μελέτης φασὶν
or also from other some knowledge or practice they-say
ταῦτα οἷόν τ᾽ εἶναι γενέσθαι οἱ ταῦτ᾽ ἐπιτηδεύοντες,
these-things possible — to-be to-come-about those these-things practicing
δυσσεβέειν ἔμοιγε δοκέουσι καὶ θεοὺς οὔτε εἶναι νομίζειν
to-be-impious to-me-at-least seem and gods neither to-exist to-believe
οὔτ᾽ ἐόντας ἰσχύειν οὐδὲν οὔτε εἴργεσθαι ἂν οὐδενὸς
nor existing to-have-power anything nor to-be-restrained — from-anything

τῶν ἐσχάτων, ὧν ποιέοντες πῶς οὐ δεινοὶ αὐτοῖσίν
of-the extremes which doing how not terrible to-them
εἰσιν; εἰ γὰρ ἄνθρωπος μαγεύων τε καὶ θύων σελήνην
are if for a-man practicing-magic both and sacrificing moon
τε καθαιρήσει καὶ ἥλιον ἀφανιεῖ καὶ χειμῶνα καὶ
both will-draw-down and sun will-make-disappear and storm and
εὐδίην ποιήσει, οὐκ ἂν ἔγωγέ τι θεῖον νομίσαιμι
fair-weather will-make not — I anything divine would-think
τούτων εἶναι, ἀλλ᾽ ἀνθρώπινον, εἰ δὴ τοῦ θείου ἡ
of-these to-be but human if indeed of-the divine the
δύναμις ὑπὸ ἀνθρώπου γνώμης κρατέεται καὶ δεδούλωται.
power by human judgment is-mastered and has-been-enslaved
Ἴσως δὲ οὐχ οὕτως ἔχει ταῦτα, ἀλλ᾽ ἄνθρωποι βίου
Perhaps but not so are these-things but men of-livelihood
δεόμενοι πολλὰ καὶ παντοῖα τεχνέονται καὶ ποικίλλουσιν
needing many and of-all-kinds contrive and embellish
ἔς τε τἄλλα πάντα καὶ ἐς τὴν νοῦσον ταύτην, ἑκάστῳ
in both the-other-things all and in the disease this to-each
εἴδει τοῦ πάθεος θεῷ τὴν αἰτίην προστιθέντες.
form of-the affliction to-a-god the cause attributing
Οὐ γὰρ καθάπαξ, ἀλλὰ πλεονάκις ταῦτα μέμνηνται· κἢν
Not for once-for-all but more-often these-things they-recall and-if
μὲν γὰρ αἶγα μιμῶνται, κἢν βρύχωνται, κἢν τὰ δεξιὰ
indeed for a-goat they-imitate and-if they-roar and-if the right-side
σπῶνται, μητέρα θεῶν φασὶν αἰτίην εἶναι. Ἢν δὲ ὀξύτερον
they-convulse mother of-gods they-say cause to-be If and more-shrilly
καὶ εὐτονώτερον φθέγγηται, ἵππῳ εἰκάζουσι, καὶ φασὶ
and more-loudly he-cries to-a-horse they-liken and say
Ποσειδῶνα αἴτιον εἶναι. Ἢν δὲ καὶ τῆς κόπρου τι παρέῃ,
Poseidon cause to-be If and also of-the excrement some passes
ὃ πολλάκις γίνεται ὑπὸ τῆς νούσου βιαζομένοισιν,
which often comes-about by the disease to-those-forced

Ἐνοδίου πρόσκειται ἡ προσωνυμίη· ἢν δὲ λεπτότερον καὶ
Enodia's is-attached the name if and thinner and
πυκνότερον, οἷον ὄρνιθες, Ἀπόλλων νόμιος. Ἢν δὲ ἀφρὸν
more-frequent like birds Apollo Nomios If and foam
ἐκ τοῦ στόματος ἀφίῃ καὶ τοῖσι ποσὶ λακτίζῃ, Ἄρης
from the mouth he-lets-out and with-the feet kicks Ares
τὴν αἰτίην ἔχει. Ὁκόσα δὲ δείματα νυκτὸς παρίσταται καὶ
the blame has As-many-as and terrors by-night attend and
φόβοι καὶ παράνοιαι καὶ ἀναπηδήσιες ἐκ τῆς κλίνης καὶ
fears and derangements and leapings from the bed and
φόβητρα καὶ φεύξιες ἔξω, Ἑκάτης φασὶν εἶναι ἐπιβολὰς καὶ
frights and flights outside of-Hecate they-say to-be assaults and
ἡρώων ἐφόδους. Καθαρμοῖσί τε χρέονται καὶ ἐπαοιδῇσι, καὶ
of-heroes attacks Purifications both they-use and incantations and
ἀνοσιώτατόν γε καὶ ἀθεώτατον ποιέουσιν, ὡς ἔμοιγε
most-unholy at-least and most-godless they-do as to-me-at-least
δοκέει, τὸ θεῖον· καθαίρουσι γὰρ τοὺς ἐχομένους τῇ νούσῳ
seems the divine they-purify for those held by-the disease
αἵματί τε καὶ ἄλλοισι τοιούτοισιν ὥσπερ μίασμά τι
with-blood both and other such-things as-if pollution some
ἔχοντας, ἢ ἀλάστορας, ἢ πεφαρμαγμένους ὑπὸ ἀνθρώπων,
having or avenging-spirits or bewitched by men
ἤ τι ἔργον ἀνόσιον εἰργασμένους, οὓς ἐχρῆν τἀναντία
or some deed unholy having-done whom they-ought the-opposite
τούτοισι ποιέειν, θύειν τε καὶ εὔχεσθαι καὶ ἐς τὰ ἱερὰ
to-these to-do to-sacrifice both and to-pray and to the temples
φέροντας ἱκετεύειν τοὺς θεούς· νῦν δὲ τούτων μὲν ποιέουσιν
bringing to-supplicate the gods now but of-these indeed they-do
οὐδὲν, καθαίρουσι δέ. Καὶ τὰ μὲν τῶν καθαρμῶν
nothing they-purify but And the-things indeed of-the purifications
γῇ κρύπτουσι, τὰ δὲ ἐς θάλασσαν ἐμβάλλουσι
in-earth they-hide the-others and into sea they-throw

τὰ δὲ ἐς τὰ οὔρεα ἀποφέρουσιν, ὅπη μηδεὶς ἅψεται
the-others and into the mountains carry-off where no-one will-touch
μηδὲ ἐπιβήσεται· τὰ δ' ἐχρῆν ἐς τὰ ἱερὰ φέροντας τῷ
nor will-tread-on them but they-ought to the temples bringing to-the
θεῷ ἀποδοῦναι, εἰ δὴ θεός γέ ἐστιν αἴτιος.
god to-give-back if indeed god at-least is cause
Οὐ μέντοι ἔγωγε ἀξιῶ ὑπὸ θεοῦ ἀνθρώπου σῶμα μιαίνεσθαι,
Not however I think by god of-man body to-be-polluted
τὸ ἐπικηρότατον ὑπὸ τοῦ ἁγνοτάτου· ἀλλὰ κἢν τυγχάνῃ ὑπὸ
the most-perishable by the most-holy but even-if it-happens by
ἑτέρου μεμιασμένον ἤ τι πεπονθὸς, ἐθέλοι ἂν ὑπὸ τοῦ
other polluted or something having-suffered it-would-wish — by the
θεοῦ καθαίρεσθαι καὶ ἁγνίζεσθαι μᾶλλον ἢ μιαίνεσθαι. Τὰ
god to-be-purified and to-be-sanctified rather than to-be-polluted The
γοῦν μέγιστα τῶν ἁμαρτημάτων καὶ ἀνοσιώτατα τὸ θεῖόν
at-least greatest of-the sins and most-unholy the divine
ἐστι τὸ καθαῖρον καὶ ἁγνίζον καὶ ῥύμμα γινόμενον ἡμῖν,
is the-thing purifying and sanctifying and cleansing becoming for-us
αὐτοί τε ὅρους τοῖσι θεοῖσι τῶν ἱερῶν καὶ τῶν τεμενέων
we both boundaries for-the gods of-the temples and of-the precincts
ἀποδεικνύμενοι, ὡς ἂν μηδεὶς ὑπερβαίνῃ ἢν μὴ ἁγνεύῃ,
marking so-that — no-one may-cross if not he-be-pure
εἰσιόντες τε ἡμεῖς περιῤῥαινόμεθα οὐχ ὡς μιαινόμενοι, ἀλλ'
entering and we sprinkle-ourselves not as being-polluted but
εἴ τι καὶ πρότερον ἔχομεν μύσος, τοῦτο ἀφαγνιούμενοι.
if any also before we-have defilement this to-wash-away
Καὶ περὶ μὲν τῶν καθαρμῶν οὕτω μοι δοκέει ἔχειν.
And about indeed the purifications so to-me it-seems to-be
Τὸ δὲ νούσημα τοῦτο οὐδέν τί μοι δοκέει θειότερον εἶναι 2
The and disease this in-nothing — to-me it-seems more-divine to-be
τῶν λοιπῶν, ἀλλὰ φύσιν μὲν ἔχει ἣν καὶ τὰ ἄλλα
than-the others but nature indeed has which also the other

νουσήματα, καὶ πρόφασιν ὅθεν ἕκαστα γίνεται· φύσιν δὲ
diseases and cause whence each comes-about nature and
τοῦτο καὶ πρόφασιν ἀπὸ ταὐτοῦ τὸ θεῖον γίνεσθαι ἀφ᾽ ὅτου
this and cause from the-same the divine to-come-about from which
καὶ τἄλλα πάντα, καὶ ἰητὸν εἶναι, καὶ οὐδὲν ἧσσον ἑτέρων,
also the-other all and curable to-be and nothing less than-others
ὅ τι ἂν μὴ ἤδη ὑπὸ χρόνου πολλοῦ καταβεβιασμένον
what — — not already by time long has-been-overpowered
ἔῃ, ὥστε ἤδη εἶναι ἰσχυρότερον τῶν φαρμάκων τῶν
is so-that already to-be stronger than-the drugs the
προσφερομένων. Ἄρχεται δὲ ὥσπερ καὶ τἄλλα νουσήματα
being-administered It-begins and as also the-other diseases
κατὰ γένος· εἰ γὰρ ἐκ φλεγματώδεος φλεγματώδης, καὶ ἐκ
by family if for from phlegmatic phlegmatic and from
χολώδεος χολώδης γίνεται, καὶ ἐκ φθινώδεος φθινώδης, καὶ
bilious bilious is-born and from consumptive consumptive and
ἐκ σπληνώδεος σπληνώδης, τί κωλύει ὅτῳ πατὴρ καὶ
from splenetic splenetic what prevents by-which father and
μήτηρ εἴχετο, τούτῳ τῷ νοσήματι καὶ τῶν ἐκγόνων ἔχεσθαί
mother was-held by-this the disease also of-the offspring to-be-held
τινα; ὡς ὁ γόνος ἔρχεται πάντοθεν τοῦ σώματος, ἀπό τε
some as the seed comes from-all-parts of-the body from both
τῶν ὑγιηρῶν ὑγιηρὸς, ἀπό τε τῶν νοσερῶν νοσερός. Ἕτερον
the healthy-parts healthy from both the diseased-parts diseased Another
δὲ μέγα τεκμήριον ὅτι οὐδὲν θειότερόν ἐστι τῶν λοιπῶν
and great proof that nothing more-divine it-is than-the other
νουσημάτων· τοῖσι γὰρ φλεγματώδεσι φύσει γίνεται τοῖσι
diseases to-the for phlegmatic by-nature it-comes for-the
δὲ χολώδεσιν οὐ προσπίπτει· καίτοι εἰ θειότερόν ἐστι τῶν
but bilious not it-befalls and-yet if more-divine it-is than-the

ἄλλων, τοῖσιν ἅπασιν ὁμοίως ἔδει γίνεσθαι τὴν νοῦσον
others to-the all alike it-ought to-come-about the disease
ταύτην, καὶ μὴ διακρίνειν μήτε χολώδεα μήτε φλεγματώδεα.
this and not to-distinguish neither bilious nor phlegmatic
Ἀλλὰ γὰρ αἴτιος ὁ ἐγκέφαλος τούτου τοῦ πάθεος, ὥσπερ 3
But for cause the brain of-this the affliction as
καὶ τῶν ἄλλων νουσημάτων τῶν μεγίστων· ὁτέῳ δὲ τρόπῳ
also of-the other diseases the greatest in-what and manner
καὶ ἐξ οἵης προφάσιος γίνεται, ἐγὼ φράσω σαφέως. Ὁ
and from what cause it-comes-about I will-tell clearly The
ἐγκέφαλος τοῦ ἀνθρώπου ἐστὶ διπλόος ὥσπερ καὶ τοῖσιν
brain of-the man is double as also in-the
ἄλλοισι ζώοισιν ἅπασιν· τὸ δὲ μέσον αὐτοῦ διείργει μῆνιγξ
other animals all the and middle of-it divides membrane
λεπτή· διὸ οὐκ αἰεὶ κατὰ ταὐτὸ τῆς κεφαλῆς ἀλγέει,
thin therefore not always in the-same of-the head it-aches
ἀλλ' ἐν μέρει ἑκάτερον, ὁτὲ δὲ ἅπασαν. Καὶ φλέβες δ'
but in turn each-side sometimes but all Also veins and
ἐς αὐτὸν τείνουσιν ἐξ ἅπαντος τοῦ σώματος, πολλαὶ καὶ
into it extend from all the body many and
λεπταὶ, δύο δὲ παχεῖαι, ἡ μὲν ἀπὸ τοῦ ἥπατος, ἡ
thin two but thick the-one indeed from the liver the-other
δὲ ἀπὸ τοῦ σπληνός. Καὶ ἡ μὲν ἀπὸ τοῦ ἥπατος ὧδ'
and from the spleen And the indeed from the liver thus
ἔχει· τὸ μέν τι τῆς φλεβὸς κάτω τείνει διὰ τῶν ἐπὶ
it-is the indeed some of-the vein downward extends through the on
δεξιὰ παρ' αὐτὸν τὸν νεφρὸν καὶ τὴν ψυὴν ἐς τὸ ἐντὸς
right beside the-very the kidney and the loin into the inside
τοῦ μηροῦ, καὶ καθήκει ἐς τὸν πόδα· καὶ καλέεται κοίλη
of-the thigh and reaches-down into the foot and is-called hollow
φλέψ· ἡ δὲ ἑτέρη ἄνω τείνει διὰ φρενῶν τῶν δεξιῶν
vein the and other upward extends through diaphragm the right

καὶ τοῦ πλεύμονος· ἀπέσχισται δὲ καὶ ἐς τὴν καρδίην
and of-the lung it-has-branched and also into the heart
καὶ ἐς τὸν βραχίονα τὸν δεξιόν· τὸ δὲ λοιπὸν ἄνω φέρει
and into the arm the right the and rest upward runs
διὰ τῆς κληῖδος ἐς τὰ δεξιὰ τοῦ αὐχένος, ἐς αὐτὸ τὸ
through the collarbone into the right of-the neck into the-very the
δέρμα, ὥστε κατάδηλος εἶναι· παρὰ δὲ τὸ οὖς κρύπτεται
skin so-that visible to-be beside and the ear it-is-hidden
καὶ ἐνταῦθα σχίζεται, καὶ τὸ μὲν παχύτατον καὶ μέγιστον
and there it-splits and the indeed thickest and greatest
καὶ κοιλότατον ἐς τὸν ἐγκέφαλον τελευτᾷ, τὸ δὲ ἐς τὸ
and most-hollow into the brain ends the and into the
οὖς τὸ δεξιὸν φλέβιον λεπτὸν, τὸ δὲ ἐς τὸν ὀφθαλμὸν
ear the right small-vein thin the and into the eye
τὸν δεξιὸν, τὸ δὲ ἐς τὸν μυκτῆρα. Ἀπὸ μὲν τοῦ ἥπατος
the right the and into the nostril From indeed the liver
οὕτως ἔχει τῶν φλεβῶν. Διατέταται δὲ καὶ ἀπὸ τοῦ
so it-is of-the veins Extends and also from the
σπληνὸς φλεψὶ ἐς τὰ ἀριστερὰ καὶ κάτω καὶ ἄνω, ὥσπερ
spleen vein to the left and downward and upward as
καὶ ἀπὸ τοῦ ἥπατος, λεπτοτέρη δὲ καὶ ἀσθενεστέρη.
also from the liver thinner but and weaker

4 Κατὰ ταύτας δὲ τὰς φλέβας καὶ ἐσαγόμεθα τὸ πουλὺ τοῦ
Through these and the veins also we-draw-in the most of-the
πνεύματος· αὗται γὰρ ἡμέων εἰσὶν ἀναπνοαὶ τοῦ σώματος
breath these for our are breathing-holes of-the body
τὸν ἠέρα ἐς σφᾶς ἕλκουσαι, καὶ ἐς τὸ σῶμα τὸ λοιπὸν
the air into themselves drawing and into the body the rest
ὀχετεύουσι κατὰ τὰ φλέβια, καὶ ἀναψύχουσι καὶ πάλιν
channel through the small-veins and cool and again
ἀφιᾶσιν. Οὐ γὰρ οἷόν τε τὸ πνεῦμα στῆναι, ἀλλὰ χωρέει
let-it-go Not for possible — the breath to-stand but it-moves

ἄνω καὶ κάτω· ἢν γὰρ στῇ που καὶ ἀποληφθῇ,
up and down if for it-stands somewhere and is-cut-off
ἀκρατὲς γίνεται ἐκεῖνο τὸ μέρος ὅπου ἂν στῇ· τεκμήριον
powerless becomes that the part where — it-stands proof
δέ· ὁκόταν καθημένῳ ἢ κατακειμένῳ φλέβια πιεσθῇ, ὥστε
and when to-one-sitting or lying small-veins are-pressed so-that
τὸ πνεῦμα μὴ διεξιέναι διὰ τῆς φλεβὸς, εὐθὺς νάρκη
the breath not to-pass-through through the vein at-once numbness
ἔχει. Περὶ μὲν τῶν φλεβῶν καὶ τῶν λοιπῶν οὕτως ἔχει.
holds About indeed the veins and the rest so it-is
Ἡ δὲ νοῦσος αὕτη γίνεται τοῖσι μὲν φλεγματίῃσι, τοῖσι 5
The and disease this comes-about to-the indeed phlegmatic to-the
δὲ χολώδεσιν οὔ. Ἄρχεται δὲ φύεσθαι ἐπὶ τοῦ ἐμβρύου
but bilious not It-begins and to-grow in the fetus
ἔτι ἐν τῇ μήτρῃ ἐόντος· καθαίρεται γὰρ καὶ ἀνθέει, ὥσπερ
still in the womb being is-purged for also blossoms as
τἆλλα μέρεα, πρὶν γενέσθαι, καὶ ὁ ἐγκέφαλος. Ἐν ταύτῃ
the-other parts before being-born also the brain In this
δὲ τῇ καθάρσει ἢν μὲν καλῶς καὶ μετρίως καθαρθῇ
and the purging if indeed well and moderately it-is-purged
καὶ μήτε πλέον μήτε ἔλασσον τοῦ δέοντος ἀποῤῥυῇ,
and neither more nor less than-the needful flows-off
οὕτως ὑγιεινοτάτην τὴν κεφαλὴν ἔχει· ἢν δὲ πλέονα ῥυῇ
so healthiest the head it-has if but more flows
ἀπὸ παντὸς τοῦ ἐγκεφάλου καὶ ἀπότηξις πολλὴ γένηται,
from all the brain and wasting much comes-about
νοσώδεά τε τὴν κεφαλὴν ἕξει αὐξόμενος καὶ ἤχου πλέην,
sickly both the head it-will-have growing and of-noise full
καὶ οὔτε ἥλιον οὔτε ψῦχος ἀνέξεται· ἢν δὲ ἀπὸ ἑνός τινος
and neither sun nor cold will-it-endure if but from one some
γένηται ἢ ὀφθαλμοῦ ἢ οὔατος, ἢ φλέψ τις συνισχνανθῇ,
it-comes-about either eye or ear or vein some is-shrunk

ἐκεῖνο κακοῦται τὸ μέρος, ὁκοίως ἂν καὶ τῆς ἀποτήξιος
that is-harmed the part as — also of-the wasting
ἔχῃ· ἢν δὲ κάθαρσις μὴ ἐπιγένηται, ἀλλὰ ξυστραφῇ τῷ
it-has if but purging not supervenes but is-collected in-the
ἐγκεφάλῳ, οὕτως ἀνάγκη φλεγματώδεα εἶναι. Καὶ ὁκόσοισι
brain so necessity phlegmatic to-be And as-many-as
μὲν παιδίοισιν ἐοῦσιν ἐξανθέει ἕλκεα ἐς τὴν κεφαλὴν καὶ
indeed children being break-out-in sores on the head and
ἐς τὰ οὔατα καὶ ἐς τὸν ἄλλον χρῶτα, καὶ σιαλώδεα
on the ears and on the other skin and slobbery
γίνεται καὶ μυξόῤῥοα, ταῦτα μὲν ῥᾳϊστα διάγει προϊούσης
become and snot-running these indeed most-easily get-on advancing
τῆς ἡλικίης· ἐνταῦθα γὰρ ἀφίει καὶ ἐκκαθαίρεται τὸ
the age there for it-discharges and is-purged-out the
φλέγμα, ὃ ἐχρῆν ἐν τῇ μήτρῃ καθαρθῆναι· καὶ τὰ
phlegm which ought in the womb to-be-purged and those
οὕτω καθαρθέντα οὐκ ἐπίληπτα γίνεται ταύτῃ τῇ νούσῳ
so purged not seized become by-this the disease
ὡς ἐπὶ τὸ πουλύ. Ὁκόσα δὲ καθαρά ἐστι, καὶ μήθ' ἕλκος
as for the most As-many-as but clean are and neither sore
μηδὲν μήτε μύξα μήτε σίελον αὐτοῖς προέρχεται μηδὲν,
any nor mucus nor saliva from-them comes-forth any
μήτε ἐν τῇσι μήτρῃσι πεποίηται τὴν κάθαρσιν, τούτοισιν
nor in the wombs has-made the purging for-these
ἐπικίνδυνόν ἐστιν ἁλίσκεσθαι ὑπὸ ταύτης τῆς νούσου.
dangerous it-is to-be-seized by this the disease

II · HOW PHLEGM BLOCKS THE VEINS

Phlegm flowing down from the brain brings palpitation and gasping to the heart and lungs, and diarrhea to the belly; in the veins it shuts out the air, and the patient falls speechless, foams, and kicks until the blood warms and masters it. Small children often die or are left twisted; the very old die or are paralyzed. In children it is set off by a brain heated and suddenly chilled, by a south wind after north winds, or by a fright; in the old by winter. After twenty it rarely begins, since the veins are full of blood and the brain firm.

Ἢν δὲ ἐπὶ τὴν καρδίην ποιήσηται ὁ κατάῤῥος τὴν 6
If and to the heart makes the catarrh the
πορείην, παλμὸς ἐπιλαμβάνει καὶ ἄσθματα, καὶ τὰ στήθεα
course palpitation seizes and asthmas and the chest
διαφθείρεται, ἔνιοι δὲ καὶ κυφοὶ γίνονται· ὁκόταν γὰρ
is-ruined some and also hunchbacked become when for
ἐπικατέλθῃ τὸ φλέγμα ψυχρὸν ἐπὶ τὸν πλεύμονα ἢ ἐπὶ
comes-down the phlegm cold onto the lung or onto
τὴν καρδίην, ἀποψύχεται τὸ αἷμα αἱ δὲ φλέβες πρὸς
the heart is-chilled the blood the and veins by
βίην ψυχόμεναι πρὸς τῷ πλεύμονι καὶ τῇ καρδίῃ πηδῶσι,
force being-cooled by the lung and the heart leap
καὶ ἡ καρδίη πάλλεται, ὥστε ὑπὸ τῆς ἀνάγκης ταύτης
and the heart throbs so-that by the necessity this
τὰ ἄσθματα ἐπιπίπτειν καὶ τὴν ὀρθοπνοίην. Οὐ γὰρ
the asthmas to-fall-upon and the orthopnea Not for
δέχεται τὸ πνεῦμα ὅσον ἐθέλει, μέχρις ἂν κρατηθῇ τοῦ
it-receives the breath as-much-as it-wishes until — is-mastered of-the
φλέγματος τὸ ἐπιῤῥυὲν καὶ διαθερμανθὲν διαχυθῇ ἐς τὰς
phlegm the having-flowed-in and warmed-through it-is-diffused into the
φλέβας· ἔπειτα παύεται τοῦ παλμοῦ καὶ τοῦ ἄσθματος·
veins then it-ceases from-the palpitation and the asthma

παύεται δὲ ὅκως ἂν τοῦ πλήθεος ἔχῃ· ἢν μὲν γὰρ πλέον
it-ceases and as — of-the quantity it-has if indeed for more
ἐπικαταῤῥυῇ, σχολαίτερον, ἢν δὲ ἔλασσον, θᾶσσον· καὶ ἢν
flows-down more-slowly if but less faster and if
μὲν πυκνότεροι ἔωσιν οἱ κατάῤῥοοι, πυκνότερα ἐπίληπτος
indeed more-frequent are the catarrhs more-frequently seized
γίνεται, ἢν δὲ μὴ, ἀραιότερα. Ταῦτα μὲν οὖν πάσχει,
he-becomes if but not more-rarely These-things indeed then he-suffers
ἢν ἐπὶ τὸν πλεύμονα καὶ τὴν καρδίην ἴῃ· ἢν δὲ ἐς
if to the lung and the heart it-goes if but into
τὴν κοιλίην, διάῤῥοιαι λαμβάνουσιν.
the belly diarrheas seize

7 Ἢν δὲ τουτέων μὲν τῶν ὁδῶν ἀποκλεισθῇ, ἐς δὲ
If and from-these indeed the ways it-is-shut-off into but
τὰς φλέβας, ἃς προείρηκα, τὸν κατάῤῥοον ποιήσηται,
the veins which I-mentioned-before the catarrh makes
ἄφωνός τε γίνεται καὶ πνίγεται, καὶ ἀφρὸς ἐκ τοῦ
voiceless both he-becomes and is-choked and foam from the
στόματος ἐκρέει, καὶ οἱ ὀδόντες συνηρείκασι, καὶ αἱ χεῖρες
mouth flows and the teeth are-clenched and the hands
συσπῶνται, καὶ τὰ ὄμματα διαστρέφονται, καὶ οὐδὲν
are-convulsed and the eyes are-distorted and nothing
φρονέουσιν, ἐνίοισι δὲ καὶ ὑποχωρέει ἡ κόπρος κάτω·
they-perceive for-some and also comes-out the excrement downward
καὶ ταῦτα γίνεται ὁτὲ μὲν ἐς τὰ ἀριστερὰ, ὁτὲ
and these-things come-about sometimes indeed to the left sometimes
δὲ ἐς τὰ δεξιὰ, ὁτὲ δὲ ἐς ἀμφότερα. Ὅκως δὲ τούτων
but to the right sometimes but to both How and of-these
ἕκαστον πάσχει ἐγὼ φράσω· ἄφωνος μέν ἐστιν ὁκόταν
each he-suffers I will-tell voiceless indeed he-is when
ἐξαίφνης τὸ φλέγμα ἐπικατελθὸν ἐς τὰς φλέβας ἀποκλείσῃ
suddenly the phlegm having-come-down into the veins shuts-off

τὸν ἠέρα καὶ μὴ παραδέχηται μήτε ἐς τὸν ἐγκέφαλον
the air and not admits neither into the brain
μήτε ἐς τὰς φλέβας τὰς κοίλας μήτε ἐς τὰς κοιλίας, ἀλλ'
nor into the veins the hollow nor into the cavities but
ἐπιλάβῃ τὴν ἀναπνοήν· ὅταν γὰρ λάβῃ ἄνθρωπος κατὰ τὸ
checks the breathing when for takes a-man through the
στόμα καὶ τοὺς μυκτῆρας τὸ πνεῦμα, πρῶτον μὲν ἐς τὸν
mouth and the nostrils the breath first indeed to the
ἐγκέφαλον ἔρχεται, ἔπειτα δὲ ἐς τὴν κοιλίην τὸ πλεῖστον
brain it-goes then and to the belly the most
μέρος, τὸ δὲ ἐπὶ τὸν πλεύμονα, τὸ δὲ ἐπὶ τὰς φλέβας.
part the and to the lung the and to the veins
Ἐκ τουτέων δὲ σκίδναται ἐς τὰ λοιπὰ μέρεα κατὰ
From these and it-is-dispersed into the remaining parts through
τὰς φλέβας· καὶ ὅσον μὲν ἐς τὴν κοιλίην ἔρχεται,
the veins and as-much-as indeed into the belly goes
τοῦτο μὲν τὴν κοιλίην διαψύχει, καὶ ἄλλο τι οὐδὲν
this indeed the belly cools and other anything nothing
ξυμβάλλεται· ὁ δ' ἐς τὸν πλεύμονά τε καὶ τὰς φλέβας
contributes the but into the lung both and the veins
ἀὴρ ξυμβάλλεται ἐς τὰς κοιλίας ἐσιὼν καὶ ἐς τὸν
air contributes into the cavities entering and into the
ἐγκέφαλον, καὶ οὕτω τὴν φρόνησιν καὶ τὴν κίνησιν τοῖσι
brain and so the intelligence and the motion to-the
μέλεσι παρέχει, ὥστε, ἐπειδὰν ἀποκλεισθῶσιν αἱ φλέβες
limbs provides so-that when are-shut-off the veins
τοῦ ἠέρος ὑπὸ τοῦ φλέγματος καὶ μὴ παραδέχωνται,
from-the air by the phlegm and not admit
ἄφωνον καθιστᾶσι καὶ ἄφρονα τὸν ἄνθρωπον. Αἱ δὲ χεῖρες
voiceless they-render and senseless the man The and hands
ἀκρατέες γίνονται καὶ σπῶνται, τοῦ αἵματος ἀτρεμίσαντος
powerless become and are-convulsed the blood having-become-still

καὶ μὴ διαχεομένου ὥσπερ εἰώθει. Καὶ οἱ ὀφθαλμοὶ
and not being-diffused as it-was-wont And the eyes
διαστρέφονται, τῶν φλεβίων ἀποκλειομένων τοῦ ἠέρος
are-distorted the small-veins being-shut-off from-the air
καὶ σφυζόντων. Ἀφρὸς δὲ ἐκ τοῦ στόματος προέρχεται
and throbbing Foam and from the mouth comes-forth
ἐκ τοῦ πλεύμονος· ὅταν γὰρ τὸ πνεῦμα μὴ ἐσίῃ ἐς αὐτὸν,
from the lung when for the breath not enters into it
ἀφρέει καὶ ἀναβλύει ὥσπερ ἀποθνήσκων. Ἡ δὲ κόπρος
it-foams and bubbles-up as dying The and excrement
ὑπέρχεται ὑπὸ βίης πνιγομένου· πνίγεται δὲ τοῦ ἥπατος
comes-out by force of-one-choked he-is-choked and the liver
καὶ τῆς κοιλίης ἄνω πρὸς τὰς φρένας προσπεπτωκότων
and the belly upward against the diaphragm having-fallen
καὶ τοῦ στομάχου τῆς γαστρὸς ἀπειλημμένου· προσπίπτει
and the mouth of-the stomach being-cut-off it-falls
δὲ ὁκόταν τὸ πνεῦμα μὴ ἐσίῃ ἐς τὸ στόμα ὅσον εἰώθει.
and when the breath not enters into the mouth as-much-as it-was-wont
Λακτίζει δὲ τοῖσι ποσὶν, ὁκόταν ὁ ἀὴρ ἀποκλεισθῇ ἐν τοῖσι
He-kicks and with-the feet when the air is-shut-off in the
μέλεσι καὶ μὴ οἷός τε ἔῃ διεκδῦναι ἔξω ὑπὸ τοῦ φλέγματος·
limbs and not able — is to-slip-out outside by the phlegm
ἀΐσσων δὲ διὰ τοῦ αἵματος ἄνω καὶ κάτω σπασμὸν
rushing and through the blood up and down convulsion
ἐμποιέει καὶ ὀδύνην, διὸ λακτίζει. Ταῦτα δὲ πάσχει
it-produces and pain therefore he-kicks These-things and he-suffers
πάντα, ὁκόταν τὸ φλέγμα ψυχρὸν παραῤῥυῇ ἐς τὸ αἷμα
all when the phlegm cold flows-in into the blood
θερμὸν ἐόν· ἀποψύχει γὰρ καὶ ἵστησι τὸ αἷμα· κἢν μὲν
hot being it-chills for and stops the blood and-if indeed
τὸ ῥεῦμα πουλὺ ἔῃ καὶ παχὺ, αὐτίκα ἀποκτείνει· κρατέει
the flux much is and thick at-once it-kills it-masters

γὰρ τοῦ αἵματος τῷ ψύχει καὶ πήγνυσιν· ἢν δὲ ἔλασσον
for the blood by-the cold and congeals if but less
ἔῃ, τὸ μὲν παραυτίκα κρατέει ἀποφράξαν τὴν ἀναπνοήν·
it-is at-the indeed moment it-masters having-blocked the breathing
ἔπειτα τῷ χρόνῳ ὁκόταν σκεδασθῇ κατὰ τὰς φλέβας καὶ
then in-the time when it-is-scattered through the veins and
μιγῇ τῷ αἵματι πολλῷ ἐόντι καὶ θερμῷ, ἢν κρατηθῇ
it-is-mixed with-the blood much being and hot if it-be-mastered
οὕτως, ἐδέξαντο τὸν ἠέρα αἱ φλέβες, καὶ ἐφρόνησαν.
so received the air the veins and they-came-to-their-senses
Καὶ ὁκόσα μὲν παιδία σμικρὰ κατάληπτα γίνεται τῇ 8
And as-many-as indeed children small seized become by-the
νούσῳ ταύτῃ, τὰ πολλὰ ἀποθνήσκει, ἢν πουλὺ τὸ ῥεῦμα
disease this the most die if much the flux
ἐπιγένηται καὶ νότιον ἔῃ· τὰ γὰρ φλέβια λεπτὰ ἐόντα
comes-on and southerly it-be the for small-veins thin being
οὐ δύναται παραδέχεσθαι τὸ φλέγμα ὑπὸ πάχεος καὶ
not can to-admit the phlegm through thickness and
πλήθεος, ἀλλ' ἀποψύχεται καὶ πήγνυται τὸ αἷμα, καὶ
quantity but is-chilled and congeals the blood and
οὕτως ἀποθνήσκει. Ἢν δὲ ὀλίγον ἐὸν ἐς ἀμφοτέρας τὰς
so it-dies If but little being into both the
φλέβας τὸν κατάῤῥοον ποιήσηται, ἢ ἐς τὰς ἐπὶ θάτερα,
veins the catarrh it-makes or into the on one-side
περιγίνεται ἐπίσημα ἐόντα· ἢ γὰρ στόμα παρέσπασται ἢ
it-survives marked being either for mouth has-been-drawn-aside or
ὀφθαλμὸς ἢ αὐχὴν ἢ χεὶρ, ὁκόθεν ἂν τὸ φλέβιον πληρωθὲν
eye or neck or hand wherever — the small-vein filled
τοῦ φλέγματος κρατηθῇ καὶ ἀπισχνωθῇ. Τούτῳ οὖν τῷ
with-the phlegm is-mastered and is-wasted By-this then the
φλεβίῳ ἀνάγκη ἀσθενέστερον εἶναι καὶ ἐνδεέστερον τοῦτο
small-vein necessity weaker to-be and more-deficient this

τοῦ σώματος τὸ βλαβέν· ἐς δὲ τὸν πλείονα χρόνον ὠφελέει
of-the body the part-harmed in but the longer time it-benefits
ὡς ἐπὶ τὸ πουλύ· οὐ γὰρ ἔτι ἐπίληπτον γίνεται, ἢν
as for the most not for any-longer seized it-becomes if
ἅπαξ ἐπισημανθῇ, διὰ τόδε· ὑπὸ τῆς ἀνάγκης ταύτης αἱ
once it-is-marked because-of this by the necessity this the
φλέβες αἱ λοιπαὶ κακοῦνται καὶ μέρος τι συνισχναίνονται,
veins the remaining are-harmed and part some shrink
ὡς τὸν μὲν ἠέρα δέχεσθαι, τὸν δὲ τοῦ φλέγματος
so-that the indeed air to-admit the but of-the phlegm
κατάῤῥοον μηκέτι ὁμοίως ἐπικαταῤῥέειν· ἀσθενέστερα μέντοι
catarrh no-longer alike to-flow-down weaker however
τὰ μέλεα εἰκὸς εἶναι, τῶν φλεβῶν κακωθεισέων. Ὁκόσοισι
the limbs likely to-be the veins having-been-harmed For-whomever
δ' ἂν βόρειόν τε καὶ πάνυ ὀλίγον παραῤῥυῇ καὶ ἐς τὰ
and — northerly both and very little flows-in and to the
δεξιὰ, ἀσήμως περιγίνονται· κίνδυνος δὲ ξυντραφῆναι καὶ
right without-mark they-survive danger and to-be-reared-with-it and
ξυναυξηθῆναι, ἢν μὴ θεραπευθῶσι τοῖσιν ἐπιτηδείοισιν. Τοῖσι
to-grow-up-with-it if not they-be-treated with-the suitable-things For-the
μὲν οὖν παιδίοισιν οὕτω γίνεται, ἢ ὅτι τούτων ἐγγυτάτω.
indeed then children so it-comes-about or what to-these nearest

9 Τοὺς δὲ πρεσβυτέρους οὐκ ἀποκτείνει, ὁκόταν ἐπιγένηται,
The and older not it-kills when it-comes-on
οὐδὲ διαστρέφει· αἵ τε γὰρ φλέβες εἰσὶ κοῖλαι καὶ αἵματος
nor distorts the both for veins are hollow and of-blood
μεσταὶ θερμοῦ, ἃ οὐδὲ δύναται ἐπικρατῆσαι τὸ φλέγμα,
full hot which nor can to-overpower the phlegm
οὐδ' ἀποψῦξαι τὸ αἷμα, ὥστε καὶ πῆξαι, ἀλλ' αὐτὸ
nor to-chill the blood so-that also to-congeal but it
κρατέεται καὶ καταμίγνυται τῷ αἵματι ταχέως· καὶ οὕτω
is-mastered and is-mixed with-the blood quickly and so

παραδέχονται αἱ φλέβες τὸν ἠέρα, καὶ τὸ φρόνημα γίνεται,
admit the veins the air and the intelligence comes-about
τά τε σημήϊα τὰ προειρημένα ἧσσον ἐπιλαμβάνει διὰ τὴν
the both signs the aforesaid less seize because-of the
ἰσχύν. Τοῖσι δὲ πρεσβυτάτοισιν ὁκόταν ἐπιγένηται τοῦτο τὸ
strength For-the and oldest when comes-on this the
νούσημα, διὰ τοῦτο ἀποκτείνει ἢ παράπληκτον ποιέει,
disease because-of this it-kills or paralyzed it-makes
ὅτι αἱ φλέβες κεκένωνται καὶ τὸ αἷμα ὀλίγον τέ ἐστι
because the veins have-been-emptied and the blood little both is
καὶ λεπτὸν καὶ ὑδαρές. Ἢν μὲν οὖν πολὺ καταῤῥυῇ καὶ
and thin and watery If indeed then much flows-down and
χειμῶνος ἔῃ καιρὸς, ἀποκτείνει· ἀπέπνιξε γὰρ τὰς ἀναπνοὰς
of-winter it-be season it-kills it-choked for the breathings
καὶ ἀπέπηξε τὸ αἷμα, ἢν ἐπ᾽ ἀμφότερα ὁ κατάῤῥοος
and congealed the blood if to both the catarrh
γένηται· ἢν δὲ ἐπὶ θάτερα μοῦνον, παράπληκτον ποιέει· οὐ
come-about if but to one-side only paralyzed it-makes not
γὰρ δύναται τὸ αἷμα ἐπικρατῆσαι τοῦ φλέγματος λεπτὸν
for can the blood to-overpower the phlegm thin
ἐὸν καὶ ψυχρὸν καὶ ὀλίγον, ἀλλ᾽ αὐτὸ κρατηθὲν ἐπάγη,
being and cold and little but it mastered congealed
ὥστε ἀκρατέα εἶναι ἐκεῖνα καθ᾽ ἃ τὸ αἷμα διεφθάρη.
so-that powerless to-be those-parts in which the blood was-ruined
Ἐς δὲ τὰ δεξιὰ μᾶλλον καταῤῥέει ἢ ἐς τὰ ἀριστερὰ, 10
To and the right more it-flows-down than to the left
ὅτι αἱ φλέβες εἰσὶ κοιλότεραι καὶ πλέονες ἢ ἐν τοῖσιν
because the veins are more-hollow and more than in the
ἀριστεροῖσιν· ἀπὸ γὰρ τοῦ ἥπατος τείνουσι καὶ ἀπὸ
left from for the liver they-extend and from
τοῦ σπληνός. Ἐπικαταῤῥέει δὲ καὶ ἀποτήκεται τοῖσι μὲν
the spleen It-flows-down but and melts-off for-the indeed

παιδίοισι μάλιστα, οἷσιν ἂν διαθερμανθῇ ἡ κεφαλὴ ἤν
children most whose — is-heated-through the head whether
τε ὑπὸ ἡλίου, ἤν τε ὑπὸ πυρὸς, καὶ ἐξαπίνης φρίξῃ ὁ
— by sun or — by fire and suddenly shivers the
ἐγκέφαλος· τότε γὰρ ἀποκρίνεται τὸ φλέγμα. Ἀποτήκεται
brain then for is-separated the phlegm It-melts-off
μὲν γὰρ ἐκ τῆς θέρμης καὶ διαχύσιος τοῦ ἐγκεφάλου·
indeed for from the heat and dispersion of-the brain
ἀποκρίνεται δὲ ἀπὸ τῆς ψύξιός τε καὶ ξυστάσιος,
it-is-separated and from the chilling both and contraction
καὶ οὕτως ἐπικαταῤῥέει. Τοῖσι μὲν αὕτη ἡ πρόφασις
and so it-flows-down For-some indeed this the cause
γίνεται, τοῖσι δὲ καὶ ἐπειδὰν ἐξαπίνης μετὰ βόρεια
comes-about for-others and also when suddenly after northerly
πνεύματα νότος μεταλάβῃ, ξυνεστηκότα τὸν ἐγκέφαλον
winds south-wind succeeds compacted the brain
καὶ εὐσθενέοντα ἔλυσε καὶ ἐχάλασεν ἐξαίφνης, ὥστε
and strong it-loosened and relaxed suddenly so-that
πλημμυρεῖν τὸ φλέγμα, καὶ οὕτω τὸν κατάῤῥοον ποιέεται.
to-overflow the phlegm and so the catarrh it-makes
Ἐπικαταῤῥέει δὲ καὶ ἐξ ἀδήλου, φόβου γινομένου, ἢν
It-flows-down and also from unseen fear arising if
δείσῃ βοήσαντός τινος, ἢ καὶ μεταξὺ κλαίων μὴ οἷός
he-is-frightened having-shouted someone or also while crying not able
τε ἔῃ τὸ πνεῦμα ταχέως ἀναλαβεῖν, οἷα γίνεται παιδίοισι
— is the breath quickly to-take-back such-as happens to-children
πολλάκις· ὅ τι δ' ἂν τούτων αὐτῷ γένηται, εὐθὺς ἔφριξε
often what — and — of-these to-him happens at-once shivered
τὸ σῶμα, καὶ ἄφωνος γενόμενος τὸ πνεῦμα οὐχ εἵλκυσεν,
the body and voiceless having-become the breath not drew

ἀλλὰ τὸ πνεῦμα ἠρέμησε, καὶ ὁ ἐγκέφαλος ξυνέστη, καὶ τὸ
but the breath was-still and the brain contracted and the
αἷμα ἔστη, καὶ οὕτως ἀπεκρίθη καὶ ἐπικατερρύη τὸ φλέγμα.
blood stood and so was-separated and flowed-down the phlegm
Τοῖσι μὲν παιδίοισιν αὗται αἱ προφάσιες τῆς ἐπιλήψιός εἰσι
For-the indeed children these the causes of-the seizure are
τὴν ἀρχήν. Τοῖσι δὲ πρεσβύτῃσιν ὁ χειμὼν πολεμιώτατός
the beginning For-the but old-men the winter most-hostile
ἐστιν· ὅταν γὰρ παρὰ πυρὶ πολλῷ διαθερμανθῇ τὴν κεφαλὴν
is when for beside fire much he-is-heated-through the head
καὶ τὸν ἐγκέφαλον, ἔπειτα ἐν ψύχει γένηται καὶ ῥιγώσῃ, ἢ καὶ
and the brain then in cold he-comes and is-chilled or also
ἐκ ψύχεος εἰς ἀλέην ἔλθῃ καὶ παρὰ πυρὶ καθίσῃ, τωὐτὸ τοῦτο
from cold into warmth comes and beside fire sits the-same this
πάσχει, καὶ οὕτως ἐπίληπτος γίνεται κατὰ τὰ προειρημένα.
he-suffers and so seized he-becomes according-to the aforesaid
Κίνδυνος δὲ πολὺς καὶ ἦρος παθέειν τωὐτὸ τοῦτο, ἢν
Danger and great also in-spring to-suffer the-same this if
ἡλιωθῇ ἡ κεφαλή· τοῦ δὲ θέρεος ἥκιστα, οὐ γὰρ γίνονται
is-sunstruck the head in-the but summer least not for come-about
μεταβολαὶ ἐξαπιναῖοι. Ὁκόταν δὲ εἴκοσιν ἔτεα παρέλθῃ, οὐκ
changes sudden When and twenty years pass no
ἔτι ἡ νοῦσος αὕτη ἐπιλαμβάνει, ἢν μὴ ἐκ παιδίου ξύντροφος
longer the disease this seizes if not from childhood reared-with-him
ἔῃ, ἀλλ' ἢ ὀλίγους ἢ οὐδένα· αἱ γὰρ φλέβες μεσταί εἰσιν
it-be but either few or none the for veins full are
αἵματος, καὶ ὁ ἐγκέφαλος συνέστηκε καὶ ἐστὶ στρυφνὸς,
of-blood and the brain is-compacted and is astringent
ὥστε οὐκ ἐπικαταῤῥέει ἐπὶ τὰς φλέβας· ἢν δ' ἐπικαταῤῥυῇ,
so-that not it-flows-down to the veins if and it-flows-down
τοῦ αἵματος οὐκ ἐπικρατέει, πολλοῦ καὶ θερμοῦ ἐόντος.
the blood not it-masters much and hot being

One who has had the disease from childhood is seized at every change of wind, and in time it becomes incurable; goats with it have wet, foul-smelling brains, which shows that the disease, not a god, harms the body. Those used to it foresee an attack and hide for shame, while children run to their mothers. The north wind clears the air; the south dissolves it and alters everything moist, even the wine in jars, and so loosens the brain. Through the brain we feel joy and grief, think, see, and hear, and while it is still a man is sane.

11 ᾿Ω. δὲ ἀπὸ παιδίου συνηύξηται καὶ συντέτροφεν, ἔθος
In-whom but from childhood it-has-grown-up and been-reared-with a-habit
πεποίηται ἐν τῇσι μεταβολῇσι τῶν πνευμάτων τοῦτο
has-been-made in the changes of-the winds this
πάσχειν καὶ ἐπίληπτον ὡς τὰ πολλὰ γίνεσθαι, καὶ μάλιστα
to-suffer and seized as the most-part to-become and most
ἐν τοῖσι νοτίοισιν· ἥ τε ἀπάλλαξις χαλεπὴ γίνεται·
in the southerly the and release difficult becomes
ὁ γὰρ ἐγκέφαλος ὑγρότερος γέγονε τῆς φύσιος καὶ
the for brain moister has-become than-the nature and
πλημμυρεῖ ὑπὸ τοῦ φλέγματος, ὥστε τοὺς μὲν καταῤῥόους
is-flooded by the phlegm so-that the indeed catarrhs
πυκνοτέρους γίνεσθαι, ἐκκριθῆναι δὲ μηκέτι οἷόν τε εἶναι
more-frequent to-become to-be-separated but no-longer possible — to-be
τὸ φλέγμα, μηδὲ ἀναξηρανθῆναι τὸν ἐγκέφαλον, ἀλλὰ
the phlegm nor to-be-dried-out the brain but
διαβεβρέχθαι καὶ εἶναι ὑγρόν. Γνοίη δ᾽ ἄν τις τόδε
to-be-soaked and to-be moist Would-know and — anyone this
μάλιστα τοῖσι προβάτοισι τοῖσι καταλήπτοισι γινομένοισιν
most in-the sheep the seized becoming
ὑπὸ τῆς νούσου ταύτης καὶ μάλιστα τῇσιν αἰξίν· αὗται γὰρ
by the disease this and most in-the goats these for

πυκνότατα λαμβάνονται· ἢν διακόψῃς τὴν κεφαλὴν, εὑρήσεις
most-often are-taken if you-cut-open the head you-will-find
τὸν ἐγκέφαλον ὑγρὸν ἐόντα καὶ ὕδρωπος περίπλεων καὶ
the brain moist being and of-dropsy full and
κακὸν ὄζοντα, καὶ ἐν τούτῳ δηλονότι γνώσῃ ὅτι οὐχ
bad smelling and in this clearly you-will-recognize that not
ὁ θεὸς τὸ σῶμα λυμαίνεται, ἀλλ' ἡ νοῦσος. Οὕτω δ'
the god the body harms but the disease So and
ἔχει καὶ τῷ ἀνθρώπῳ· ὁκόταν γὰρ ὁ χρόνος γένηται
it-is also with-the man when for the time has-come
τῇ νούσῳ, οὐκ ἔτι ἰήσιμος γίνεται· διεσθίεται γὰρ
to-the disease no longer curable it-becomes is-eaten-through for
ὁ ἐγκέφαλος ὑπὸ τοῦ φλέγματος καὶ τήκεται, τὸ δὲ
the brain by the phlegm and is-melted the and
ἀποτηκόμενον ὕδωρ γίνεται, καὶ περιέχει τὸν ἐγκέφαλον
melting-off water becomes and surrounds the brain
ἐκτὸς καὶ περικλύζει· καὶ διὰ τοῦτο πυκνότερον
outside and washes-around-it and because-of this more-often
ἐπίληπτοι γίνονται καὶ ῥᾷον. Διὸ δὴ πουλυχρόνιος ἡ
seized they-become and more-easily Therefore indeed long the
νοῦσος, ὅτι τὸ ἐπιῤῥέον λεπτόν ἐστιν ὑπὸ πολυπληθίης,
disease because the inflowing thin is through abundance
καὶ εὐθὺς κρατέεται ὑπὸ τοῦ αἵματος καὶ διαθερμαίνεται.
and at-once is-mastered by the blood and is-warmed-through
Ὁκόσοι δὲ ἤδη ἐθάδες εἰσὶ τῇ νούσῳ, προγινώσκουσιν 12
As-many-as and already accustomed are to-the disease foreknow
ὁκόταν μέλλωσι λήψεσθαι, καὶ φεύγουσιν ἐκ τῶν
when they-are-going to-be-seized and flee from the
ἀνθρώπων, ἢν μὲν ἐγγὺς αὐτῶν ὁ οἶκος ἔῃ, οἴκαδε, ἢν
men if indeed near them the house be homeward if
δὲ μὴ, ἐς τὸ ἐρημότατον, ὅπῃ μέλλουσιν ὄψεσθαι αὐτὸν
but not into the most-deserted-place where are-going to-see him

ἐλάχιστοι πεσόντα, εὐθύς τε ἐγκαλύπτεται· τοῦτο δὲ
fewest falling at-once and he-covers-himself this and
ποιέει ὑπ᾽ αἰσχύνης τοῦ πάθεος καὶ οὐχ ὑπὸ φόβου, ὡς οἱ
he-does from shame of-the affliction and not from fear as the
πολλοὶ νομίζουσι, τοῦ δαιμονίου. Τὰ δὲ παιδάρια τὸ μὲν
many think of-the daemonic The and little-children the indeed
πρῶτον πίπτουσιν ὅπη ἂν τύχωσιν ὑπὸ ἀηθίης· ὅταν
first fall wherever — they-happen from unfamiliarity when
δὲ πλεονάκις κατάληπτοι γένωνται, ἐπειδὰν προαίσθωνται,
but more-often seized they-become when they-perceive-beforehand
φεύγουσι παρὰ τὰς μητέρας ἢ παρὰ ἄλλον ὅντινα μάλιστα
they-flee to the mothers or to other whomever most
γινώσκουσιν, ὑπὸ δέους καὶ φόβου τῆς πάθης· τὸ γὰρ
they-know from dread and fear of-the affliction the for
αἰσχύνεσθαι παῖδες ὄντες οὔπω γινώσκουσιν.
to-be-ashamed children being not-yet they-know

13 Ἐν δὲ τῇσι μεταβολῇσι τῶν πνευμάτων διὰ τάδε
In and the changes of-the winds because-of these-things
φημὶ ἐπιλήπτους γίνεσθαι, καὶ μάλιστα τοῖσι νοτίοισιν,
I-say seized to-become and most in-the southerly
ἔπειτα τοῖσι βορείοισιν, ἔπειτα τοῖσι λοιποῖσι πνεύμασι·
then in-the northerly then in-the other winds
ταῦτα δέ ἐστιν ὅσα τῶν πνευμάτων ἰσχυρότατά ἐστι
these and are as-many-as of-the winds strongest are
καὶ ἀλλήλοισιν ἐναντιώτατα κατὰ τὴν στάσιν καὶ κατὰ
and to-one-another most-opposed in the station and in
τὴν δύναμιν. Ὁ μὲν γὰρ βορέης ξυνίστησι τὸν ἠέρα καὶ
the power The indeed for north-wind compacts the air and
τὸ θολερόν τε καὶ τὸ νεφώδες ἐκκρίνει καὶ λαμπρόν τε
the turbid both and the cloudy separates and clear both
καὶ διαφανέα ποιέει· κατὰ δὲ τὸν αὐτὸν τρόπον καὶ τἆλλα
and transparent makes in and the same manner also the-other

πάντα ἐκ τῆς θαλάσσης ἀρξάμενα καὶ τῶν ἄλλων ὑδάτων·
all-things from the sea beginning and the other waters
ἐκκρίνει γὰρ ἐξ ἁπάντων τὴν νοτίδα καὶ τὸ δνοφερὸν,
it-separates for from all the moisture and the murk
καὶ ἐξ αὐτῶν τῶν ἀνθρώπων, διὸ καὶ ὑγιεινότατός ἐστι
and from the-very the men therefore also healthiest is
τῶν ἀνέμων. Ὁ δὲ νότος τἀναντία τουτέῳ ἐργάζεται·
of-the winds The and south-wind the-opposite to-this works
πρῶτον μὲν γὰρ ἄρχεται τὸν ἠέρα ξυνεστεῶτα τήκειν καὶ
first indeed for it-begins the air compacted to-melt and
διαχέειν, καθότι καὶ οὐκ εὐθὺς πνέει μέγας, ἀλλὰ γαληνίζει
to-disperse inasmuch-as also not at-once it-blows great but it-is-calm
πρῶτον, ὅτι οὐ δύναται ἐπικρατῆσαι τοῦ ἠέρος αὐτίκα,
first because not it-can to-overpower the air at-once
τοῦ πρόσθεν πυκνοῦ τε ἐόντος καὶ ξυνεστηκότος, ἀλλὰ τῷ
the before dense both being and compacted but in-the
χρόνῳ διαλύει· τὸ δ' αὐτὸ τοῦτο καὶ τὴν γῆν ἐργάζεται
time it-dissolves the and same this also the earth it-works-upon
καὶ τὴν θάλασσαν καὶ τοὺς ποταμοὺς καὶ τὰς κρήνας καὶ
and the sea and the rivers and the springs and
τὰ φρέατα καὶ ὅσα φύεται καὶ ἐν οἷσιν ὑγρὸν ἔνεστιν·
the wells and as-many-as grow and in which moisture is-in
ἔστι δὲ ἐν παντὶ, ἐν μὲν τῷ πλέον, ἐν δὲ τῷ ἔλασσον·
it-is and in everything in indeed the-one more in but the-other less
ἅπαντα δὲ ταῦτα αἰσθάνεται τοῦ πνεύματος τούτου, καὶ
all and these perceive the wind this and
ἔκ τε λαμπρῶν δνοφερώδεα γίνεται, ἔκ τε ψυχρῶν
from both bright murky become from both cold
θερμὰ, καὶ ἐκ ξηρῶν νοτώδεα· ὁκόσα τε ἐν οἰκήμασι
hot and from dry damp as-many-as and in houses
κεράμια ἢ κατὰ γῆς ἐστι μεστὰ οἴνου ἢ ἄλλου τινὸς ὑγροῦ,
earthen-jars or under earth are full of-wine or other some liquid

πάντα ταῦτα αἰσθάνεται τοῦ νότου καὶ διαλλάσσει τὴν
all these perceive the south-wind and change the
μορφὴν ἐς ἕτερον εἶδος· τὸν δὲ ἥλιον καὶ τὴν σελήνην καὶ
form into another shape the and sun and the moon and
τὰ ἄστρα πουλὺ ἀμβλυωπότερα καθίστησι τῆς φύσιος.
the stars much dimmer it-renders than-the nature
Ὅτε οὖν καὶ τούτων οὕτω μεγάλων ἐόντων καὶ ἰσχυρῶν
When then even these so great being and strong
τοσοῦτον ἐπικρατέει καὶ τὸ σῶμα ποιέει αἰσθάνεσθαι καὶ
so-much it-prevails and the body makes to-perceive and
μεταβάλλειν ἐκ τῶν ἀνέμων τούτων ἐν τῇσι μεταλλαγῇσιν,
to-change from the winds these in the changes
ἀνάγκη τοῖσι μὲν νοτίοισι λύεσθαί τε καὶ φλυδᾶν τὸν
necessity in-the indeed southerly to-be-loosened both and to-be-sodden the
ἐγκέφαλον καὶ τὰς φλέβας χαλαρωτέρας εἶναι, τοῖσι δὲ
brain and the veins slacker to-be in-the and
βορείοισι ξυνίστασθαι τὸ ὑγιηρότατον τοῦ ἐγκεφάλου, τὸ
northerly to-be-compacted the healthiest of-the brain the
δὲ νοσερώτατον καὶ ὑγρότατον ἐκκρίνεσθαι καὶ περικλύζειν
and sickliest and moistest to-be-separated and to-wash-around
ἔξωθεν, καὶ οὕτω τοὺς καταῤῥόους ἐπιγίνεσθαι ἐν τῇσι
from-outside and so the catarrhs to-come-on in the
μεταβολῇσι τῶν πνευμάτων τούτων. Οὕτως ἡ νοῦσος
changes of-the winds these So the disease
αὕτη γίνεται καὶ θάλλει ἀπὸ τῶν προσιόντων τε καὶ
this comes-about and flourishes from the things-coming-in both and
ἀπιόντων, καὶ οὐδέν ἐστιν ἀπορωτέρη τῶν ἄλλων οὔτε
going-out and not-at-all is more-baffling than-the others either
ἰῆσθαι οὔτε γνῶναι, οὐδὲ θειοτέρη ἢ αἱ ἄλλαι.
to-cure or to-know nor more-divine than the others

Εἰδέναι δὲ χρὴ τοὺς ἀνθρώπους, ὅτι ἐξ οὐδενὸς ἡμῖν 14
To-know and one-must the men that from nothing-else for-us
αἱ ἡδοναὶ γίνονται καὶ αἱ εὐφροσύναι καὶ γέλωτες, καὶ
the pleasures come-about and the joys and laughters and
παιδιαὶ ἢ ἐντεῦθεν, καὶ λῦπαι καὶ ἀνίαι καὶ δυσφροσύναι
jests than from-there and griefs and distresses and dejections
καὶ κλαυθμοί. Καὶ τούτῳ φρονεῦμεν μάλιστα καὶ νοεῦμεν
and weepings And by-this we-think most and we-perceive
καὶ βλέπομεν καὶ ἀκούομεν καὶ γινώσκομεν τά τε αἰσχρὰ
and we-see and we-hear and we-recognize the both shameful
καὶ τὰ καλὰ καὶ τὰ κακὰ καὶ ἀγαθὰ καὶ ἡδέα καὶ ἀηδέα,
and the fine and the bad and good and pleasant and unpleasant
τὰ μὲν νόμῳ διακρίνοντες, τὰ δὲ τῷ ξυμφέροντι
the-ones indeed by-custom distinguishing the-others and by-the advantage
αἰσθανόμενοι, τῷ δὲ καὶ τὰς ἡδονὰς καὶ τὰς ἀηδίας τοῖσι
perceiving by-it and also the pleasures and the displeasures by-the
καιροῖσι διαγινώσκοντες, καὶ οὐ ταὐτὰ ἀρέσκει ἡμῖν.
occasions discerning and not the-same-things please us
Τῷ δὲ αὐτῷ τούτῳ καὶ μαινόμεθα καὶ παραφρονέομεν,
By-the and same this also we-rave and we-are-deranged
καὶ δείματα καὶ φόβοι παρίστανται ἡμῖν τὰ μὲν νύκτωρ,
and terrors and fears stand-by us the-ones indeed by-night
τὰ δὲ μεθ' ἡμέρην, καὶ ἐνύπνια καὶ πλάνοι ἄκαιροι, καὶ
the-others and by day and dreams and wanderings untimely and
φροντίδες οὐχ ἱκνεύμεναι, καὶ ἀγνωσίη τῶν καθεστεώτων
anxieties not fitting and ignorance of-the established-things
καὶ ἀηθίη καὶ ἀπειρίη. Καὶ ταῦτα πάσχομεν ἀπὸ
and unfamiliarity and inexperience And these-things we-suffer from
τοῦ ἐγκεφάλου πάντα, ὅταν οὗτος μὴ ὑγιαίνῃ, ἀλλ' ἢ
the brain all when this not is-healthy but either
θερμότερος τῆς φύσιος γένηται ἢ ψυχρότερος ἢ ὑγρότερος
hotter than-the nature becomes or colder or moister

ἢ ξηρότερος, ἤ τι ἄλλο πεπόνθῃ πάθος παρὰ τὴν φύσιν ὃ
or drier or some other has-suffered affliction against the nature which
μὴ ἐώθει. Καὶ μαινόμεθα μὲν ὑπὸ ὑγρότητος· ὁκόταν γὰρ
not it-was-wont And we-rave indeed from moistness when for
ὑγρότερος τῆς φύσιος ἔῃ, ἀνάγκη κινέεσθαι, κινευμένου δὲ
moister than-the nature it-is necessity to-be-moved being-moved and
μήτε τὴν ὄψιν ἀτρεμίζειν μήτε τὴν ἀκοὴν, ἀλλ᾽ ἄλλοτε ἄλλο
neither the sight to-be-still nor the hearing but at-one-time another
ὁρᾷν καὶ ἀκούειν, τήν τε γλῶσσαν τοιαῦτα διαλέγεσθαι οἷα
to-see and to-hear the and tongue such-things to-speak as
ἂν βλέπῃ τε καὶ ἀκούῃ ἑκάστοτε· ὁκόσον δ᾽ ἂν ἀτρεμήσῃ
— it-sees both and hears each-time as-long-as and — is-still
ὁ ἐγκέφαλος χρόνον, τοσοῦτον καὶ φρονέει ὁ ἄνθρωπος.
the brain time so-long also thinks the man

IV · MADNESS AND ITS CURE

Madness comes from the brain corrupted by phlegm or bile: those deranged by phlegm are quiet, those by bile noisy and violent. The brain, receiving the air first, is the interpreter of intelligence to the body; the diaphragm and the heart feel joy and grief but do not think. Since the brain is the first to sense a change in the air, the sharpest diseases fall on it. The sacred disease comes from cold, sun, and the changing winds, and so it is divine as all are; whoever can control moist and dry, hot and cold by regimen can cure it without purifications or charms.

15 Γίνεται δὲ ἡ διαφθορὴ τοῦ ἐγκεφάλου ὑπὸ φλέγματος καὶ
Comes-about and the corruption of-the brain by phlegm and
χολῆς· γνώσῃ δὲ ἑκάτερα ὧδε· οἱ μὲν γὰρ ὑπὸ τοῦ
bile you-will-recognize and each thus those indeed for by the
φλέγματος μαινόμενοι ἥσυχοί τέ εἰσι καὶ οὐ βοῶσιν οὐδὲ
phlegm raving quiet both are and not shout nor

θορυβέουσιν, οἱ δὲ ὑπὸ χολῆς κεκράκται καὶ κακοῦργοι καὶ
make-uproar those but by bile are-screamers and evildoers and
οὐκ ἀτρεμαῖοι, ἀλλ᾽ αἰεί τι ἄκαιρον δρῶντες. Ἢν μὲν
not still but always something untimely doing If indeed
οὖν ξυνεχέως μαίνωνται, αὗται αὐτοῖς αἱ προφάσιές εἰσίν·
then continuously they-rave these for-them the causes are
ἢν δὲ δείματα καὶ φόβοι παριστῶνται, ὑπὸ μεταστάσιος
if but terrors and fears stand-by from shifting
τοῦ ἐγκεφάλου· μεθίσταται δὲ θερμαινόμενος· θερμαίνεται
of-the brain it-shifts and being-heated it-is-heated
δὲ ὑπὸ τῆς χολῆς, ὁκόταν ὁρμήσῃ ἐπὶ τὸν ἐγκέφαλον,
and by the bile when it-rushes to the brain
κατὰ τὰς φλέβας τὰς αἱματίτιδας ἐκ τοῦ σώματος· καὶ
through the veins the blood-veins from the body and
φόβος παρέστηκε μέχρις ἀπέλθῃ πάλιν ἐπὶ τὰς φλέβας
fear stands-by until it-goes-away again to the veins
καὶ τὸ σῶμα· ἔπειτα πέπαυται. Ἀνιᾶται δὲ καὶ ἀσᾶται
and the body then it-has-ceased He-is-grieved but and is-nauseated
παρὰ καιρὸν ψυχομένου τοῦ ἐγκεφάλου καὶ ξυνισταμένου
against season being-chilled the brain and being-compacted
παρὰ τὸ ἔθος· τοῦτο δὲ ὑπὸ φλέγματος πάσχει· ὑπ᾽ αὐτοῦ
against the habit this and by phlegm it-suffers by the-very
δὲ τοῦ πάθεος καὶ ἐπιλήθεται. Ἐκ νυκτῶν δὲ βοᾷ καὶ
and the affliction also he-forgets From nights and he-shouts and
κέκραγεν, ὁκόταν ἐξαπίνης ὁ ἐγκέφαλος διαθερμαίνηται·
screams when suddenly the brain is-heated-through
τοῦτο δὲ πάσχουσιν οἱ χολώδεες, οἱ φλεγματώδεες δὲ οὔ·
this and suffer the bilious the phlegmatic but not
διαθερμαίνεται δὲ καὶ ἐπὴν τὸ αἷμα ἐπέλθῃ πουλὺ ἐπὶ
it-is-heated-through and also when the blood comes much to
τὸν ἐγκέφαλον καὶ ἐπιζέσῃ. Ἔρχεται δὲ κατὰ τὰς φλέβας
the brain and boils-over It-comes and through the veins

πουλὺ τὰς προειρημένας, ὁκόταν τυγχάνῃ ὤνθρωπος ὁρέων
much the aforesaid when happens the-man seeing
ἐνύπνιον φοβερὸν καὶ ἐν τῷ φόβῳ ἔῃ· ὥσπερ οὖν καὶ
dream fearful and in the fear be as then also
ἐγρηγορότι τότε μάλιστα τὸ πρόσωπον φλογιᾷ, καὶ οἱ
to-one-awake then most the face flushes and the
ὀφθαλμοὶ ἐρεύθονται, ὁκόταν φοβῆται, καὶ ἡ γνώμη ἐπινοέῃ
eyes redden when he-fears and the mind plans
τι κακὸν ἐργάσασθαι, οὕτω καὶ ἐν τῷ ὕπνῳ πάσχει·
some evil to-do so also in the sleep he-suffers
ὁκόταν δὲ ἐπέγρηται καὶ καταφρονήσῃ καὶ τὸ αἷμα πάλιν
when but he-wakes and comes-to-his-senses and the blood again
ἀποσκεδασθῇ ἐς τὰς φλέβας τὰς προειρημένας, πέπαυται.
is-scattered into the veins the aforesaid it-has-ceased

16 Κατὰ ταῦτα νομίζω τὸν ἐγκέφαλον δύναμιν πλείστην
According-to these-things I-think the brain power greatest
ἔχειν ἐν τῷ ἀνθρώπῳ· οὗτος γὰρ ἡμῖν ἐστι τῶν ἀπὸ τοῦ
to-have in the man this for for-us is of-the-things from the
ἠέρος γινομένων ἑρμηνεὺς, ἢν ὑγιαίνων τυγχάνῃ· τὴν δὲ
air coming-about interpreter if healthy it-happens-to-be the and
φρόνησιν αὐτῷ ὁ ἀὴρ παρέχεται. Οἱ δὲ ὀφθαλμοὶ καὶ τὰ
intelligence to-it the air provides The and eyes and the
οὔατα καὶ ἡ γλῶσσα καὶ αἱ χεῖρες καὶ οἱ πόδες οἷα ἂν
ears and the tongue and the hands and the feet such-things-as —
ὁ ἐγκέφαλος γινώσκῃ, τοιαῦτα πρήσσουσι· γίνεται γὰρ
the brain recognizes such do there-comes-about for
παντὶ τῷ σώματι τῆς φρονήσιος, ὡς ἂν μετέχῃ τοῦ ἠέρος.
to-all the body of-the intelligence as-far-as — it-shares of-the air
Ἐς δὲ τὴν ξύνεσιν ὁ ἐγκέφαλός ἐστιν ὁ διαγγέλλων·
To and the understanding the brain is the-one reporting
ὁκόταν γὰρ σπάσῃ τὸ πνεῦμα ὤνθρωπος ἐς ἑωυτὸν, ἐς τὸν
when for draws the breath the-man into himself into the

ἐγκέφαλον πρῶτον ἀφικνέεται, καὶ οὕτως ἐς τὸ λοιπὸν σῶμα
brain first it-arrives and so into the rest body
σκίδναται ὁ ἀὴρ, καταλιπὼν ἐν τῷ ἐγκεφάλῳ ἑωυτοῦ τὴν
is-dispersed the air having-left in the brain of-itself the
ἀκμὴν καὶ ὅ τι ἂν ἔῃ φρόνιμόν τε καὶ γνώμην ἔχον·
prime and whatever — — it-may-be intelligent both and judgment having
εἰ γὰρ ἐς τὸ σῶμα πρῶτον ἀφικνέετο καὶ ὕστερον ἐς τὸν
if for into the body first it-arrived and later into the
ἐγκέφαλον, ἐν τῇσι σαρξὶ καὶ ἐν τῇσι φλεψὶ καταλελοιπὼς
brain in the flesh and in the veins having-left
τὴν διάγνωσιν ἐς τὸν ἐγκέφαλον ἂν ἴοι θερμὸς ἐὼν καὶ
the discernment into the brain — it-would-go hot being and
οὐχὶ ἀκραιφνὴς, ἀλλ' ἐπιμεμιγμένος τῇ ἰκμάδι τῇ ἀπὸ
not pure but mixed with-the moisture the from
τῶν σαρκῶν καὶ τοῦ αἵματος, ὥστε μηκέτι εἶναι ἀκριβής.
the flesh and of-the blood so-that no-longer to-be exact
Διὸ φημὶ τὸν ἐγκέφαλον εἶναι τὸν ἑρμηνεύοντα τὴν 17
Therefore I-say the brain to-be the-one interpreting the
ξύνεσιν. Αἱ δὲ φρένες ἄλλως οὔνομα ἔχουσι τῇ τύχῃ
understanding The and diaphragm idly name has by-the chance
κεκτημένον καὶ τῷ νόμῳ, τῷ δ' ἐόντι οὐκ, οὐδὲ τῇ
having-been-acquired and by-the custom in-the and being not nor by-the
φύσει, οὐδὲ οἶδα ἔγωγε τίνα δύναμιν ἔχουσιν αἱ φρένες ὥστε
nature nor know I what power has the diaphragm so-as
φρονέειν τε καὶ νοέειν, πλὴν εἴ τι ὤνθρωπος ὑπερχαρείη
to-think both and to-perceive except if — the-man rejoice-exceedingly
ἐξ ἀδοκήτου ἢ ἀνιηθείη, πηδῶσι καὶ ἄλσιν παρέχουσιν
from unexpected or be-grieved it-leaps and jumping provides
ὑπὸ λεπτότητος καὶ ὅτι ἀνατέτανται μάλιστα ἐν τῷ
because-of thinness and because it-is-stretched most in the
σώματι, καὶ κοιλίην οὐκ ἔχουσι πρὸς ἣν δέξονται ἢ
body and cavity not it-has into which it-will-receive either

ἀγαθὸν ἢ κακὸν προσπῖπτον, ἀλλ᾽ ὑπ᾽ ἀμφοτέρων τούτων
good or bad befalling but by both these
τεθορύβηνται διὰ τὴν ἀσθενείην τῆς φύσιος· ἐπεὶ
it-is-disturbed because-of the weakness of-the nature since
αἰσθάνονταί γε οὐδενὸς πρότερον τῶν ἐν τῷ σώματι
it-perceives at-least nothing before of-the in the body
ἐόντων, ἀλλὰ μάτην τοῦτο τὸ οὔνομα ἔχουσι καὶ τὴν αἰτίην,
being but in-vain this the name it-has and the cause
ὥσπερ τὰ πρὸς τῇ καρδίῃ ἅπερ ὦτα καλέεται, οὐδὲν ἐς
as the-parts by the heart which ears are-called nothing to
τὴν ἀκοὴν ξυμβαλλόμενα. Λέγουσι δέ τινες ὡς φρονέομεν
the hearing contributing Say and some that we-think
τῇ καρδίῃ καὶ τὸ ἀνιώμενον τοῦτό ἐστι καὶ τὸ φροντίζον·
with-the heart and the grieving this is and the worrying
τὸ δὲ οὐχ οὕτως ἔχει, ἀλλὰ σπᾶται μὲν ὥσπερ αἱ φρένες
the but not so is but it-is-convulsed indeed as the diaphragm
καὶ μᾶλλον διὰ ταύτας τὰς αἰτίας· ἐξ ἅπαντος γὰρ τοῦ
and more because-of these the causes from all for the
σώματος φλέβες ἐς αὐτὴν συντείνουσι, καὶ ξυγκλείσασα
body veins into it extend and having-shut-them-in
ἔχει ὥστε αἰσθάνεσθαι, ἤν τις πόνος ἢ τάσις γίνηται τῷ
it-holds so-as to-perceive if some pain or strain comes-about to-the
ἀνθρώπῳ· ἀνάγκη γὰρ καὶ ἀνιώμενον φρίσσειν τὸ σῶμα
man necessity for also grieving to-shudder the body
καὶ συντείνεσθαι, καὶ ὑπερχαίροντα τὸ αὐτὸ τοῦτο πάσχειν·
and to-be-tightened and rejoicing-exceedingly the same this to-suffer
διότι ἡ καρδίη αἰσθάνεταί τε μάλιστα καὶ αἱ φρένες.
because the heart perceives both most and the diaphragm
Τῆς μέντοι φρονήσιος οὐδετέρῳ μέτεστιν, ἀλλὰ πάντων
Of-the however intelligence to-neither there-is-share but of-all
τουτέων ὁ ἐγκέφαλος αἴτιός ἐστιν· ὥσπερ οὖν καὶ τῆς
these the brain cause is as then also of-the

φρονήσιος τοῦ ἠέρος πρῶτος αἰσθάνεται τῶν ἐν τῷ σώματι
intelligence of-the air first it-perceives of-the in the body
ἐνεόντων· οὕτω καὶ ἤν τις μεταβολὴ ἰσχυροτέρη γένηται· ἐν
being-in so also if any change stronger comes-about in
τῷ ἠέρι ὑπὸ τῶν ὡρέων, καὶ αὐτὸς ἑωυτοῦ διάφορος γίνηται
the air by the seasons and itself than-itself different becomes
ὁ ἠὴρ, ὁ ἐγκέφαλος πρῶτος αἰσθάνεται· διὸ καὶ τὰ
the air the brain first perceives therefore also the
νουσήματα ἐς αὐτὸν ἐμπίπτειν φημὶ ὀξύτατα καὶ μέγιστα
diseases into it to-fall I-say most-acute and greatest
καὶ θανατωδέστατα καὶ δυσκριτώτατα τοῖσιν ἀπείροισιν.
and most-deadly and hardest-to-judge for-the inexperienced
Αὕτη δὲ ἡ νοῦσος ἡ ἱερὴ καλεομένη ἐκ τῶν αὐτῶν 18
This and the disease the sacred so-called from the same
προφασίων γίνεται ἀφ' ὧν καὶ αἱ λοιπαὶ ἀπὸ τῶν
causes comes-about from which also the other from the
προσιόντων καὶ ἀπιόντων, καὶ ψύχεος, ἡλίου, πνευμάτων
things-coming-in and going-out and of-cold of-sun of-winds
μεταβαλλομένων τε καὶ μηδέποτε ἀτρεμιζόντων. Ταῦτα
changing both and never being-still These-things
δ' ἐστὶ θεῖα, ὥστε μηδὲν διακρίνοντα τὸ νούσημα θειότερον
and are divine so-that not distinguishing the disease more-divine
τῶν λοιπῶν νουσημάτων νομίζειν, ἀλλὰ πάντα θεῖα καὶ
than-the other diseases to-think but all divine and
ἀνθρώπινα πάντα· φύσιν δὲ ἔχει ἕκαστον καὶ δύναμιν ἐφ'
human all nature and has each and power by
ἑωυτοῦ, καὶ οὐδὲν ἄπορόν ἐστιν οὐδὲ ἀμήχανον· ἀκεστά
itself and nothing baffling is nor intractable curable
τε τὰ πλεῖστά ἐστι τοῖς αὐτοῖσι τούτοισιν ἀφ' ὅτων καὶ
both the most are by-the same these from which also
γίνεται· ἕτερον γὰρ ἑτέρῳ τροφή ἐστι, τῷ δὲ κάκωσις.
it-comes-about one-thing for to-one nourishment is to-another and harm

Τοῦτο οὖν δεῖ τὸν ἰητρὸν ἐπίστασθαι, ὅκως τὸν καιρὸν
This then must the physician know how the right-moment
διαγινώσκων ἑκάστου τῷ μὲν ἀποδώσει τὴν τροφὴν
discerning of-each to-the-one indeed he-will-give the nourishment
καὶ αὐξήσει, τῷ δὲ ἀφαιρήσει καὶ κακώσει. Χρὴ δὲ
and increase to-the-other and take-away and harm One-must and
καὶ ἐν ταύτῃ τῇ νούσῳ καὶ ἐν τῇσιν ἄλλῃσιν ἁπάσῃσι μὴ
also in this the disease and in the other all not
αὔξειν τὰ νουσήματα, ἀλλὰ σπεύδειν τρύχειν προσφέροντα
to-increase the diseases but to-hasten to-wear-down applying
τῇ νούσῳ τὸ πολεμιώτατον ἑκάστῃ, καὶ μὴ τὸ φίλον καὶ
to-the disease the most-hostile to-each and not the friendly and
σύνηθες· ὑπὸ μὲν γὰρ τῆς συνηθείης θάλλει καὶ αὔξεται, ὑπὸ
accustomed by indeed for the familiarity it-flourishes and grows by
δὲ τοῦ πολεμίου φθίνει καὶ ἀμαυροῦται. Ὅστις δὲ ἐπίσταται
but the hostile wanes and dims Whoever and knows
ἐν ἀνθρώποισι τὴν τοιαύτην μεταβολὴν καὶ δύναται ὑγρὸν
in men the such change and can moist
καὶ ξηρὸν ποιέειν καὶ θερμὸν καὶ ψυχρὸν ὑπὸ διαίτης τὸν
and dry to-make and hot and cold by regimen the
ἄνθρωπον, οὗτος καὶ ταύτην τὴν νοῦσον ἰῷτο ἂν, εἰ τοὺς
man this-one also this the disease could-cure — if the
καιροὺς διαγινώσκοι τῶν ξυμφερόντων, ἄνευ καθαρμῶν
right-moments he-should-discern of-the beneficial-things without purifications
καὶ μαγευμάτων καὶ πάσης ἄλλης βαναυσίης τοιαύτης.
and magic-spells and all other vulgar-trickery such

HIPPOCRATES

ΠΡΟΓΝΩΣΤΙΚΟΝ

Prognostic

ΠΡΟΓΝΩΣΤΙΚΟΝ

I · FORETHOUGHT AND THE FACE

The best physician foresees, knowing beforehand and telling the patient what is past, present, and to come, so as to be trusted and to treat better. He must learn which diseases exceed the body's strength. The face is examined first: sharp nose, hollow eyes, sunken temples, cold ears, and taut, dry, dark skin are a deadly sign unless sleeplessness, diarrhea, or hunger explain them. The eyes, the posture in bed, the hands, the breathing, and the sweats are read the same way.

Τὸν ἰητρὸν δοκέει μοι ἄριστον εἶναι πρόνοιαν ἐπιτηδεύειν· 1
The physician seems to-me best to-be foresight to-practice
προγιγνώσκων γὰρ καὶ προλέγων παρὰ τοῖσι νοσέουσι
foreknowing for and foretelling beside the sick
τά τε παρεόντα καὶ τὰ προγεγονότα καὶ τὰ
the both present-things and the things-that-have-gone-before and the
μέλλοντα ἔσεσθαι, ὁκόσα τε παραλείπουσιν οἱ ἀσθενέοντες
things-about to-be as-many-as both omit the sick
ἐκδιηγεύμενος, πιστεύοιτ' ἂν μᾶλλον γιγνώσκειν τὰ
relating he-would-be-trusted — more to-know the
τῶν νοσεόντων πρήγματα, ὥστε τολμᾶν ἐπιτρέπειν τοὺς
of-the sick matters so-that to-dare to-entrust the
ἀνθρώπους σφέας ἑωυτοὺς τῷ ἰητρῷ. Τὴν δὲ θεραπείην
men them themselves to-the physician The and treatment
ἄριστα ἂν ποιέοιτο, προειδὼς τὰ ἐσόμενα ἐκ τῶν
best — he-would-make foreknowing the things-to-be from the
παρεόντων παθημάτων. Ὑγιέας μὲν γὰρ ποιέειν ἅπαντας
present sufferings Healthy indeed for to-make all
τοὺς ἀσθενέοντας ἀδύνατον· τοῦτο γὰρ τοῦ προγιγνώσκειν
the sick impossible this for than-the to-foreknow
τὰ μέλλοντα ἀποβήσεσθαι κρέσσον ἂν ἦν· ἐπειδὴ δὲ
the things-about to-result better — would-be since but

οἱ ἄνθρωποι ἀποθνήσκουσιν, οἱ μὲν πρὶν ἢ καλέσαι
the men die the-ones indeed before than to-call
τὸν ἰητρὸν, ὑπὸ τῆς ἰσχύος τῆς νούσου, οἱ δὲ καὶ
the physician by the strength of-the disease the-others but even
ἐσκαλεσάμενοι παραχρῆμα ἐτελεύτησαν, οἱ μὲν ἡμέρην
having-called-him at-once ended the-ones indeed day
μίην ζήσαντες, οἱ δὲ ὀλίγῳ πλέονα χρόνον, πρὶν ἢ τὸν
one having-lived the-others but little more time before than the
ἰητρὸν τῇ τέχνῃ πρὸς ἕκαστον νούσημα ἀνταγωνίσασθαι·
physician with-the art against each disease to-contend
γνῶναι οὖν χρὴ τῶν παθέων τῶν τοιουτέων τὰς φύσιας,
to-know then one-must of-the afflictions the such the natures
ὁκόσον ὑπὲρ τὴν δύναμίν εἰσι τῶν σωμάτων, ἅμα
how-much beyond the power they-are of-the bodies at-the-same-time
δὲ καὶ εἴ τι θεῖον ἔνεστιν ἐν τῇσι νούσοισι, καὶ τουτέου
and also if anything divine is-in in the diseases and of-this
τὴν πρόνοιαν ἐκμανθάνειν. Οὕτω γὰρ ἂν θαυμάζοιτό τε
the foresight to-learn So for — he-would-be-admired both
δικαίως, καὶ ἰητρὸς ἀγαθὸς ἂν εἴη· καὶ γὰρ οὓς οἷόν
justly and physician good — would-be and for whom possible
τε περιγίγνεσθαι, τούτους ἔτι μᾶλλον δύναιτ' ἂν ὀρθῶς
— to-survive these still more he-could — rightly
διαφυλάσσειν, ἐκ πλείονος χρόνου προβουλευόμενος πρὸς
to-preserve from more time planning-ahead for
ἕκαστα, καὶ τοὺς ἀποθανουμένους τε καὶ σωθησομένους
each-thing and those going-to-die both and going-to-be-saved
προγιγνώσκων καὶ προαγορεύων ἀναίτιος ἂν εἴη.
foreknowing and foretelling blameless — he-would-be

2 Σκέπτεσθαι δὲ χρὴ ὧδε ἐν τοῖσιν ὀξέσι νουσήμασι· πρῶτον
To-examine and one-must thus in the acute diseases first
μὲν τὸ πρόσωπον τοῦ νοσέοντος, εἰ ὅμοιόν ἐστι τοῖσι τῶν
indeed the face of-the sick-man if like it-is to-those of-the

ὑγιαινόντων, μάλιστα δὲ, εἰ αὐτὸ ἑωυτέῳ. Οὕτω γὰρ ἂν
healthy most and if itself to-itself So for —
εἴη ἄριστον, τὸ δ' ἐναντιώτατον τοῦ ὁμοίου, δεινότατον.
it-would-be best the but most-opposite to-the like most-terrible
Εἴη δ' ἂν τὸ τοιόνδε· ῥὶς ὀξεῖα, ὀφθαλμοὶ κοῖλοι,
Would-be and — the such nose sharp eyes hollow
κρόταφοι ξυμπεπτωκότες, ὦτα ψυχρὰ καὶ ξυνεσταλμένα, καὶ
temples fallen-in ears cold and contracted and
οἱ λοβοὶ τῶν ὤτων ἀπεστραμμένοι, καὶ τὸ δέρμα τὸ περὶ
the lobes of-the ears turned-out and the skin the about
τὸ μέτωπον σκληρόν τε καὶ περιτεταμένον καὶ καρφαλέον
the forehead hard both and stretched and parched
ἐόν. Καὶ τὸ χρῶμα τοῦ ξύμπαντος προσώπου χλωρόν τε
being And the color of-the whole face yellow-green both
ἢ καὶ μέλαν ἐὸν, καὶ πελιὸν, ἢ μολιβδώδες. Ἢν μὲν οὖν
or also black being and livid or leaden If indeed then
ἐν ἀρχῇ τῆς νούσου τὸ πρόσωπον τοιοῦτον ᾖ, καὶ μήπω
in beginning of-the disease the face such be and not-yet
οἷόν τε ᾖ τοῖσιν ἄλλοισι σημείοισι ξυντεκμαίρεσθαι,
possible — it-be with-the other signs to-infer-together
ἐπανερέσθαι χρὴ, μὴ ἠγρύπνησεν ὁ νοσέων, ἢ τὰ
to-ask one-must whether-not has-been-sleepless the sick-man or the
τῆς κοιλίης ἐξυγρασμένα ᾖ ἰσχυρῶς, ἢ λιμῶδές τι
of-the belly moistened be strongly or of-hunger something
ἔχῃ αὐτόν· κἢν μέν τι τουτέων ὁμολογέῃ, ἧσσον νομίζειν
holds him and-if indeed any of-these he-admits less to-think
δεινὸν εἶναι· κρίνεται δὲ τὰ τοιαῦτα ἐν ἡμέρῃ τε καὶ νυκτὶ,
terrible to-be reach-crisis and the such in day both and night
ἢν διὰ ταύτας τὰς προφάσιας τὸ πρόσωπον τοιοῦτον ᾖ.
if because-of these the causes the face such be

Ἢν δὲ μηδὲν τουτέων φῇ εἶναι, μηδὲ ἐν τῷ χρόνῳ
If but none of-these he-says to-be nor in the time
τῷ προειρημένῳ καταστῇ, εἰδέναι χρὴ ἐγγὺς ἐόντα τοῦ
the aforesaid it-settles to-know one-must near being the
θανάτου. Ἢν δὲ καὶ παλαιοτέρου ἐόντος τοῦ νουσήματος,
death If and also older being the disease
ἢ τριταίου ἢ τεταρταίου, τὸ πρόσωπον τοιοῦτον
either third-day or fourth-day the face such
ἦῃ, περὶ τουτέων ἐπανερέσθαι, περὶ ὧν καὶ πρότερον
be about these to-ask about which also before
ἐκέλευσα, καὶ τἄλλα σημεῖα σκέπτεσθαι, τά τε ἐν τῷ
I-ordered and the-other signs to-examine the both in the
ξύμπαντι προσώπῳ, τά τε ἐν τῷ σώματι, καὶ τὰ
whole face the both in the body and the-ones
ἐν τοῖσιν ὀφθαλμοῖσιν. Ἢν γὰρ τὴν αὐγὴν φεύγωσιν, ἢ
in the eyes If for the light they-flee or
δακρύωσιν ἀπροαιρέτως, ἢ διαστρέφωνται, ἢ ὁ ἕτερος
weep involuntarily or are-distorted or the one
τοῦ ἑτέρου ἐλάσσων γίγνηται, ἢ τὰ λευκὰ ἐρυθρὰ
than-the other smaller becomes or the whites red
ἴσχωσιν, ἢ πελιὰ, ἢ φλέβια μέλανα ἐν ἑωυτέοισιν ἔχωσιν,
have or livid or small-veins black in themselves have
ἢ λῆμαι φαίνωνται περὶ τὰς ὄψιας, ἢ καὶ ἐναιωρεύμενοι,
or rheums appear about the pupils or also hovering
ἢ ἐξίσχοντες, ἢ ἔγκοιλοι ἰσχυρῶς γιγνόμενοι, ἢ αἱ ὄψιες
or protruding or sunken strongly becoming or the pupils
αὐχμῶσαι καὶ ἀλαμπέες, ἢ τὸ χρῶμα τοῦ ξύμπαντος
squalid and lusterless or the color of-the whole
προσώπου ἠλλοιωμένον ἦῃ, ταῦτα πάντα κακὰ νομίζειν καὶ
face altered be these all bad to-think and
ὀλέθρια εἶναι. Σκοπέειν δὲ χρὴ καὶ τὰς ὑποφάσιας τῶν
deadly to-be To-examine and one-must also the glimpses-beneath of-the

ὀφθαλμῶν ἐν τοῖσιν ὕπνοισιν· ἢν γάρ τι ὑποφαίνηται
eyes in the sleeps if for anything shows-beneath
τοῦ λευκοῦ, τῶν βλεφάρων μὴ ξυμβαλλομένων, μὴ ἐκ
of-the white of-the eyelids not closing not from
διαῤῥοίης ἢ φαρμακοποσίης ἐόντι, ἢ μὴ εἰθισμένῳ οὕτω
diarrhea or drug-drinking being or not being-accustomed so
καθεύδειν, φλαῦρον τὸ σημεῖον καὶ θανατῶδες λίην. Ἢν δὲ
to-sleep bad the sign and deadly very If and
καμπύλον γένηται, ἢ πελιὸν, ἢ ὠχρὸν βλέφαρον, ἢ χεῖλος,
curved becomes or livid or pale eyelid or lip
ἢ ῥὶς, μετά τινος τῶν ἄλλων σημείων, εἰδέναι χρὴ ἐγγὺς
or nose with some of-the other signs to-know one-must near
ἐόντα θανάτου· θανατῶδες δὲ καὶ χείλεα ἀπολυόμενα, καὶ
being death deadly and also lips loosened and
κρεμάμενα, καὶ ψυχρὰ, καὶ ἔκλευκα γιγνόμενα.
hanging and cold and white becoming
Κεκλιμένου δὲ χρὴ καταλαμβάνεσθαι τὸν νοσέοντα ὑπὸ 3
Lying and one-must to-be-found the sick-man by
τοῦ ἰητροῦ ἐπὶ τὸ πλευρὸν τὸ δεξιὸν, ἢ τὸ ἀριστερὸν, καὶ τὰς
the physician on the side the right or the left and the
χεῖρας καὶ τὸν τράχηλον καὶ τὰ σκέλεα ὀλίγον ἐπικεκαμμένα
hands and the neck and the legs slightly bent
ἔχοντα, καὶ τὸ ξύμπαν σῶμα ὑγρὸν κείμενον· οὕτω γὰρ
having and the whole body relaxed lying so for
καὶ οἱ πλεῖστοι τῶν ὑγιαινόντων κατακλίνονται· ἄριστα δέ
also the most of-the healthy lie-down best and
εἰσι τῶν κατακλίσιων αἱ ὅμοιαι τῇσι τῶν ὑγιαινόντων.
are of-the postures the-ones like to-those of-the healthy
Ὕπτιον δὲ κέεσθαι καὶ τὰς χεῖρας καὶ τὸν τράχηλον καὶ
On-the-back and to-lie and the hands and the neck and
τὰ σκέλεα ἐκτεταμένα ἔχοντα, ἧσσον ἀγαθόν. Εἰ δὲ καὶ
the legs stretched-out having less good If and also

προπετὴς γένοιτο, καὶ καταῤῥέοι ἐπὶ τῆς κλίνης ἐπὶ
headlong he-should-become and slide-down on the bed toward
τοὺς πόδας, δεινότερόν ἐστιν. Εἰ δὲ καὶ γυμνοὺς τοὺς πόδας
the feet more-terrible it-is If and also bare the feet
εὑρίσκοιτο ἔχων, μὴ θερμοὺς κάρτα ἐόντας, καὶ τὰς χεῖρας,
he-should-be-found having not hot very being and the hands
καὶ τὸν τράχηλον, καὶ τὰ σκέλεα ἀνωμάλως διερῥιμμένα
and the neck and the legs irregularly thrown-about
καὶ γυμνὰ, κακόν· ἀλυσμὸν γὰρ σημαίνει. Θανατῶδες δὲ
and bare bad restlessness for it-signifies Deadly and
καὶ τὸ κεχηνότα καθεύδειν αἰεὶ, καὶ τὰ σκέλεα ὑπτίου
also the gaping to-sleep always and the legs on-the-back
κειμένου ξυγκεκαμμένα εἶναι ἰσχυρῶς, καὶ διαπεπλεγμένα.
lying bent to-be strongly and interlaced
Ἐπὶ γαστέρα δὲ κέεσθαι ᾧ μὴ ξύνηθές ἐστι καὶ
On belly and to-lie for-whom not usual it-is also
ὑγιαίνοντι οὕτω κοιμᾶσθαι, παραφροσύνην τινὰ σημαίνει,
being-healthy so to-sleep derangement some signifies
ἢ ὀδύνην τῶν ἀμφὶ τὴν κοιλίην τόπων. Ἀνακαθίζειν δὲ
or pain of-the about the belly places To-sit-up and
βούλεσθαι τὸν νοσέοντα, τῆς νούσου ἀκμαζούσης, πονηρὸν
to-wish the sick-man the disease being-at-its-height bad
μὲν ἐν πᾶσι τοῖσιν ὀξέσι νουσήμασι, κάκιστον δὲ ἐν
indeed in all the acute diseases worst but in
τοῖσι περιπλευμονικοῖσιν. Ὀδόντας δὲ πρίειν ἐν πυρετοῖσιν,
the pneumonic Teeth and to-grind in fevers
ὁκόσοισι μὴ ξύνηθές ἐστιν ἀπὸ παίδων, μανικὸν καὶ
for-whomever not usual it-is from childhood maniacal and
θανατῶδες, ἀλλὰ προλέγειν ἀπ᾽ ἀμφοῖν κίνδυνον ἐσόμενον·
deadly but to-foretell from both danger to-be
ἢν δὲ καὶ παραφρονέων τοῦτο ποιέῃ, ὀλέθριον γίγνεται
if and also deranged this he-does deadly becomes

κάρτα ἤδη. Ἕλκος δὲ ἢν τε καὶ προγεγονὸς τύχῃ ἔχων,
very already Sore and if both also previously it-happens having
ἢν τε καὶ ἐν τῇ νούσῳ γένηται, καταμανθάνειν δεῖ·
if both also in the disease it-arises to-observe one-must
ἢν γὰρ μέλλῃ ἀπόλλυσθαι ὁ ἄνθρωπος, πρὸ τοῦ θανάτου
if for is-going to-perish the man before the death
πελιδνόν τε καὶ ξηρὸν ἔσται, ἢ ὠχρόν τε καὶ ξηρόν.
livid both and dry it-will-be or pale both and dry
Περὶ δὲ χειρῶν φορῆς τάδε γιγνώσκω· ὁκόσοισιν ἐν 4
About and of-hands movement these-things I-know for-whomever in
πυρετοῖσιν ὀξέσιν, ἢ ἐν περιπλευμονίῃσιν, ἢ ἐν φρενίτισιν,
fevers acute or in pneumonias or in phrenitis
ἢ ἐν κεφαλαλγίῃσι, πρὸ τοῦ προσώπου φερομένας καὶ
or in headaches before the face moving and
θηρευούσας διὰ κενῆς, καὶ ἀποκαρφολογεούσας, καὶ
hunting through empty and picking-off-chaff and
κροκίδας ἀπὸ τῶν ἱματίων ἀποτιλλούσας, καὶ ἀπὸ τοῦ τοίχου
tufts from the clothes plucking and from the wall
ἄχυρα ἀποσπώσας, πάσας εἶναι κακὰς καὶ θανατώδεας.
straws pulling all to-be bad and deadly
Πνεῦμα δὲ πυκνὸν μὲν ἐὸν πόνον σημαίνει ἢ φλεγμονὴν ἐν 5
Breath and rapid indeed being pain signifies or inflammation in
τοῖσιν ὑπὲρ τῶν φρενῶν χωρίοισι· μέγα δὲ ἀναπνεόμενον
the above the diaphragm places large and breathed-in
καὶ διὰ πολλοῦ χρόνου παραφροσύνην δηλοῖ· ψυχρὸν δὲ
and through much time derangement shows cold and
ἐκπνεόμενον ἐκ τῶν ῥινῶν καὶ τοῦ στόματος ὀλέθριον
breathed-out from the nostrils and the mouth deadly
κάρτα ἤδη γίγνεται. Εὔπνοιαν δὲ χρὴ νομίζειν κάρτα
very already becomes Good-breathing and one-must to-think very
μεγάλην δύναμιν ἔχειν ἐς σωτηρίην ἐν ἅπασι τοῖσιν
great power to-have for safety in all the

ὀξέσι νουσήμασιν, ὅσα ξὺν πυρετοῖσίν ἐστι καὶ ἐν
acute diseases as-many-as with fevers are and in
τεσσαράκοντα ἡμέρῃσι κρίνεται.
forty days reach-crisis

6 Οἱ δὲ ἱδρῶτες ἄριστοι μέν εἰσιν ἐν πᾶσι τοῖσιν ὀξέσι
The and sweats best indeed are in all the acute
νουσήμασιν, ὁκόσοι ἐν ἡμέρῃσί τε κρισίμοισι γίγνονται
diseases as-many-as in days both critical come-about
καὶ τελείως τὸν πυρετὸν ἀπαλλάσσουσιν. Ἀγαθοὶ δὲ καὶ
and completely the fever release Good and also
ὁκόσοι διὰ παντὸς τοῦ σώματος γιγνόμενοι ἀπέδειξαν τὸν
as-many-as through all the body occurring showed the
ἄνθρωπον εὐπετέστερον φέροντα τὸ νούσημα. Οἳ δ' ἂν
man more-easily bearing the disease Those and —
μὴ τοιοῦτόν τι ἐξεργάσωνται, οὐ λυσιτελέες. Κάκιστοι
not such anything accomplish not profitable Worst
δὲ οἱ ψυχροί τε καὶ μοῦνον περὶ τὴν κεφαλήν τε καὶ τὸ
and the cold both and only about the head both and the
πρόσωπον γιγνόμενοι καὶ τὸν αὐχένα· οὗτοι γὰρ ξὺν μὲν
face occurring and the neck these for with indeed
ὀξεῖ πυρετῷ θάνατον προσημαίνουσι, ξὺν δὲ πρηϋτέρῳ,
acute fever death foreshow with but milder
μῆκος νούσου. Καὶ οἱ κατὰ πᾶν τὸ σῶμα ὡσαύτως
length of-disease And those over all the body likewise
γιγνόμενοι τοῖσι περὶ τὴν κεφαλήν· οἱ δὲ κεγχροειδέες καὶ
occurring as-those about the head those and millet-like and
μοῦνον περὶ τὸν τράχηλον γιγνόμενοι πονηροί. Οἱ δὲ μετὰ
only about the neck occurring bad Those and with
σταλαγμῶν καὶ ἀτμίζοντες, ἀγαθοί. Κατανοέειν δὲ χρὴ
drops and steaming good To-observe and one-must

τὸ ξύνολον τῶν ἱδρώτων. Γίγνονται γὰρ οἱ μὲν δι᾽
the whole of-the sweats Come-about for the-ones indeed because-of
ἔκλυσιν σωμάτων, οἱ δὲ διὰ ξυντονίην φλεγμονῆς.
exhaustion of-bodies the-others but because-of intensity of-inflammation

II · THE BELLY, SLEEP, AND URINE

A soft, painless hypochondrium is best; a swollen, painful one bodes danger and abscession. Every dropsy arising from an acute disease is bad, whether it starts from the flanks and loins or from the liver. Cold hands and feet, a heavy body, and livid fingers and nails are dangerous. The patient should sleep at night; the stools should be soft and formed and match the food; wind should pass without noise. Urine with a white, smooth, even sediment is best through the whole disease; foul-smelling, watery, black, or thick urine is the most deadly.

Ὑποχόνδριον δὲ ἄριστον μὲν ἀνώδυνόν τε ἐὸν καὶ 7
Hypochondrium and best indeed painless both being and
μαλθακὸν καὶ ὁμαλὸν, καὶ ἐπὶ δεξιὰ καὶ ἐπ᾽ ἀριστερά.
soft and even both on right and on left
Φλεγμαῖνον δὲ, ἢ ὀδύνην παρέχον, ἢ ἐντεταμένον, ἢ
Inflamed but or pain causing or tense or
ἀνωμάλως διακείμενα τὰ δεξιὰ πρὸς τὰ ἀριστερὰ, ταῦτα
unevenly disposed the right toward the left these
πάντα φυλάσσεσθαι χρή. Εἰ δὲ καὶ σφυγμὸς ἐνείη ἐν
all to-guard-against one-must If and also pulsation should-be-in in
τῷ ὑποχονδρίῳ, θόρυβον σημαίνει, ἢ παραφροσύνην· ἀλλὰ
the hypochondrium disturbance it-signifies or derangement but
τοὺς ὀφθαλμοὺς ἐπικατιδεῖν τῶν τοιουτέων· ἢν γὰρ αἱ ὄψιες
the eyes to-look-at of-the such if for the pupils
πυκνὰ κινέωνται, μανῆναι τούτους ἐλπίς. Οἴδημα δὲ ἐν τῷ
often move to-go-mad these expectation Swelling and in the

ὑποχονδρίῳ σκληρόν τε ἐὸν καὶ ἐπώδυνον, κάκιστον μὲν, εἰ
hypochondrium hard both being and painful worst indeed if
παρ᾽ ἅπαν εἴη τὸ ὑποχόνδριον· εἰ δὲ καὶ εἴη ἐν τῷ ἑτέρῳ
along all it-were the hypochondrium if but also it-were in the one
μέρει, ἀκινδυνότερόν ἐστιν ἐν τῷ ἐπ᾽ ἀριστερά. Σημαίνει δὲ
part less-dangerous it-is in the on left It-signifies and
τὰ τοιαῦτα οἰδήματα ἐν ἀρχῇ μὲν θάνατον ὀλιγοχρόνιον
the such swellings in beginning indeed death short-lived
ἔσεσθαι· ἢν δὲ ὑπερβάλλῃ εἴκοσιν ἡμέρας ὅ τε πυρετὸς ἔχων
to-be if but it-exceeds twenty days the both fever holding
καὶ τὸ οἴδημα μὴ καθιστάμενον, ἐς διαπύησιν τρέπεται.
and the swelling not subsiding into suppuration it-turns
Γίγνεται δὲ τουτέοισιν ἐν τῇ πρώτῃ περιόδῳ καὶ αἵματος
Comes-about and to-these in the first period also of-blood
ῥῆξις ἐκ τῶν ῥινῶν, καὶ κάρτα ὠφελέει· ἀλλ᾽ ἐπανερωτᾶν
bursting from the nostrils and very it-benefits but to-ask
χρὴ, εἰ τὴν κεφαλὴν ἀλγέουσιν, ἢ ἀμβλυωπέουσιν· ἢν
one-must if the head they-ache or have-dim-sight if
γάρ τι τοιοῦτον εἴη, ἐνταῦθα ἂν ῥέποι.
for any such were there — it-would-incline
Μᾶλλον δὲ τοῖσι νεωτέροισι πέντε καὶ τριήκοντα ἐτέων,
More and in-the younger than-five and thirty years
τὴν τοῦ αἵματος ῥῆξιν προσδέχεσθαι χρή. Τὰ δὲ μαλθακὰ
the of-the blood bursting to-expect one-must The but soft
τῶν οἰδημάτων καὶ ἀνώδυνα καὶ τῷ δακτύλῳ ὑπείκοντα
of-the swellings and painless and to-the finger yielding
χρονιωτέρας τὰς κρίσιας ποιέεται, καὶ ἧσσον ἐκείνων
more-chronic the crises make and less than-those
δεινότερά ἐστιν. Εἰ δὲ ὑπερβάλλοι ἑξήκοντα ἡμέρας ὅ τε
more-terrible are If but it-should-exceed sixty days the both
πυρετὸς ἔχων καὶ τὸ οἴδημα μὴ καθιστάμενον, ἔμπυον
fever holding and the swelling not subsiding suppurating

ἔσεσθαι σημαίνει· καὶ τοῦτο, καὶ τὸ ἐν τῇ ἄλλῃ κοιλίῃ
to-be it-signifies both this and the-one in the other belly
κατὰ τωὐτό. Ὁκόσα μὲν οὖν ἐπώδυνά τέ ἐστι καὶ σκληρὰ
in the-same-way As-many-as indeed then painful both are and hard
καὶ μεγάλα, σημαίνει κίνδυνον θανάτου ὀλιγοχρονίου· ὁκόσα
and large signify danger of-death short-lived as-many-as
δὲ μαλθακά τε καὶ ἀνώδυνα καὶ τῷ δακτύλῳ πιεζόμενα
but soft both and painless and with-the finger pressed
ὑπείκει, χρονιώτερα ἐκείνων. Τὰς δὲ ἀποστάσιας ἧσσον τὰ ἐν
yield more-chronic than-those The and abscessions less those in
τῇ γαστρὶ οἰδήματα ποιέεται τῶν ἐν τοῖσιν ὑποχονδρίοισιν,
the belly swellings make than-those in the hypochondria
ἥκιστα δὲ τὰ ὑποκάτω τοῦ ὀμφαλοῦ ἐς ἐπιπύησιν τρέπεται·
least and those below the navel to suppuration turn
αἵματος δὲ ῥῆξιν ἐκ τῶν ἄνω τόπων μάλιστα προσδέχεσθαι.
of-blood and bursting from the upper places most to-expect
Ἁπάντων δὲ χρὴ τῶν οἰδημάτων χρονιζόντων περὶ
Of-all and one-must the swellings lingering about
ταῦτα τὰ χωρία ὑποσκέπτεσθαι τὰς ἐκπυήσιας.
these the places to-watch-for the suppurations
Τὰ δὲ διαπυήματα ὧδε δεῖ σκέπτεσθαι τὰ ἐντεῦθεν·
The and suppurations thus one-must to-examine the-ones from-there
ὁκόσα μὲν ἔξω τρέπεται, ἄριστά ἐστι, μικρά τε
as-many-as indeed outward turn best are small both
ἐόντα, καὶ ὡς μάλιστα ἐκκλίνοντα ἔξω, καὶ ἐς ὀξὺ
being and as most bending outward and to a-point
ἀποκυρτούμενα· τὰ δὲ μεγάλα τε ἐόντα καὶ πλατέα, καὶ
swelling-out the but large both being and broad and
ἥκιστα ἐς ὀξὺ ἀποκορυφούμενα, κάκιστα· ὅσα δὲ
least to a-point coming-to-a-head worst as-many-as and
ἔσω ῥήγνυται, ἄριστά ἐστιν, ἃ μηδὲν τῷ ἔξω χωρίῳ
inward burst best are which in-nothing with-the outer place

ἐπικοινωνέει, ἀλλ᾽ ἔστι προσεσταλμένα τε καὶ ἀνώδυνα
communicate but are drawn-in both and painless
καὶ πᾶν τὸ ἔξω χωρίον ὁμόχροον φαίνεται. Τὸ δὲ πῦον
and all the outer place of-one-color appears The and pus
ἄριστον λευκόν τε εἶναι καὶ ὁμαλὸν καὶ λεῖον καὶ ὡς
best white both to-be and even and smooth and as
ἥκιστα δυσῶδες· τὸ δὲ ἐναντίον τουτέου κάκιστον.
least foul-smelling the and opposite of-this worst

8 Οἱ δὲ ὕδρωπες οἱ ἐκ τῶν ὀξέων νουσημάτων πάντες
The and dropsies those from the acute diseases all
κακοί· οὔτε γὰρ τοῦ πυρὸς ἀπαλλάσσουσιν, ἐπώδυνοί τέ
bad neither for from-the fever release painful both
εἰσι κάρτα καὶ θανατώδεες. Ἄρχονται δὲ οἱ πλεῖστοι μὲν
are very and deadly Begin and the most indeed
ἀπὸ τῶν κενεώνων καὶ τῆς ὀσφύος, οἱ δὲ ἀπὸ τοῦ
from the flanks and the loin the-others and from the
ἥπατος· οἷσι μὲν οὖν ἀπὸ τῶν κενεώνων καὶ τῆς ὀσφύος
liver for-whom indeed then from the flanks and the loin
αἱ ἀρχαὶ γίγνονται, οἵ τε πόδες οἰδέουσι, καὶ διάῤῥοιαι
the beginnings come-about the both feet swell and diarrheas
πολυχρόνιοι ἔχουσιν, οὔτε τὰς ὀδύνας λύουσαι τὰς ἐκ τῶν
long hold neither the pains relieving the from the
κενεώνων καὶ τῆς ὀσφύος, οὔτε τὴν γαστέρα λαπάσσουσαι·
flanks and the loin nor the belly emptying
ὁκόσοισι δὲ ἀπὸ τοῦ ἥπατος ὕδρωπες γίγνονται, βῆξαί τε
for-whomever but from the liver dropsies come-about to-cough both
θυμὸς τούτοισιν ἐγγίγνεται, καὶ οὐδέν τι ἀποπτύουσιν
desire in-these arises and nothing anything they-spit-up
ἄξιον λόγου, καὶ οἱ πόδες οἰδέουσι, καὶ ἡ γαστὴρ οὐ
worth account and the feet swell and the belly not
διαχωρέει, εἰ μὴ σκληρά τε καὶ πρὸς ἀνάγκην, καὶ περὶ
passes if not hard both and under compulsion and about

τὴν κοιλίην γίγνεται οἰδήματα, τὰ μὲν ἐπὶ δεξιὰ, τὰ
the belly come-about swellings the-ones indeed on right the-others
δ' ἐπ' ἀριστερὰ, ἱστάμενά τε καὶ καταπαυόμενα.
and on left arising both and subsiding
Κεφαλὴ δὲ καὶ χεῖρες καὶ πόδες ψυχρὰ ἐόντα κακὸν, τῆς 9
Head but and hands and feet cold being bad the
τε κοιλίης καὶ τῶν πλευρῶν θερμῶν ἐόντων. Ἄριστον
both belly and the sides hot being Best
δὲ καὶ ὅλον τὸ σῶμα θερμόν τε ἐὸν καὶ μαλθακὸν
and also whole the body hot both being and soft
ὁμαλῶς. Στρέφεσθαι δὲ χρὴ ῥηϊδίως τὸν ἀλγεῦντα, καὶ
evenly To-turn and one-must easily the sufferer and
ἐν τοῖσι μετεωρισμοῖσιν ἐλαφρὸν εἶναι· εἰ δὲ βαρὺς ἐὼν
in the raisings light to-be if but heavy being
φαίνοιτο καὶ τὸ ἄλλο σῶμα καὶ τὰς χεῖρας καὶ τοὺς
he-should-appear and the other body and the hands and the
πόδας, ἐπικινδυνότερον. Εἰ δὲ πρὸς τῷ βάρει καὶ οἱ
feet more-dangerous If and in-addition-to the heaviness also the
ὄνυχες καὶ οἱ δάκτυλοι πελιδνοὶ γίγνονται, προσδόκιμος
nails and the fingers livid become to-be-expected
ὁ θάνατος παραυτίκα· μελαινόμενοι δὲ παντελῶς οἱ
the death at-once blackening but entirely the
δάκτυλοι καὶ οἱ πόδες ἧσσον ὀλέθριοι τῶν πελιδνῶν
fingers and the feet less deadly than-the livid
εἰσιν· ἀλλὰ καὶ τἆλλα σημεῖα σκέπτεσθαι χρή· ἢν γὰρ
are but also the-other signs to-examine one-must if for
εὐπετέως φέρων φαίνηται τὸ κακὸν, καὶ ἄλλο τι τῶν
easily bearing he-appears the evil and other something of-the
περιεστικῶν πρὸς τουτέοισι τοῖσι σημείοισιν ὑποδεικνύῃ,
favorable besides these the signs indicates
τὸ νούσημα ἐς ἀπόστασιν τραπῆναι ἐλπὶς, ὥστε τὸν μὲν
the disease into abscession to-turn hope so-that the indeed

ἄνθρωπον περιγενέσθαι, τὰ δὲ μελανθέντα τοῦ σώματος
man to-survive the but blackened of-the body
ἀποπεσεῖν. Ὄρχιες δὲ καὶ αἰδοῖα ἀνεσπασμένα πόνους
to-fall-off Testicles but and genitals drawn-up pains
ἰσχυροὺς σημαίνει καὶ κίνδυνον θανατώδεα.
strong signify and danger deadly

10 Περὶ δὲ ὕπνων, ὥσπερ κατὰ φύσιν ξύνηθες ἡμῖν ἐστι, τὴν
About and sleeps as by nature usual for-us it-is the
μὲν ἡμέρην ἐγρηγορέναι χρὴ, τὴν δὲ νύκτα καθεύδειν.
indeed day to-be-awake one-must the but night to-sleep
Ἢν δὲ εἴη τοῦτο μεταβεβλημένον, κάκιον· ἥκιστα δ' ἂν
If and it-be this reversed worse least and —
λυπέοιτο, εἰ κοιμῷτο τὸ πρωΐ ἐς τὸ τρίτον μέρος τῆς
he-would-be-pained if he-sleep the morning to the third part of-the
ἡμέρης· οἱ δὲ ἀπὸ τουτέου τοῦ χρόνου ὕπνοι πονηρότεροί
day the but from this the time sleeps worse
εἰσι· κάκιστον δὲ μὴ κοιμᾶσθαι, μήτε τῆς νυκτὸς, μήτε
are worst and not to-sleep neither by-the night nor
τῆς ἡμέρης· ἢ γὰρ ὑπὸ ὀδύνης τε καὶ πόνων ἀγρυπνέειν
by-the day either for from pain both and toils to-be-sleepless
ἢ παραφρονήσειν ἕπεται ἀπὸ τουτέου τοῦ σημείου.
or to-be-deranged follows from this the sign

11 Διαχώρημα δέ ἐστιν ἄριστον τὸ μαλθακόν τε καὶ
Stool and is best the soft both and
ξυνεστηκὸς, καὶ τὴν ὥρην ἥνπερ καὶ ὑγιαίνοντι ὑπεχώρεε,
formed and at-the hour at-which also to-one-healthy it-passed
πλῆθος δὲ πρὸς λόγον τῶν ἐσιόντων· τοιαύτης γὰρ ἐούσης
quantity and in proportion to-the things-taken-in such for being
τῆς διεξόδου, ἡ κάτω κοιλίη ὑγιαίνοι ἄν. Εἰ δὲ εἴη ὑγρὸν
the passage the lower belly would-be-healthy — If and it-be liquid
τὸ διαχώρημα, ξυμφέρει μήτε τρύζειν, μήτε πυκνόν τι
the stool it-benefits neither to-gurgle nor frequent somewhat

εἶναι, καὶ κατ᾽ ὀλίγον ὑποχωρέειν· κοπιῶν γὰρ ὁ ἄνθρωπος
to-be and by little to-pass tiring for the man
ὑπὸ τῆς ξυνεχέος ἐξαναστάσιος ἀγρυπνοίη ἄν· εἰ δὲ ἀθρόον
by the continual getting-up would-be-sleepless — if and in-a-mass
πολλάκις διαχωρέει, κίνδυνος λειποθυμῆσαι. Ἀλλὰ χρὴ
often it-passes danger to-faint But one-must
κατὰ τὸ πλῆθος τῶν ἐσιόντων ἢ δὶς ἢ τρὶς τῆς
according-to the quantity of-the things-taken-in either twice or three-times in-the
ἡμέρης ὑποχωρέειν, καὶ τῆς νυκτὸς ἅπαξ, πλείονα δ᾽ ἐπὶ
day to-pass and in-the night once more and toward
τὸ πρωΐ, ὥσπερ ξύνηθές ἐστι τῷ ἀνθρώπῳ. Παχύνεσθαι
the morning as usual it-is for-the man To-thicken
δὲ χρὴ τὸ διαχώρημα, ἰούσης πρὸς κρίσιν τῆς νούσου.
and one-must the stool going toward crisis the disease
Ὑπόπυῤῥον δὲ ἔστω καὶ μὴ λίην δυσῶδες. Ἐπιτήδειον δὲ
Reddish and let-it-be and not very foul-smelling Suitable and
καὶ ἕλμινθας στρογγύλας διεξιέναι μετὰ τοῦ διαχωρήματος,
also worms round to-pass with the stool
πρὸς κρίσιν ἰούσης τῆς νούσου. Δεῖ δὲ ἐν παντὶ τῷ
toward crisis going the disease One-must and in all the
νουσήματι λαπαρὴν τὴν κοιλίην εἶναι καὶ εὔογκον.
disease soft the belly to-be and of-good-bulk
Ὑδαρὲς δὲ κάρτα, ἢ λευκὸν, ἢ χλωρὸν, ἢ ἐρυθρὸν ἰσχυρῶς,
Watery and very or white or yellow-green or red strongly
ἢ ἀφρῶδες διαχωρέειν, πονηρὰ ταῦτα πάντα. Ἔτι δὲ
or frothy to-pass bad these all Further and
πονηρὸν, καὶ σμικρόν τε ἐὸν, καὶ γλισχρὸν, καὶ λευκὸν,
bad also small both being and viscous and white
καὶ ὑπόχλωρον, καὶ λεῖον. Τουτέων δὲ θανατωδέστερα
and greenish and smooth Of-these and more-deadly
ἂν εἴη τὰ μέλανα, ἢ λιπαρὰ, ἢ πελιὰ, ἢ ἰώδεα,
— would-be the black or fatty or livid or rusty

ἢ κάκοδμα. Τὰ δὲ ποικίλα, χρονιώτερα μὲν τουτέων,
or foul-smelling The but variegated more-chronic indeed than-these
ὀλέθρια δὲ οὐδὲν ἧσσον· ἔστι δὲ τὰ τοιαῦτα ξυσματώδεα,
deadly but nothing less are and the such scraping-like
καὶ χολώδεα, καὶ πρασοειδέα, καὶ μέλανα, ποτὲ μὲν
and bilious and leek-green and black sometimes indeed
ὁμοῦ διεξερχόμενα ἀλλήλοισι, ποτὲ δὲ κατὰ μέρος.
together passing-through with-one-another sometimes but in turn
Φῦσαν δὲ ἄνευ ψόφου καὶ περδήσιος διεξιέναι ἄριστον·
Wind and without noise and farting to-pass best
κρέσσον δὲ καὶ ξὺν ψόφῳ διελθεῖν ἢ αὐτοῦ ἀνειλέεσθαι·
better and also with noise to-pass-through than there to-be-rolled-up
καὶ οὕτω διελθοῦσα σημαίνει ἢ πονέειν τι τὸν
and so passing signifies either to-suffer something the
ἄνθρωπον, ἢ παραφρονέειν, ἢν μὴ ἑκὼν ὁ ἄνθρωπος
man or to-be-deranged if not willingly the man
οὕτω τὴν ἄφεσιν τῆς φύσης ποιήσηται. Τοὺς δὲ ἐκ τῶν
so the release of-the wind makes The and from the
ὑποχονδρίων πόνους τε καὶ κυρτώματα, ἢν ᾖ νεαρὰ καὶ
hypochondria pains both and swellings if it-be recent and
μὴ ξὺν φλεγμονῇ, λύει βορβορυγμὸς ἐγγενόμενος ἐν τῷ
not with inflammation releases rumbling arising in the
ὑποχονδρίῳ, καὶ μάλιστα μὲν διεξιὼν ξὺν κόπρῳ τε
hypochondrium and most indeed passing-through with excrement both
καὶ οὔρῳ καὶ φύσῃ, ἢν δὲ μὴ, καὶ αὐτὸς δὴ περαιωθεὶς
and urine and wind if but not also itself indeed having-passed-across
ὠφελέει· ὠφελέει δὲ καὶ ὑποκαταβὰς ἐς τὰ κάτω χωρία.
it-benefits it-benefits and also going-down into the lower places
12 Τὸ δὲ οὖρον ἄριστόν ἐστιν, ὅταν ᾖ λευκή τε ἡ ὑπόστασις,
The and urine best is when is white both the sediment
καὶ λείη, καὶ ὁμαλὴ παρὰ πάντα τὸν χρόνον, ἔστ' ἂν
and smooth and even through all the time until —

κριθῇ ἡ νοῦσος· σημαίνει γὰρ ἀσφάλειάν τε καὶ
reaches-crisis the disease it-signifies for safety both and
νούσημα ὀλιγοχρόνιον ἔσεσθαι. Εἰ δὲ διαλείποι, καὶ ποτὲ
disease short-lived to-be If and it-intermit and sometimes
μὲν καθαρὸν οὐρέοιτο, ποτὲ δὲ ὑφίσταται τὸ λευκὸν καὶ
indeed clean be-urinated sometimes but settles the white and
λεῖον, χρονιωτέρη γίγνεται ἡ νοῦσος καὶ ἧσσον ἀσφαλής.
smooth more-chronic becomes the disease and less safe
Εἰ δὲ εἴη τό τε οὖρον ὑπέρυθρον καὶ ἡ ὑπόστασις αὐτέου
If and it-be the both urine reddish and the sediment its
ὁμοίη καὶ λείη, πολυχρονιώτερον μὲν τοῦτο τοῦ πρώτου
similar and smooth longer-lasting indeed this than-the first
γίγνεται, σωτήριον δὲ κάρτα. Κριμνώδεες δὲ ἐν τοῖσιν
becomes saving but very Like-coarse-meal and in the
οὔροισιν αἱ ὑποστάσιες, πονηραί· τουτέων δέ εἰσι κακίους
urines the sediments bad than-these and are worse
αἱ πεταλώδεες· αἱ λευκαὶ δὲ καὶ λεπταὶ, κάρτα φλαῦραι·
the leaf-like the white but and thin very bad
τουτέων δ' ἔτι κακίους εἰσὶν αἱ πιτυρώδεες. Νεφέλαι δὲ
than-these and still worse are the bran-like Clouds and
ἐμφερόμεναι τοῖσιν οὔροισι, λευκαὶ μὲν ἀγαθαὶ, μέλαιναι
borne-in-suspension in-the urines white indeed good black
δὲ φλαῦραι. Ἔστ' ἂν δὲ πυῤῥόν τε εἴη τὸ οὖρον καὶ
but bad As-long-as — and reddish both be the urine and
λεπτὸν, σημαίνει τὸ νούσημα ἄπεπτον εἶναι· ἢν δὲ καὶ
thin it-signifies the disease unconcocted to-be if and also
πουλυχρόνιον εἴη τοιοῦτον ἐὸν, κίνδυνος μὴ οὐ δυνήσεται
long-lasting it-be such being danger lest not will-be-able
ὁ ἄνθρωπος διαρκέσαι, ἔστ' ἂν πεπανθῇ ἡ νοῦσος.
the man to-hold-out until — is-ripened the disease

Θανατωδέστερα δὲ τῶν οὔρων τά τε δυσώδεα καὶ
More-deadly and of-the urines the both foul-smelling and
ὑδατώδεα καὶ μέλανα καὶ παχέα· ἔστι δὲ τοῖσι μὲν ἀνδράσι
watery and black and thick are and for-the indeed men
καὶ τῇσι γυναιξὶ τὰ μέλανα τῶν οὔρων κάκιστα, τοῖσι δὲ
and for-the women the black of-the urines worst for-the and
παιδίοισι τὰ ὑδατώδεα. Ὁκόσοι δ' ἂν οὖρα λεπτὰ καὶ ὠμὰ
children the watery As-many-as and — urines thin and raw
οὐρέωσι πουλὺν χρόνον, ἢν τἄλλα ὡς περιεσομένοισι
urinate long time if the-other-things as for-those-going-to-survive
σημεῖα ᾖ, τουτέοισιν ἀπόστασιν δεῖ προσδέχεσθαι ἐς τὰ
signs be for-these abscession one-must to-expect into the
κάτω τῶν φρενῶν χωρία. Καὶ τὰς λιπαρότητας δὲ τὰς
lower of-the diaphragm places Also the fatty-films and the
ἄνω ἐφισταμένας ἀραχνοειδέας μέμφεσθαι· ξυντήξιος γὰρ
above floating cobweb-like to-blame of-wasting for
σημεῖα. Σκοπέειν δὲ χρὴ τῶν οὔρων, ἐν οἷσιν αἱ νεφέλαι,
signs To-examine and one-must of-the urines in which the clouds
ἤν τε ἄνω, ἤν τε κάτω ἔωσι, καὶ τὰ χρώματα ὁκοῖα
whether — above or — below are and the colors what-kind
ἴσχουσι, καὶ τὰς μὲν κάτω φερομένας ξὺν τοῖσι χρώμασιν,
they-have and those indeed downward borne with the colors
οἷσιν εἴρηται, ἀγαθὰς εἶναι νομίζειν καὶ ἐπαινέειν, τὰς δὲ
which have-been-said good to-be to-think and to-praise those but
ἄνω ξὺν τοῖσι χρώμασιν, οἷσιν εἴρηται, κακὰς εἶναι, καὶ
above with the colors which have-been-said bad to-be and
μέμφεσθαι. Μὴ ἐξαπατάτω δέ σε, ἤν γε ἡ κύστις τι
to-blame Not let-deceive and you if at-least the bladder some
νούσημα ἔχουσα τῶν οὔρων τὰ τοιαῦτα ἀποδιδῷ· οὐ γὰρ
disease having of-the urines the such gives-back not for
τοῦ ὅλου σώματος σημεῖόν ἐστιν, ἀλλ' αὐτῆς καθ' ἑωυτῆς.
of-the whole body sign it-is but of-itself by itself

Vomit should be mixed of bile and phlegm; leek-green, livid, or black is bad. In diseases of the lung, sputum should come up early and easily, with the yellow mixed through it; unmixed or black sputum is dangerous, and sneezing there is bad. Suppuration is foretold by its signs and breaks by the days; abscessions by the ears or into the legs save the patient. Pains of the loins that rise to the diaphragm, and a hard, painful bladder with continuous fever, are deadly, the bladder above all in children from seven to fifteen.

13

Ἔμετος δὲ ὠφελιμώτατος ὁ φλέγματος καὶ χολῆς
Vomit and most-beneficial the of-phlegm and bile
ξυμμεμιγμένων ὅτι μάλιστα· καὶ μὴ παχὺς κάρτα, μηδὲ
mixed-together as most and not thick very nor
πολὺς ἐμεέσθω· οἱ γὰρ ἀκρητέστεροι κακίους εἰσίν. Εἰ
much let-it-be-vomited the for more-unmixed worse are If
δὲ εἴη τὸ ἐμεύμενον πρασοειδὲς, ἢ πελιὸν, ἢ μέλαν, ὅ
but it-be the vomited leek-green or livid or black what
τι ἂν ᾖ τουτέων τῶν χρωμάτων, νομίζειν χρὴ πονηρὸν
— — be of-these the colors to-think one-must bad
εἶναι· εἰ δὲ καὶ πάντα τὰ χρώματα ὁ ὠὐτὸς ἄνθρωπος
to-be if and also all the colors the the-same man
ἐμέοι, κάρτα ὀλέθριον τοῦτο γίγνεται· τάχιστον δὲ
should-vomit very deadly this becomes quickest and
θάνατον σημαίνει τὸ πελιὸν τῶν ἐμεσμάτων, εἰ ὄζει
death signifies the livid of-the vomits if it-smells
δυσῶδες. Πᾶσαι δὲ αἱ ὑπόσαπροι καὶ δυσώδεες ὀσμαὶ
foul All and the somewhat-putrid and foul smells
κακαὶ ἐπὶ πᾶσι τοῖσιν ἐμεομένοισιν.
bad in all the things-vomited

14 Πτύελον χρὴ ἐπὶ πᾶσι τοῖσιν ἀλγήμασι τοῖσι περὶ τὸν
Sputum one-must in all the pains the about the
πλεύμονα καὶ τὰς πλευρὰς ταχέως τε ἀναπτύεσθαι καὶ
lung and the sides quickly both to-be-coughed-up and
εὐπετέως, ξυμμεμιγμένον τε φαίνεσθαι τὸ ξανθὸν ἰσχυρῶς
easily mixed both to-appear the yellow strongly
τῷ πτυέλῳ. Εἰ γὰρ πολλῷ ὕστερον μετὰ τὴν ἀρχὴν τῆς
with-the sputum If for much later after the beginning of-the
ὀδύνης ἀναπτύοιτο, ξανθὸν ἐὸν, ἢ πυῤῥὸν, ἢ πολλὴν βῆχα
pain it-be-coughed-up yellow being or reddish or much cough
παρέχον, ἢ μὴ ἰσχυρῶς ξυμμεμιγμένον, κάκιον γίγνεται·
causing or not strongly mixed worse becomes
τό τε γὰρ ξανθὸν ἄκρητον ἐὸν κινδυνώδες, τὸ δὲ λευκὸν
the both for yellow unmixed being dangerous the but white
καὶ γλίσχρον καὶ στρογγύλον ἀλυσιτελές. Κακὸν δὲ καὶ
and viscous and round unprofitable Bad and also
τὸ χλωρὸν ἐὸν κάρτα καὶ τὸ ἀφρῶδες· εἰ δὲ εἴη οὕτως
the yellow-green being very and the frothy if and it-be so
ἄκρητον ὥστε καὶ μέλαν φαίνεσθαι, δεινότερόν ἐστι τοῦτο
unmixed so-that even black to-appear more-terrible is this
ἐκείνων· κακὸν δὲ καὶ ἢν μηδὲν ἀνακαθαίρηται, μηδὲ
than-those bad and also if nothing is-cleared-up nor
προΐῃ ὁ πλεύμων, ἀλλὰ πλήρης ἐὼν ζέῃ ἐν τῇ φάρυγγι.
discharges the lung but full being boils in the throat
Κορύζας δὲ καὶ πτάρμους ἐπὶ πᾶσι τοῖσι περὶ τὸν
Colds and also sneezes in all the about the
πλεύμονα νουσήμασι προγεγονέναι, ἢ ἐπιγενέσθαι, κακόν·
lung diseases to-have-preceded or to-supervene bad
ἀλλ᾽ ἐν τοῖσιν ἄλλοισι νουσήμασι τοῖσι θανατωδεστάτοισιν
but in the other diseases the most-deadly
οἱ πτάρμοὶ λυσιτελέουσιν. Αἵματι δὲ ξυμμεμιγμένον μὴ
the sneezes are-profitable With-blood and mixed not

πολλῷ πτύελον ξανθὸν ἐν τοῖσι περιπλευμονικοῖσιν, ἐν
much sputum yellow in the pneumonic(-cases) in
ἀρχῇ μὲν τῆς νούσου πτυόμενον, περιεστικὸν καὶ κάρτα
beginning indeed of-the disease spat favorable and very
ὠφελέει· ἑβδομαίῳ δὲ ἐόντι καὶ παλαιοτέρῳ ἧσσον ἀσφαλές.
it-benefits on-the-seventh but being and older less safe
Πάντα δὲ πτύελα πονηρά ἐστιν ὁκόσα ἂν τὴν ὀδύνην
All and sputa bad are as-many-as — the pain
μὴ παύῃ. Κάκιστα δὲ τὰ μέλανα, ὡς διαγέγραπται. Τὰ
not stop Worst and the black as has-been-described The
δὲ παύοντα ὀδύνην, πάντων ἀμείνω ἀναπτυόμενα.
but stopping pain of-all better being-coughed-up
Ὁκόσα δὲ τῶν ἀλγημάτων ἐκ τουτέων τῶν χωρίων μὴ 15
As-many-as and of-the pains from these the places not
παύηται, μήτε πρὸς τὰς τῶν πτυέλων καθάρσιας, μήτε πρὸς
cease neither at the of-the sputa clearings nor at
τὴν τῆς κοιλίης ἐκκόπρωσιν, μήτε πρὸς τὰς φλεβοτομίας
the of-the belly evacuation nor at the bleedings
τε καὶ φαρμακείας καὶ διαίτας, εἰδέναι δεῖ ἐκπυήσοντα.
both and drug-givings and regimens to-know one-must going-to-suppurate
Τῶν δὲ ἐκπυημάτων ὁκόσα μὲν ἔτι χολώδεος ἐόντος τοῦ
Of-the and suppurations as-many-as indeed still bilious being the
πτυέλου ἐκπυΐσκεται, ὀλέθρια κάρτα, ἤν τε ἐν μέρει τὸ
sputum suppurate deadly very whether both in part the
χολῶδες τῷ πύῳ ἀναπτύοιτο, ἤν τε ὁμοῦ· μάλιστα δὲ,
bilious with-the pus be-coughed-up or and together most and
ἢν ἄρξηται χωρέειν τὸ ἐμπύημα ἀπὸ τουτέου τοῦ πτυέλου,
if begins to-move the suppuration from this the sputum
ἑβδομαίου ἐόντος τοῦ νουσήματος. Ἐλπὶς δὲ τὸν τὰ
on-the-seventh being the disease Expectation and the-one the
τοιαῦτα πτύοντα ἀποθανεῖσθαι τεσσαρεσκαιδεκαταῖον, ἢν μή
such spitting to-die on-the-fourteenth if not

τι αὐτέῳ ἐπιγένηται ἀγαθόν. Ἔστι δὲ τὰ μὲν ἀγαθὰ
anything to-him supervenes good Are and the indeed good
τάδε· εὐπετέως φέρειν τὸ νούσημα, εὔπνοον εἶναι, τῆς
these easily to-bear the disease good-breathing to-be from-the
ὀδύνης ἀπηλλάχθαι, τό τε πτύελον ῥηϊδίως ἀναβήσσειν,
pain to-be-freed the both sputum easily to-cough-up
τό τε σῶμα ὁμαλῶς φαίνεσθαι θερμόν τε εἶναι καὶ
the both body evenly to-appear hot both to-be and
μαλθακὸν, καὶ δίψαν μὴ ἔχειν, οὖρά τε καὶ διαχωρήματα
soft and thirst not to-have urines both and stools
καὶ ὕπνους καὶ ἱδρῶτας, ὡς διαγέγραπται ἕκαστα εἶναι
and sleeps and sweats as has-been-described each to-be
ἀγαθὰ, ἐπιγίγνεσθαι· οὕτω μὲν γὰρ ἁπάντων τουτέων
good to-supervene so indeed for all these
ἐπιγιγνομένων, οὐκ ἂν ἀποθάνοι ὁ ἄνθρωπος· ἢν δὲ τὰ
supervening not — would-die the man if and the-ones
μέν τοι αὐτέων ἐπιγίγνοιτο, τὰ δὲ μὴ, οὐ πλείονα
indeed — of-them should-supervene the-others but not not more
χρόνον ζήσας, ἢ τεσσαρεσκαίδεκα ἡμέρας, ἀπόλοιτ' ἂν ὁ
time having-lived than fourteen days would-perish — the
ἄνθρωπος. Κακὰ δὲ τὰ ἐναντία τουτέων, ἤγουν δυσπετέως
man Bad and the opposite of-these that-is with-difficulty
φέρειν τὴν νοῦσον, πνεῦμα μέγα καὶ πυκνὸν εἶναι, τὴν
to-bear the disease breath large and frequent to-be the
ὀδύνην, μὴ παύεσθαι, τὸ πτύελον μόλις ἀναβήσσειν,
pain not to-cease the sputum with-difficulty to-cough-up
διψῆν κάρτα, τό τε σῶμα ὑπὸ πυρὸς ἀνωμάλως ἔχεσθαι,
to-thirst very the both body by heat unevenly to-be-held
καὶ τὴν μὲν κοιλίην καὶ τὰς πλευρὰς θερμὰς εἶναι
and the indeed belly and the sides hot to-be
ἰσχυρῶς, τὸ δὲ μέτωπον καὶ τὰς χεῖρας καὶ τοὺς πόδας
strongly the but forehead and the hands and the feet

ψυχροὺς, οὖρα δὲ καὶ διαχωρήματα καὶ ὕπνους καὶ
cold urines but and stools and sleeps and
ἱδρῶτας, ὡς διαγέγραπται ἕκαστα εἶναι κακὰ, ἐπιγίγνεσθαι
sweats as has-been-described each to-be bad to-supervene
οὕτω γὰρ εἰ ἐπιγένοιτό τι τῷ πτυέλῳ τουτέῳ·
so for if should-supervene any to-the sputum this
ἀπόλοιτ᾽ ἂν ὁ ἄνθρωπος πρὶν ἢ ἐς τὰς τεσσαρεσκαίδεκα
would-perish — the man before than to the fourteen
ἡμέρας ἀφικέσθαι, ἢ ἐναταῖος, ἢ ἑνδεκαταῖος. Οὕτως οὖν
days to-arrive either on-the-ninth or on-the-eleventh So then
ξυμβάλλεσθαι χρὴ, ὡς τοῦ πτυέλου τουτέου θανατώδεος,
to-conclude one-must as of-the sputum this deadly
ἐόντος μάλα, καὶ οὐ φθάνοντος ἐς τεσσαρεσκαίδεκα ἡμέρας.
being very and not reaching to fourteen days
Τὰ δὲ ἐπιγενόμενα κακά τε καὶ ἀγαθὰ ξυλλογιζόμενον
The and supervening bad both and good reckoning-up
ἐκ τουτέων χρὴ τὰς προῤῥήσιας προλέγειν οὕτω γὰρ
from these one-must the predictions to-foretell so for
ἄν τις ἀληθεύοι μάλιστα. Αἱ δὲ ἄλλαι ἐκπυήσιες
— anyone would-speak-truly most The and other suppurations
ῥήγνυνται αἱ πλεῖσται, αἱ μὲν εἰκοσταῖαι, αἱ δὲ
burst the most the-ones indeed on-the-twentieth the-others but
τριηκοσταῖαι, αἱ δὲ τεσσαρακονθήμεροι, αἱ δὲ πρὸς
on-the-thirtieth the-others but of-forty-days the-others but to
τὰς ἑξήκοντα ἡμέρας ἀφικνέονται.
the sixty days reach
Ἐπισκέπτεσθαι δὲ χρὴ τὴν ἀρχὴν τοῦ ἐμπυήματος 16
To-consider and one-must the beginning of-the suppuration
ἔσεσθαι λογιζόμενον ἀπὸ τῆς ἡμέρης ἧς τὸ πρῶτον ὁ
to-be reckoning from the day on-which the first the
ἄνθρωπος ἐπύρεξεν, ἢ εἴ ποτε αὐτὸν ῥῖγος ἔλαβε, καὶ εἰ
man had-fever or if ever him chill seized and if

φαίη ἀντὶ τῆς ὀδύνης αὐτέῳ βάρος γεγενῆσθαι ἐν τῷ
he-should-say instead-of the pain to-him heaviness to-have-come-about in the
τόπῳ ἐν ᾧ ἤλγεεν· ταῦτα γὰρ ἐν ἀρχῇσι γίγνεται τῶν
place in which he-ached these-things for in beginnings come-about of-the
ἐμπυημάτων. Ἐξ οὖν τουτέων τῶν χρόνων τὴν ῥῆξιν χρὴ
suppurations From then these the times the bursting one-must
προσδέχεσθαι τῶν ἐμπυημάτων ἔσεσθαι ἐς τοὺς χρόνους τοὺς
to-expect of-the suppurations to-be at the times the
προειρημένους. Εἰ δὲ εἴη τὸ ἐμπύημα ἐπὶ θάτερα μοῦνον,
aforesaid If and it-be the suppuration on one-side only
στρέφειν τε καὶ καταμανθάνειν χρὴ ἐπὶ τουτέοισι, μή
to-turn both and to-observe one-must on these whether
τι ἔχῃ ἄλγημα ἐν τῷ ἑτέρῳ πλευρῷ· καὶ ἢν θερμότερον
any he-has pain in the other side and if hotter
ᾖ τὸ ἕτερον τοῦ ἑτέρου, κατακλινομένου ἐπὶ τὸ ὑγιαῖνον
be the one than-the other lying on the healthy
πλευρὸν, ἐρωτᾶν εἴ τι αὐτέῳ δοκέει βαρὺ ἀποκρέμασθαι
side to-ask if anything to-him seems heavy to-hang
ἐκ τοῦ ἄνωθεν. Εἰ γὰρ εἴη τοῦτο, ἐπὶ θάτερόν ἐστι τὸ
from the above If for it-be this on one-side is the
ἐμπύημα, ἐπὶ ὁκοῖον ἂν πλευρὸν τὸ βάρος γίγνηται.
suppuration on whichever — side the heaviness comes-about

17 Τοὺς δὲ ξύμπαντας ἐμπύους γιγνώσκειν χρὴ τοισίδε τοῖσι
The and all suppurating to-recognize one-must by-these the
σημείοισι. Πρῶτον μὲν, ὁ πυρετὸς οὐκ ἀφίησιν, ἀλλὰ
signs First indeed the fever not lets-go but
τὴν μὲν ἡμέρην λεπτὸς ἴσχει, τὴν δὲ νύκτα πλείων, καὶ
the indeed day light holds the but night greater and
ἱδρῶτες πολλοὶ ἐπιγίγνονται, βῆξαί τε θυμὸς ἐγγίγνεται
sweats many supervene to-cough both desire arises
αὐτέοισιν, καὶ ἀποπτύουσιν οὐδὲν ἄξιον λόγου, καὶ οἱ
in-them and they-spit-up nothing worth account and the

μὲν ὀφθαλμοὶ ἔγκοιλοι γίγνονται, αἱ δὲ γνάθοι ἐρυθήματα
indeed eyes hollow become the and cheeks redness
ἴσχουσι, καὶ οἱ μὲν ὄνυχες τῶν χειρῶν γρυποῦνται, οἱ
have and the indeed nails of-the hands curve the
δὲ δάκτυλοι θερμαίνονται, καὶ μάλιστα οἱ ἄκροι, καὶ ἐν
and fingers grow-hot and most the tips and in
τοῖσι ποσὶν οἰδήματα γίγνεται, καὶ σιτίων οὐκ ἐπιθυμέουσι,
the feet swellings come-about and food not they-desire
καὶ φλύκταιναι γίγνονται ἀνὰ τὸ σῶμα. Ὁκόσα μὲν οὖν
and blisters come-about over the body As-many-as indeed then
ἐγχρονίζει τῶν ἐμπυημάτων, ἔχει τὰ σημεῖα ταῦτα, καὶ
are-prolonged of-the suppurations have the signs these and
πιστεύειν αὐτέοισι χρὴ κάρτα· ὁκόσα δὲ ὀλιγοχρόνιά ἐστι,
to-trust them one-must very as-many-as but short are
τουτέοισιν ἐπισημαίνεται, ἤν τι ἐπιφαίνηται, οἷα καὶ
by-these are-indicated if anything appears such-as also
τοῖσιν ἐν ἀρχῇσι γιγνομένοισιν, ἅμα δὲ καὶ ἤν τι
in-those in beginnings occurring at-the-same-time and also if somewhat
δυσπνούστερος ᾖ ὁ ἄνθρωπος. Τὰ δὲ ταχύτερον αὐτέων καὶ
more-short-of-breath be the man The and faster of-them and
βραδύτερον ῥηγνύμενα τοισίδε γιγνώσκειν χρή· ἢν μὲν ὁ
slower bursting by-these to-recognize one-must if indeed the
πόνος ἐν ἀρχῇσι γίγνηται, καὶ ἡ δύσπνοια καὶ ἡ βὴξ καὶ
pain in beginnings comes-about and the dyspnea and the cough and
ὁ πτυαλισμὸς διατείνῃ, ἐς τὰς εἴκοσιν ἡμέρας προσδέχεσθαι
the spitting continues to the twenty days to-expect
τὴν ῥῆξιν, ἢ καὶ ἔτι πρόσθεν· ἢν δὲ ἡσυχαίτερος ὁ πόνος ᾖ,
the bursting or even still earlier if but quieter the pain be
καὶ τἄλλα πάντα κατὰ λόγον, τουτέοισι προσδέχεσθαι
and the-other-things all according-to reason for-these to-expect

τὴν ῥῆξιν ἐς ὕστερον· γίγνεσθαι δὲ ἀνάγκη καὶ πόνον
the bursting to later to-come-about and necessity both pain
καὶ δύσπνοιαν καὶ πτυαλισμὸν πρὸ τῆς τοῦ πύου ῥήξιος.
and dyspnea and spitting before the of-the pus bursting
Περιγίγνονται δὲ τουτέων μάλιστα μὲν οὓς ἂν ἀφῇ ὁ
Survive and of-these most indeed whom — leaves the
πυρετὸς αὐθημερὸν μετὰ τὴν ῥῆξιν, καὶ σιτίων ταχέως
fever the-same-day after the bursting and food quickly
ἐπιθυμέωσι, καὶ δίψης ἀπηλλαγμένοι ἔωσι, καὶ ἡ γαστὴρ
they-desire and of-thirst freed are and the belly
σμικρά τε καὶ ξυνεστηκότα ὑποχωρέῃ, καὶ τὸ πῦον λευκόν
small both and formed passes and the pus white
τε καὶ λεῖον καὶ ὁμόχροον ᾖ καὶ φλέγματος ἀπηλλαγμένον,
both and smooth and of-one-color be and of-phlegm freed
καὶ ἄτερ πόνου τε καὶ βηχὸς ἰσχυρῆς ἀνακαθαίρηται.
and without pain both and cough strong is-cleared-up
Ἄριστα μὲν οὕτω καὶ τάχιστα ἀπαλλάσσουσιν· ἢν δὲ
Best indeed so and quickest get-free if but
μὴ, οἷσιν ἂν ἐγγυτάτω τουτέων γίγνηται. Ἀπόλλυνται
not for-whom — nearest to-these it-comes-about Die
δὲ οὓς ἂν ὅ τε πυρετὸς μὴ ἀφῇ, ἢ δοκέων αὐτέους
and whom — the both fever not leaves or seeming them
ἀφιέναι, αὖθις φαίνηται ἀναθερμαινόμενος, καὶ δίψαν μὲν
to-leave again appears heating-up and thirst indeed
ἔχωσι, σιτίων δὲ μὴ ἐπιθυμέωσι, καὶ ἡ κοιλίη ὑγρὴ ᾖ,
they-have food but not desire and the belly moist be
καὶ τὸ πῦον χλωρὸν ἢ πελιὸν πτύῃ, ἢ φλεγματῶδες καὶ
and the pus yellow-green or livid he-spits or phlegmy and
ἀφρῶδες· ἢν ταῦτα πάντα γίγνηται, ἀπόλλυνται· ὁκόσοισι
frothy if these all come-about they-die for-whomever
δ’ ἂν τουτέων τὰ μὲν ἐπιγένηται, τὰ δὲ μὴ, οἱ
but — of-these the-ones indeed supervene the-others but not the-ones

μὲν αὐτέων ἀπόλλυνται, οἱ δὲ ἐν πολλῷ χρόνῳ
indeed of-them die the-others but in much time
περιγίγνονται. Ἀλλ' ἐκ πάντων τῶν τεκμηρίων τῶν
survive But from all the proofs the
ἐόντων ἐν τουτέοισι σημαίνεσθαι, καὶ τοῖσιν ἄλλοισι πᾶσιν.
being in these to-be-signified and in-the other all
Ὁκόσοισι δὲ ἀποστάσιες γίγνονται ἐκ τῶν περιπλευμονικῶν 18
For-whomever and abscessions come-about from the pneumonic
νουσημάτων παρὰ τὰ ὦτα, καὶ ἐκπυέουσιν, ἢ ἐς τὰ κάτω
diseases beside the ears and they-suppurate or into the lower
χωρία, καὶ συριγγοῦνται, οὗτοι περιγίγνονται. Ἐπισκέπτεσθαι
places and form-fistulas these survive To-consider
δὲ χρὴ τὰ τοιαῦτα ὧδε· ἢν ὅ τε πυρετὸς ἔχῃ, καὶ ἡ
and one-must the such thus if the both fever holds and the
ὀδύνη μὴ παύηται, καὶ τὸ πτύελον μὴ ἐκχωρέῃ κατὰ
pain not stops and the sputum not comes-out according-to
λόγον, μηδὲ χολώδεες αἱ τῆς κοιλίης διαχωρήσιες, μηδὲ
reason nor bilious the of-the belly passages nor
εὔλυτοί τε καὶ ἄκρητοι γίγνοιντο, καὶ μηδὲ τὸ οὖρον
loose both and unmixed should-be and nor the urine
πουλύ τε κάρτα καὶ πολλὴν ὑπόστασιν ἔχον, ὑπηρετέηται
much both very and much sediment having it-is-attended
δὲ περιεστικῶς ὑπὸ τῶν λοιπῶν πάντων τῶν περιεστικῶν
but favorably by the remaining all the favorable
σημείων, τουτέοισι χρὴ τὰς τοιαύτας ἀποστάσιας ἐλπίζειν
signs for-these one-must the such abscessions to-expect
ἔσεσθαι. Γίγνονται δὲ αἱ μὲν ἐς τὰ κάτω χωρία, οἷσιν
to-be Come-about and the indeed into the lower places for-whom
ἂν περὶ τὰ ὑποχόνδρια τοῦ φλέγματός τι ἐγγένηται· αἱ
— about the hypochondria of-the phlegm some arises the
δὲ ἄνω, οἷσι τὸ ὑποχόνδριον λαπαρόν τε καὶ ἀνώδυνον
but upper for-whom the hypochondrium soft both and painless

διατελέῃ, δύσπνοος δέ τινα χρόνον γενόμενος παύσηται,
continues short-of-breath but some time having-become stops
ἄτερ φανερῆς προφάσιος ἄλλης. Αἱ δὲ ἀποστάσιες αἱ ἐς
without manifest cause other The and abscessions the into
τὰ σκέλεα ἐν τῇσι περιπλευμονίῃσι τῇσιν ἰσχυρῇσί τε καὶ
the legs in the pneumonias the strong both and
ἐπικινδύνοισι λυσιτελέες μὲν πᾶσαι, ἄρισται δὲ αἱ τοῦ
dangerous profitable indeed all best but the the
πτυέλου ἐν μεταβολῇ ἐόντος γιγνόμεναι· εἰ γὰρ τὸ οἴδημα
sputum in change being occurring if for the swelling
καὶ ἡ ὀδύνη γίγνοιτο, τοῦ πτυέλου ἀντὶ ξανθοῦ πυώδεος
and the pain should-come-about the sputum instead-of yellow purulent
γενομένου καὶ ἐκχωρέοντος ἔξω, οὕτως ἂν ἀσφαλέστατα
having-become and coming-out out so — most-safely
ὅ τε ἄνθρωπος περιγίγνοιτο, καὶ ἡ ἀπόστασις ἀνώδυνος
the both man would-survive and the abscession painless
τάχιστα παύσαιτο· εἰ δὲ τὸ πτύελον μὴ ἐκχωρέοι καλῶς,
most-quickly would-stop if but the sputum not should-come-out well
μηδὲ τὸ οὖρον ὑπόστασιν ἀγαθὴν ἔχον φαίνοιτο, κίνδυνος
nor the urine sediment good having should-appear danger
χωλὸν γενέσθαι τὸ ἄρθρον ἢ πολλὰ πρήγματα παρασχεῖν.
lame to-become the joint or many troubles to-cause
Ἢν δὲ ἀφανίζωνται καὶ παλινδρομέωσιν αἱ ἀποστάσιες,
If and they-disappear and run-back the abscessions
τοῦ πτυέλου μὴ ἐκχωρέοντος, καὶ τοῦ πυρετοῦ ἔχοντος,
the sputum not coming-out and the fever holding
δεινόν· κίνδυνος γὰρ μὴ παραφρονήσῃ καὶ ἀποθάνῃ ὁ
terrible danger for lest he-become-deranged and die the
ἄνθρωπος. Τῶν δὲ ἐμπύων τῶν ἐκ τῶν περιπλευμονικῶν
man Of-the and suppurating those from the pneumonic(-cases)
οἱ γεραίτεροι μᾶλλον ἀπόλλυνται· ἐκ δὲ τῶν ἄλλων
the older more die from and the other

ἐμπυημάτων οἱ νεώτεροι μᾶλλον ἀποθνήσκουσιν. Ὁκόσοι
suppurations the younger more die As-many-as
δὲ τῶν ἐμπύων καίονται ἢ τέμνονται, οἷσιν ἂν καθαρὸν
and of-the suppurating are-cauterized or are-cut for-whom — pure
μὲν τὸ πῦον ᾖ καὶ λευκὸν καὶ μὴ δυσῶδες, σώζονται·
indeed the pus be and white and not foul-smelling are-saved
οἷσι δὲ ὕφαιμόν τε καὶ βορβορῶδες, ἀπόλλυνται.
for-whom but blood-tinged both and slimy perish
Αἱ δὲ ξὺν πυρετῷ γιγνόμεναι ὀδύναι περὶ τὴν ὀσφῦν 19
The and with fever arising pains about the loin
τε καὶ τὰ κάτω χωρία, ἢν τῶν φρενῶν ἅπτωνται, τὰ
both and the lower places if the diaphragm they-attack the
κάτω ἐκλείπουσαι, ὀλέθριαι κάρτα. Προσέχειν οὖν δεῖ
lower leaving deadly very To-apply then one-must
τὸν νόον τοῖσιν ἄλλοισι σημείοισιν, ὡς ἤν τι καὶ
the mind to-the other signs as if anything also
τῶν ἄλλων σημείων ἐπιφαίνηται πονηρὸν, ἀνέλπιστος ὁ
of-the other signs appears bad hopeless the
ἄνθρωπος· ἢν δὲ, ἀναΐσσοντος τοῦ νουσήματος ὡς πρὸς
man if but rushing-up the disease as toward
τὰς φρένας, τἆλλα σημεῖα μὴ πονηρὰ ἐπιγίγνηται, ἔμπυον
the diaphragm the-other signs not bad supervene suppurating
ἔσεσθαι τοῦτον πολλαὶ ἐλπίδες. Κύστιες δὲ σκληραί
to-be this-one many hopes Bladders and hard
τε καὶ ἐπώδυνοι δειναὶ μὲν παντελῶς καὶ ὀλέθριαι·
both and painful terrible indeed altogether and deadly
ὀλεθριώτεραι δὲ ὁκόσαι ξὺν πυρετῷ ξυνεχεῖ γίγνονται· καὶ
more-deadly and as-many-as with fever continuous come-about and
γὰρ οἱ ἀπ᾽ αὐτέων τῶν κύστιων πόνοι ἱκανοὶ ἀποκτεῖναι·
for the from the-very the bladders pains sufficient to-kill
καὶ αἱ κοιλίαι οὐ διαχωρέουσιν ἐν τουτέῳ τῷ χρόνῳ, εἰ
and the bellies not pass in this the time if

μὴ σκληρά τε καὶ πρὸς ἀνάγκην· λύει δέ οὖρον πυῶδες
not hard both and under compulsion resolves but urine purulent
οὐρηθὲν, λευκὴν καὶ λείην ἔχον τὴν ὑπόστασιν. Ἢν δὲ
urinated white and smooth having the sediment If but
μήτε τὸ οὖρον μηδὲν ἐνδιδοίη, μήτε ἡ κύστις μαλάσσοιτο,
neither the urine anything gives-way nor the bladder softens
ὅ τε πυρετὸς ξυνεχὴς ᾖ, ἐν τῇσι πρώτῃσι περιόδοισι
the and fever continuous be in the first periods
τοῦ νουσήματος ἐλπὶς τὸν ἀλγέοντα ἀπολέσθαι. Ὁ
of-the disease expectation the sufferer to-perish The
δὲ τρόπος οὗτος ἅπτεται τῶν παιδίων μάλιστα τῶν
and manner this attacks the children most those
ἑπταετέων, ἕως ἂν ἐς τὰ πεντεκαίδεκα ἔτεα γένωνται.
seven-years-old until — to the fifteen years they-come

IV · CRISES, CHILDREN, AND THE SIGNS

Fevers reach crisis on the same days, whether they kill or spare: the fourth, seventh, eleventh, fourteenth, seventeenth, and twentieth, and the longer at thirty-four, forty, or sixty. Headache with fever, ear pain, and convulsions in children have their own signs; quinsy is worst when nothing shows in the throat. A long fever without a crisis foretells a relapse or an abscession into the joints. The physician must learn the signs and weigh them against one another, for they hold in Libya, Delos, and Scythia alike.

20 Οἱ δὲ πυρετοὶ κρίνονται ἐν τῇσιν αὐτέῃσιν ἡμέρῃσι τὸν
The and fevers reach-crisis in the same days the
ἀριθμὸν, ἐξ ὧν τε περιγίγνονται οἱ ἄνθρωποι καὶ ἐξ
number from which both survive the men and from
ὧν ἀπόλλυνται. Οἵ τε γὰρ εὐηθέστατοι τῶν πυρετῶν
which they-perish The both for mildest of-the fevers

καὶ ἐπὶ σημείων ἀσφαλεστάτων βεβῶτες τεταρταῖοι
and on signs safest standing on-the-fourth
παύονται, ἢ πρόσθεν· οἵ τε κακοηθέστατοι καὶ ἐπὶ σημείων
cease or earlier the both most-malignant and on signs
δεινοτάτων γιγνόμενοι τεταρταῖοι κτείνουσιν, ἢ πρόσθεν.
most-terrible arising on-the-fourth kill or earlier
Ἡ μὲν οὖν πρώτη ἔφοδος αὐτέων οὕτω τελευτᾷ· ἡ
The indeed then first attack of-them so ends the
δὲ δευτέρη ἐς τὴν ἑβδόμην περιάγεται· ἡ δὲ τρίτη ἐς
and second to the seventh is-carried-round the and third to
τὴν ἑνδεκάτην· ἡ δὲ τετάρτη ἐς τὴν τεσσαρεσκαιδεκάτην·
the eleventh the and fourth to the fourteenth
ἡ δὲ πέμπτη ἐς τὴν ἑπτακαιδεκάτην· ἡ δὲ ἕκτη
the and fifth to the seventeenth the and sixth
ἐς τὴν εἰκοστήν. Αὗται μὲν οὖν ἐκ τῶν ὀξυτάτων
to the twentieth These indeed then from the most-acute
νουσημάτων διὰ τεσσάρων ἐς τὰς εἴκοσιν ἐκ προσθέσιος
diseases through fours to the twenty by addition
τελευτῶσιν. Οὐ δύναται δὲ ὅλῃσιν ἡμέρῃσιν οὐδὲν τουτέων
end Not it-is-possible and by-whole days any of-these
ἀριθμέεσθαι ἀτρεκέως· οὐδὲ γὰρ ὁ ἐνιαυτός τε καὶ οἱ
to-be-counted exactly nor for the year both and the
μῆνες ὅλῃσιν ἡμέρῃσι πεφύκασιν ἀριθμέεσθαι. Μετὰ δὲ
months by-whole days are-of-a-nature to-be-counted After and
ταῦτα ἐν τῷ αὐτέῳ τρόπῳ κατὰ τὴν αὐτέην πρόσθεσιν
these-things in the same manner by the same addition
ἡ πρώτη περίοδος τεσσάρων καὶ τριήκονθ' ἡμερέων, ἡ
the first period of-four and thirty days the
δὲ δευτέρη τεσσαράκοντα ἡμερέων, ἡ δὲ τρίτη ἑξήκονθ'
and second forty days the and third sixty
ἡμερέων.
days

Τουτέων δ' ἐν ἀρχῇσίν ἐστι χαλεπώτατον διαγιγνώσκειν
Of-these and in beginnings is hardest to-discern
τὰ μέλλοντα ἐν πλείστῳ χρόνῳ κρίνεσθαι· ὁμοιόταται
the-ones going in most time to-reach-crisis most-alike
γὰρ αἱ ἀρχαί εἰσιν αὐτέων· ἀλλὰ χρὴ ἀπὸ
for the beginnings are of-them but one-must from
τῆς πρώτης ἡμέρης ἐνθυμέεσθαι, καὶ καθ' ἑκάστην
the first day to-consider and at each
τετράδα προστιθεμένην σκέπτεσθαι· καὶ οὐ λήσεται
tetrad added to-examine and not it-will-escape
ὅπη τρέψεται τὸ νούσημα. Γίγνεται δὲ ἡ τῶν
where will-turn the disease Comes-about and the of-the
τεταρταίων κατάστασις ἐκ τοῦ τοιούτου κόσμου. Τὰ
quartans constitution from the such order The
δὲ ἐν ἐλαχίστῳ χρόνῳ μέλλοντα κρίνεσθαι, εὐπετέστερα
and in least time going to-reach-crisis easier
γιγνώσκεσθαι· μέγιστα γὰρ τὰ διαφέροντα ἀπ' ἀρχῆς
to-be-recognized greatest for the differences from beginning
αὐτέων ἐστίν· οἱ μὲν γὰρ περιεσόμενοι εὔπνοοί τε
of-them are those indeed for going-to-survive good-breathing both
καὶ ἀνώδυνοί εἰσι, καὶ κοιμῶνται τὰς νύκτας, τά τε
and painless are and sleep the nights the both
ἄλλα σημεῖα ἔχουσιν ἀσφαλέστατα· οἱ δὲ ἀπολούμενοι
other signs have safest those but going-to-perish
δύσπνοοι γίγνονται, ἀλλοφάσσοντες, ἀγρυπνέοντες, τά
short-of-breath become wandering-in-speech sleepless the
τε ἄλλα σημεῖα κάκιστα ἔχοντες. Ὡς οὖν τουτέων
both other signs worst having As then these
οὕτω γιγνομένων ξυμβάλλεσθαι χρὴ, κατά τε τὸν
so coming-about to-conclude one-must according-to both the
χρόνον, κατά τε τὴν πρόσθεσιν ἑκάστην ἐπὶ τὴν
time according-to and the addition each to the

κρίσιν ἰόντων τῶν νουσημάτων. Κατὰ δὲ τὸν αὐτὸν
crisis going the diseases According-to and the same
λόγον καὶ τῇσι γυναιξὶν αἱ κρίσιες ἐκ τῶν τόκων
reasoning also for-the women the crises from the childbirths
γίγνονται.
come-about

Κεφαλῆς δὲ ὀδύναι ἰσχυραί τε καὶ ξυνεχέες ξὺν πυρετῷ· 21
Of-head and pains strong both and continuous with fever
ἢν μέν τι τῶν θανατωδέων σημείων προσγίγνοιτο,
if indeed any of-the deadly signs is-added
ὀλέθριον κάρτα. Εἰ δὲ ἄτερ τῶν τοιούτων σημείων
deadly very If but without the such signs
ἡ ὀδύνη ὑπερβάλλοι εἴκοσιν ἡμέρας, ὅ τε πυρετὸς
the pain should-exceed twenty days the and fever
ἔχοι, ὑποσκέπτεσθαι χρὴ αἵματος ῥῆξιν διὰ
should-hold to-watch-for one-must of-blood bursting through
ῥινῶν, ἢ ἄλλην τινὰ ἀπόστασιν ἐς τὰ κάτω χωρία·
nostrils or other some abscession to the lower places
ἔστ' ἂν δὲ ἡ ὀδύνη ᾖ νεαρὰ, προσδέχεσθαι χρὴ
as-long-as — but the pain be recent to-expect one-must
ὡσαύτως αἵματος ῥῆξιν διὰ ῥινῶν, ἢ ἐκπύησιν,
likewise of-blood bursting through nostrils or suppuration
ἄλλως τε ἢν ἡ ὀδύνη περὶ τοὺς κροτάφους καὶ
especially — if the pain about the temples and
τὸ μέτωπον ᾖ· μᾶλλον δὲ χρὴ προσδέχεσθαι
the forehead be more and one-must to-expect
τοῦ μὲν αἵματος τὴν ῥῆξιν τοῖσι νεωτέροισι πέντε
the indeed of-blood the bursting in-the younger than-five
καὶ τριήκοντα ἐτέων, τοῖσι δὲ γεραιτέροισι τὴν
and thirty years in-the and older the
ἐκπύησιν.
suppuration

22 Ὠτὸς δὲ ὀξείη ὀδύνη ξὺν πυρετῷ ξυνεχεῖ τε καὶ
Of-ear and acute pain with fever continuous both and
ἰσχυρῷ δεινόν· κίνδυνος γὰρ παραφρονῆσαι τὸν ἄνθρωπον
strong terrible danger for to-become-deranged the man
καὶ ἀπολέσθαι. Ὡς οὖν τουτέου τοῦ τόπου σφαλεροῦ
and to-perish As then this the place dangerous
ἐόντος, ταχέως δεῖ προσέχειν τὸν νόον τοῖσι σημείοισι
being quickly one-must to-apply the mind to-the signs
πᾶσιν ἀπὸ τῆς πρώτης ἡμέρης. Ἀπόλλυνται δὲ οἱ
all from the first day Perish and the
μὲν νεώτεροι τῶν ἀνθρώπων ἑβδομαῖοι καὶ ἔτι θᾶσσον
indeed younger of-the men on-the-seventh and still sooner
ὑπὸ τουτέου τοῦ νουσήματος· οἱ δὲ γέροντες πολλῷ
by this the disease the but old much
βραδύτερον· οἵ τε γὰρ πυρετοὶ καὶ αἱ παραφροσύναι
more-slowly the both for fevers and the derangements
ἧσσον αὐτέοισιν ἐπιγίγνονται, καὶ τὰ ὦτα διὰ
less in-them supervene and the ears because-of
τοῦτο φθάνει ἐκπυΐσκεσθαι· ἀλλὰ ταύτῃσι μὲν τῇσιν
this get-ahead to-suppurate but in-these indeed the
ἡλικίῃσιν ὑποστροφαὶ τοῦ νουσήματος ἐπιγιγνόμεναι
ages relapses of-the disease supervening
ἀποκτείνουσι τοὺς πλείστους. Οἱ δὲ νεώτεροι, πρὶν
kill the most The and younger before
ἐκπυῆσαι τὸ οὖς, ἀπόλλυνται· πλὴν ἀλλ' ἤν γε
to-suppurate the ear perish except but if at-least
ῥυῇ πῦον λευκὸν ἐκ τοῦ ὠτὸς, ἐλπὶς τῷ νεωτέρῳ
flows pus white from the ear hope for-the younger
περιγενέσθαι, ἤν γε καὶ ἄλλο τι αὐτέῳ ἐπιγένηται
to-survive if at-least also other some to-him supervenes
χρηστὸν σημεῖον.
good sign

Φάρυγξ δὲ ἑλκουμένη ξὺν πυρετῷ δεινόν· ἀλλ᾽ ἤν τι καὶ 23
Throat and ulcerated with fever terrible but if any also
ἄλλο σημεῖον γένηται τῶν προκεκριμένων πονηρῶν εἶναι,
other sign comes-about of-the previously-judged bad to-be
προλέγειν δεῖ ὡς ἐν κινδύνῳ ἐόντος τοῦ ἀνθρώπου. Αἱ
to-foretell one-must as in danger being the man The
δὲ κυνάγχαι δεινόταται μέν εἰσι, καὶ τάχιστα ἀναιρέουσιν,
and quinsies most-terrible indeed are and most-quickly kill
ὁκόσαι μήτε ἐν τῇ φάρυγγι μηδὲν ἔκδηλον ποιέουσι,
as-many-as neither in the throat anything visible make
μήτε ἐν τῷ αὐχένι, πλεῖστον δὲ πόνον παρέχουσι καὶ
nor in the neck most but pain cause and
ὀρθόπνοιαν· αὗται γὰρ καὶ αὐθημερὸν ἀποπνίγουσι, καὶ
orthopnea these for even the-same-day choke and
δευτεραῖαι, καὶ τριταῖαι, καὶ τεταρταῖαι. Ὅσαι δὲ τὰ
on-the-second and on-the-third and on-the-fourth As-many-as and the
μὲν ἄλλα παραπλησίως πόνον παρέχουσιν, ἐπαίρονται
indeed other-things alike pain cause swell
δὲ, καὶ ἐρυθήματα ἐν τῇ φάρυγγι ποιέουσιν, ὀλέθριαι
but and rednesses in the throat make deadly
μὲν κάρτα, χρονιώτεραι δὲ μᾶλλον τῶν πρόσθεν, ἢν
indeed very more-chronic but more than-the former if
τὸ ἐρύθημα μέγα γίγνηται. Ὁκόσοισι δὲ ξυνεξερευθείη
the redness great becomes For-whomever and is-reddened-together
ἡ φάρυγξ καὶ ὁ αὐχὴν, αὗται δὴ χρονιώτεραι, καὶ
the throat and the neck these indeed more-chronic and
μάλιστα ἐξ αὐτέων τινὲς περιφεύγουσιν, ἢν ὅ τε αὐχὴν
most from them some escape if the both neck
καὶ τὸ στῆθος ἐρύθημα ἔχῃ, καὶ μὴ παλινδρομέῃ τὸ
and the chest redness has and not runs-back the
ἐρυσίπελας ἔσω. Ἢν δὲ μήτε ἐν ἡμέρῃσι κρισίμῃσιν
erysipelas inward If but neither in days critical

ἀφανίζηται τὸ ἐρυσίπελας, μήτε φύματος ξυστραφέντος ἐν
disappears the erysipelas nor growth having-gathered in
τῷ ἔξω χωρίῳ, μήτε πῦον ἀποβήσσῃ, ῥηϊδίως τε καὶ
the outer place nor pus he-coughs-up easily both and
ἀπόνως ἔχειν δοκέῃ, θάνατον σημαίνει, ἢ ὑποστροφὴν τοῦ
painlessly to-be he-seems death it-signifies or relapse of-the
ἐρυθήματος.
redness
Ἀσφαλέστερον δὲ τὸ οἴδημα καὶ τὸ ἐρύθημα ὡς μάλιστα
Safer and the swelling and the redness as most
ἔξω τρέπεσθαι· ἢν δὲ ἐς τὸν πλεύμονα τραπείη,
outward to-turn if but to the lung it-should-turn
παράνοιάν τε ποιέει, καὶ ἔμπυοι ἐξ αὐτέων τινὲς ὡς
derangement both it-makes and suppurating from them some for
τὰ πολλὰ γίγνονται. Οἱ δὲ γαργαρεῶνες ἐπικίνδυνοι
the most-part become The and uvulas dangerous
καὶ ἀποτάμνεσθαι καὶ ἀποσχάζεσθαι, ἔστ' ἂν ἐρυθροί
both to-be-cut-off and to-be-lanced as-long-as — red
τε ἔωσι καὶ μεγάλοι· καὶ γὰρ φλεγμοναὶ ἐπιγίγνονται
both they-are and large and for inflammations supervene
τουτέοισι καὶ αἱμορῥαγίαι· ἀλλὰ χρὴ τὰ τοιαῦτα τοῖσιν
on-these and hemorrhages but one-must the such with-the
ἄλλοισι μηχανήμασι πειρῆσθαι κατισχναίνειν ἐν τουτέῳ
other devices to-try to-reduce in this
τῷ χρόνῳ. Ὁκόταν δὲ ἀποκριθῇ πᾶν, ὃ δὴ σταφυλὴν
the time When but is-separated all which indeed grape
καλέουσι, καὶ γένηται τὸ μὲν ἄκρον τοῦ γαργαρεῶνος
they-call and becomes the indeed tip of-the uvula
μεῖζόν τε καὶ περιφερὲς, τὸ δὲ ἀνωτέρω λεπτότερον,
larger both and round the but higher thinner
ἐν τουτέῳ τῷ καιρῷ ἀσφαλὲς διαχειρίζειν. Ἄμεινον δὲ
in this the moment safe to-operate Better and

καὶ τὴν κοιλίην ὑποκενώσαντα τῇ χειρουργίῃ χρέεσθαι,
also the belly having-emptied with-the surgery to-use
ἢν ὅ τε χρόνος ξυγχωρέῃ, καὶ μὴ ἀποπνίγηται ὁ
if the both time allows and not is-choked the
ἄνθρωπος.
man
Ὁκόσοισι δ' ἂν οἱ πυρετοὶ παύωνται, μήτε σημείων 24
For-whomever and — the fevers cease neither of-signs
γενομένων λυτηρίων, μήτε ἐν ἡμέρῃσι κρισίμῃσιν,
having-come-about resolving nor in days critical
ὑποστροφὴν προσδέχεσθαι χρὴ τουτέοισιν. Ὅστις δ'
relapse to-expect one-must for-these Whichever and
ἂν τῶν πυρετῶν μηκύνῃ περιεστικῶς διακειμένου τοῦ
— of-the fevers is-prolonged favorably disposed the
ἀνθρώπου, μηκέτι ὀδύνης ἐχούσης διὰ φλεγμονήν
man no-longer pain holding because-of inflammation
τινα, μήτε διὰ πρόφασιν ἄλλην μηδεμίην ἐμφανέα,
some nor because-of cause other any manifest
τουτέῳ προσδέχεσθαι ἀπόστασιν μετ' οἰδήματός τε καὶ
for-this-one to-expect abscession with swelling both and
ὀδύνης ἔς τι τῶν ἄρθρων, καὶ οὐχ ἧσσον ἐκ τῶν
pain into some of-the joints and not less from the
κάτω. Μᾶλλον δὲ γίγνονται καὶ ἐν ἐλάσσονι χρόνῳ
lower More and come-about and in less time
αἱ τοιαῦται ἀποστάσιες τοῖσι νεωτέροισι τριήκοντα
the such abscessions in-the younger than-thirty
ἐτέων· ὑποσκέπτεσθαι δὲ χρὴ εὐθέως τὰ περὶ
years to-watch-for and one-must at-once the-things about
τῆς ἀποστάσιος, ἢν εἴκοσιν ἡμέρας ὁ πυρετὸς ἔχων
the abscession if twenty days the fever holding
ὑπερβάλλῃ· τοῖσι δὲ γεραιτέροισιν ἧσσον γίγνεται,
exceeds in-the and older less it-comes-about

πολυχρονιωτέρου ἐόντος τοῦ πυρετοῦ. Χρὴ δὲ τὴν μὲν
longer being the fever One-must and the indeed
τοιαύτην ἀπόστασιν προσδέχεσθαι, ξυνεχέος ἐόντος τοῦ
such abscession to-expect continuous being the
πυρετοῦ, ἐς δὲ τεταρταῖον καταστήσεσθαι, ἢν διαλείπῃ
fever into and quartan to-settle if it-intermits
τε καὶ καταλαμβάνῃ πεπλανημένον τρόπον, καὶ ταῦτα
both and seizes in-wandering manner and these-things
ποιέων τῷ φθινοπώρῳ προσπελάσῃ. Ὥσπερ δὲ τοῖσι
doing to-the autumn it-approaches As and in-the
νεωτέροισι τῶν τριήκοντα ἐτέων αἱ ἀποστάσιες γίγνονται,
younger than-the thirty years the abscessions come-about
οὕτως οἱ τεταρταῖοι μᾶλλον τοῖσι τριήκοντα ἐτέων καὶ
so the quartans more in-the thirty years and
γεραιτέροισιν.
older
Τὰς δὲ ἀποστάσιας εἰδέναι χρὴ τοῦ χειμῶνος
The and abscessions to-know one-must in-the winter
μᾶλλον γιγνομένας χρονιώτερόν τε παυομένας, ἧσσον δὲ
more occurring more-slowly both ceasing less but
παλινδρομεύσας. Ὅστις δ' ἂν ἐν πυρετῷ μὴ θανατώδει
running-back Whoever and — in fever not deadly
φῇ τὴν κεφαλὴν ἀλγέειν, ἢ καὶ ὀρφνώδές τι
says the head to-ache or also dark something
πρὸ τῶν ὀφθαλμῶν φαίνεσθαι, ἢ καρδιωγμὸς τουτέῳ
before the eyes to-appear or heartburn to-this-one
προσγένηται, χολώδης ἔμετος παρέσται· ἢν δὲ καὶ
is-added bilious vomiting will-be-present if and also
ῥῖγος ἐπιλάβῃ, καὶ τὰ κάτω μέρεα τοῦ ὑποχονδρίου
chill seizes and the lower parts of-the hypochondrium
ψυχρὰ ᾖ, καὶ θᾶσσον ἔτι ὁ ἔμετος παρέσται· ἢν
cold be and sooner still the vomiting will-be-present if

δέ τι πίῃ ἢ φάγῃ ὑπὸ τοῦτον τὸν χρόνον,
and anything be-drinks or eats at this the time
κάρτα τοῦτο ταχέως ἐμέεται. Τουτέων δὲ οἷσιν ἂν
very this quickly is-vomited Of-these and for-whom —
ἄρξηται ὁ πόνος τῇ πρώτῃ ἡμέρῃ γίγνεσθαι, τεταρταῖοι
begins the pain on-the first day to-come-about on-the-fourth
πιεζεῦνται μάλιστα καὶ πεμπταῖοι· ἐς δὲ τὴν ἑβδόμην
are-pressed most and on-the-fifth on and the seventh
ἀπαλλάσσονται· οἱ μέντοι πλείονες αὐτέων ἄρχονται μὲν
are-freed the however more of-them begin indeed
πονέεσθαι τριταῖοι, χειμάζονται δὲ μάλιστα πεμπταῖοι,
to-suffer on-the-third are-storm-tossed and most on-the-fifth
ἀπαλλάσσονται δὲ ἐναταῖοι ἢ ἑνδεκαταῖοι· οἳ δ' ἂν
are-freed and on-the-ninth or on-the-eleventh those but —
ἄρξωνται πεμπταῖοι πονέεσθαι, καὶ τἄλλα κατὰ
begin on-the-fifth to-suffer and the-other-things according-to
λόγον αὐτέοισι γίγνηται, ἐς τὴν τεσσαρεσκαιδεκάτην
reason for-them come-about on the fourteenth
κρίνεται ἡ νοῦσος.
reaches-crisis the disease
Γίγνεται δὲ ταῦτα τοῖσι μὲν ἀνδράσι καὶ τῇσι γυναιξὶν
Comes-about and these-things to-the indeed men and to-the women
ἐν τοῖσι τριταίοισι μάλιστα· τοῖσι δὲ νεωτέροισι γίγνεται
in the tertians most to-the but younger it-comes-about
μὲν καὶ ἐν τουτέοισι, μᾶλλον δὲ ἐν τοῖσι ξυνεχεστέροισι
indeed also in these more but in the more-continuous
πυρετοῖσι, καὶ ἐν τοῖσι γνησίοισι τριταίοισιν. Οἷσι δ'
fevers and in the true tertians For-whom and
ἂν ἐν τοιουτοτρόπῳ πυρετῷ κεφαλὴν ἀλγέουσιν ἀντὶ
— in such-a fever head aching instead-of
μὲν τοῦ ὀρφνώδές τι πρὸ τῶν ὀφθαλμῶν φαίνεσθαι,
indeed the dark something before the eyes to-appear

ἀμβλυωγμὸς γίγνεται, ἢ μαρμαρυγαὶ προφαίνονται, ἀντὶ
dimness-of-sight comes-about or flashes appear instead-of
δὲ τοῦ καρδιώσσειν, ἐν τῷ ὑποχονδρίῳ ἐπὶ δεξιὰ
and the to-have-heartburn in the hypochondrium on right
ἢ ἐπ᾽ ἀριστερὰ ξυντείνεταί τι μήτε ξὺν ὀδύνῃ
or on left is-strained something neither with pain
μήτε ξὺν φλεγμονῇ, αἷμα διὰ τῶν ῥινῶν τουτέοισι
nor with inflammation blood through the nostrils for-these
ῥυῆναι προσδόκιμον ἀντὶ τοῦ ἐμέτου. Μᾶλλον δὲ
to-flow to-be-expected instead-of the vomiting More and
καὶ ἐνταῦθα τοῖσι νέοισι τοῦ αἵματος τὴν ῥῆξιν
also here in-the young of-the blood the bursting
προσδέχεσθαι· τοῖσι δὲ πέντε καὶ τριήκοντα ἔτεσι
to-expect in-the and five and thirty years
καὶ γεραιτέροισιν ἧσσον, ἀλλὰ τοὺς ἐμέτους τουτέοισι
and older less but the vomitings for-these
προσδέχεσθαι. Τοῖσι δὲ παιδίοισι σπασμοὶ γίγνονται, ἢν
to-expect In-the and children convulsions come-about if
ὁ πυρετὸς ὀξὺς ᾖ, καὶ ἡ γαστὴρ μὴ διαχωρέῃ, καὶ
the fever acute be and the belly not pass and
ἀγρυπνέωσί τε καὶ ἐκπλαγέωσι, καὶ κλαυθμυρίζωσι, καὶ
they-be-sleepless both and are-terrified and wail and
τὸ χρῶμα μεταβάλλωσι, καὶ χλωρὸν ἢ πελιὸν ἢ ἐρυθρὸν
the color change and yellow-green or livid or red
ἴσχωσιν.
have
Γίγνεται δὲ ταῦτα ἐξ ἑτοιμοτάτων μὲν τοῖσι παιδίοισι
Comes-about and these-things from most-readily indeed in-the children
τοῖσι νεωτάτοισιν ἐς τὰ ἑπτὰ ἔτεα· τὰ δὲ πρεσβύτερα
the youngest up-to the seven years the and older
τῶν παιδίων καὶ οἱ ἄνδρες οὐκ ἔτι ἐν τοῖσι πυρετοῖσιν
of-the children and the men no longer in the fevers

ὑπὸ τῶν σπασμῶν ἁλίσκονται, ἢν μή τι τῶν σημείων
by the convulsions are-seized if not some of-the signs
προσγένηται τῶν ἰσχυροτάτων τε καὶ κακίστων, οἷά
is-added of-the strongest both and worst such-as
περ ἐν τῇσι φρενίτισι γίγνεται. Τοὺς δ' ἀπολουμένους
indeed in the phrenitis comes-about Those and going-to-die
τε καὶ περιεσομένους τῶν παιδίων τε καὶ τῶν
both and going-to-survive of-the children both and of-the
ἄλλων τεκμαίρεσθαι τοῖσι ξύμπασι σημείοισιν, ὡς ἐφ'
others to-infer from-the all signs as for
ἑκάστοισιν ἕκαστα διαγέγραπται. Ταῦτα δὲ λέγω περί
each each has-been-described These-things and I-say about
τε τῶν ὀξέων νουσημάτων καὶ ὅσα ἐκ τουτέων
both the acute diseases and as-many-as from these
γίγνεται.
come-about
Χρὴ δὲ τὸν μέλλοντα ὀρθῶς προγιγνώσκειν τοὺς 25
One-must and the-one going rightly to-foreknow those
περιεσομένους καὶ τοὺς ἀποθανουμένους, ὅσοισί τε ἂν
going-to-survive and those going-to-die for-whom both —
μέλλῃ πλέονας ἡμέρας παραμένειν τὸ νούσημα καὶ ὅσοισιν
is-going more days to-remain the disease and for-whom
ἂν ἐλάσσους, τὰ σημεῖα ἐκμανθάνοντα πάντα δύνασθαι
— fewer the signs learning all to-be-able
κρίνειν, λογιζόμενον τὰς δυνάμιας αὐτέων πρὸς ἀλλήλας,
to-judge reckoning the powers of-them toward one-another
ὥσπερ διαγέγραπται περί τε τῶν ἄλλων καὶ τῶν
as has-been-described about both the others and the
οὔρων καὶ τῶν πτυέλων, ὅταν ὁμοῦ πῦόν τε ἀναβήσσῃ
urines and the sputa when together pus both he-coughs-up
καὶ χολήν. Χρὴ δὲ καὶ τὰς φορὰς τῶν νουσημάτων
and bile One-must and also the courses of-the diseases

αἰεὶ ἐπιδημεύντων ταχέως ἐνθυμέεσθαι, τήν τε τῆς
always prevailing quickly to-consider the both of-the
ὥρης κατάστασιν. Εὖ μέντοι χρὴ εἰδέναι περὶ τῶν
season constitution Well however one-must to-know about the
τεκμηρίων καὶ τῶν ἄλλων σημείων, καὶ μὴ λανθάνειν
proofs and the other signs and not to-overlook
ὅτι ἐν παντὶ ἔτει καὶ πάσῃ ὥρῃ τά τε κακὰ κακὸν
that in every year and every season the both bad-things bad
σημαίνει, καὶ τὰ χρηστὰ ἀγαθὸν, ἐπεὶ καὶ ἐν Λιβύῃ
signify and the good-things good since also in Libya
καὶ ἐν Δήλῳ καὶ ἐν Σκυθίῃ φαίνεται τὰ προγεγραμμένα
and in Delos and in Scythia appear the foregoing
ἀληθεύοντα σημεῖα. Ἐξ ὧν χρὴ εἰδέναι ὅτι ἔν γε
true signs From which one-must to-know that in at-least
τοῖσιν αὐτέοισι χωρίοισιν οὐδὲν δεινὸν τὸ μὴ οὐ τὰ
the same places nothing terrible the — not the
πολλαπλάσια αὐτέων ἐπιτυγχάνειν, ἢν ἐκμαθών τις
many-times-more of-them to-hit if having-learned anyone
αὐτὰ κρίνειν τε καὶ λογίζεσθαι ὀρθῶς ἐπίσταται. Ποθέειν
them to-judge both and to-reckon rightly knows To-miss
δὲ χρὴ οὐδενὸς νουσήματος οὔνομα, ὅτι μὴ τυγχάνῃ
and one-must of-no disease name which not happens
ἐνθάδε γεγραμμένον· πάντα γὰρ ὁκόσα ἐν τοῖσι χρόνοισι
here written all for as-many-as in the times
τοῖσι προειρημένοισι κρίνεται, γνώσῃ τοῖσιν αὐτέοισι
the aforesaid reach-crisis you-will-know by-the same
σημείοισιν.
signs

HIPPOCRATES

ΠΕΡΙ ΔΙΑΙΤΗΣ ΟΞΕΩΝ

Regimen in Acute Diseases

ΠΕΡΙ ΔΙΑΙΤΗΣ ΟΞΕΩΝ

I · THE CNIDIAN SENTENCES AND BARLEY GRUEL

The authors of the Cnidian Sentences describe well what patients suffer but omit what the physician must infer and use few remedies; their revisers wrongly divide each disease into many kinds by name. Laymen cannot tell good physicians from bad, and physicians so disagree over acute diseases that the art looks like divination. Barley gruel is rightly chosen, for it is smooth, swells in the boiling and not in the belly, and neither binds nor gripes; it is given daily as the patient is used to eating, and increased toward the crisis.

Οἱ ξυγγράψαντες τὰς Κνιδίας καλεομένας γνώμας, ὁκοῖα 1
Those having-composed the Cnidian so-called sentences what-things
μὲν πάσχουσιν οἱ κάμνοντες ἐν ἑκάστοισι τῶν νουσημάτων
indeed suffer the sick in each of-the diseases
ὀρθῶς ἔγραψαν, καὶ ὁκοίως ἔνια ἀπέβαινεν αὐτέων· καὶ
rightly wrote and how some turned-out of-them and
ἄχρι μὲν τουτέου καὶ μὴ ἰητρὸς δύναιτο τις ἂν ὀρθῶς
up-to indeed this even not a-physician could anyone — rightly
ξυγγράψαι, εἰ εὖ παρὰ τῶν καμνόντων ἕκαστον πύθοιτο
compose if well from the sick each he-should-learn
ὁκοῖα πάσχουσιν. Ὁκόσα δὲ προκαταμαθεῖν χρὴ τὸν
what-things they-suffer As-many-as but to-learn-beforehand one-must the
ἰητρὸν, μὴ λέγοντος τοῦ κάμνοντος, τουτέων τὰ πολλὰ
physician not saying the sick-man of-these the most
παρεῖται, ἄλλα ἐν ἄλλοισι, καὶ ἐπίκαιρα ἔνια ἐόντα ἐς
have-been-omitted others in others and important some being for
τέκμαρσιν. Ὁκόταν δὲ ἐς τέκμαρσιν λέγηται ὡς χρὴ
inference When but for inference it-is-said how one-must
ἕκαστα ἰητρεύειν, ἐν τουτέοισι πολλὰ ἑτεροίως γιγνώσκω
each to-treat in these many-things otherwise I-judge
ἢ ὡς ἐκεῖνοι ἐπεξῄεσαν· καὶ οὐ μοῦνον διὰ τοῦτο
than as those set-forth and not only because-of this

οὐκ ἐπαινέω, ἀλλ᾽ ὅτι καὶ ὀλίγοισι τὸν ἀριθμὸν τοῖσιν
not I-praise but because also few the number the
ἀκέεσιν ἐχρέοντο· τὰ γὰρ πλεῖστα αὐτέοισιν εἰρέαται
remedies they-used the for most by-them have-been-said
πλὴν τῶν ὀξειῶν νούσων, φάρμακα ἐλατήρια διδόναι καὶ
except the acute diseases drugs evacuant to-give and
ὀρρὸν καὶ γάλα ἐς τὴν ὥρην πιπίσκειν. Εἰ μὲν οὖν
whey and milk in the season to-give-to-drink If indeed then
ταῦτα ἀγαθὰ ἦν καὶ ἁρμόζοντα τοῖσι νουσήμασιν, ἐφ᾽
these-things good were and fitting to-the diseases for
οἷσι παρήνεον διδόναι, ἔτι ἂν ἀξιώτερα ἐπαίνου ἦν,
which they-advised to-give still — more-worthy of-praise they-would-be
ὅτι, ὀλίγα ἐόντα, αὐτάρκεά ἐστιν· νῦν δὲ οὐχ οὕτως ἔχει.
because few being sufficient they-are now but not so it-is
Οἱ μέν τοι ὕστερον ἐπιδιασκευάσαντες, ἰητρικώτερον δή
Those indeed — later having-revised more-medically indeed
τι ἐπῆλθον περὶ τῶν προσοιστέων ἑκάστοισιν· ἀτὰρ
somewhat went-on about the things-to-be-given for-each but
οὐδὲ περὶ διαίτης οἱ ἀρχαῖοι ξυνέγραψαν οὐδὲν ἄξιον λόγου,
not-even about regimen the ancients wrote anything worth account
καίτοι μέγα τοῦτο παρῆκαν. Τὰς μέντοι πολυτροπίας τὰς
and-yet great this they-passed-over The however many-forms the
ἐν ἑκάστῃ τῶν νούσων καὶ τὴν πολυσχιδίην αὐτέων οὐκ
in each of-the diseases and the many-divisions of-them not
ἠγνόεον ἔνιοι· τοὺς δὲ ἀριθμοὺς ἑκάστου τῶν νουσημάτων
were-ignorant-of some the but numbers of-each of-the diseases
σάφα φράζειν ἐθέλοντες, οὐκ ὀρθῶς ἔγραψαν· μὴ γὰρ
clearly to-declare wishing not rightly they-wrote lest for
οὐκ εὐαρίθμητον εἴη, εἰ τουτέῳ τις σημανεῖται τὴν τῶν
not easily-countable be if by-this anyone shall-signify the of-the

καμνόντων νοῦσον, τῷ ἕτερον ἑτέρου διαφέρειν τι, καὶ,
sick disease by-the one than-another to-differ something and
ἢν μὴ τωὐτὸ νούσημα δοκέῃ εἶναι, μὴ τωὐτὸ οὔνομα ἔχειν.
if not the-same disease it-seem to-be not the-same name to-have
Ἐμοὶ δ' ἀνδάνει μὲν ἐν πάσῃ τῇ τέχνῃ προσέχειν 2
To-me and it-is-pleasing indeed in all the art to-apply
τὸν νόον· καὶ γὰρ ὁκόσα ἔργα καλῶς ἔχει ἢ ὀρθῶς,
the mind and for as-many-as works well are or rightly
καλῶς ἕκαστα χρὴ ποιέειν καὶ ὀρθῶς, καὶ ὁκόσα
well each one-must to-do and rightly and as-many-as
ταχέως ἔργα, ταχέως, καὶ ὁκόσα καθαρίως, καθαρίως,
quickly works quickly and as-many-as cleanly cleanly
καὶ ὁκόσα ἀνωδύνως διαχειρίζεσθαι, ὡς ἀνωδυνώτατα
and as-many-as painlessly to-handle as most-painlessly
ποιέειν, καὶ τἄλλα πάντα τὰ τοιουτότροπα διαφερόντως
to-do and the-other all the such-like differently
τῶν πέλας ἐπὶ τὸ βέλτιον ποιέειν χρή. Μάλιστα δ'
from-the neighbors toward the better to-do one-must Most and
ἂν ἐπαινέσαιμι ἰητρὸν, ὅστις ἐν τοῖσιν ὀξέσι νουσήμασιν,
— I-would-praise a-physician who in the acute diseases
ἃ τοὺς πλείστους τῶν ἀνθρώπων κτείνει, ἐν τουτέοισι
which the most of-the men kill in these
διαφέρων τι τῶν ἄλλων εἴῃ ἐπὶ τὸ βέλτιον. Ἔστι
differing somewhat from-the others should-be toward the better Are
δὲ ταῦτα ὀξέα, ὁκοῖα ὠνόμασαν οἱ ἀρχαῖοι πλευρῖτιν, καὶ
and these acute which named the ancients pleurisy and
περιπλευμονίην, καὶ φρενῖτιν, καὶ λήθαργον, καὶ καῦσον,
pneumonia and phrenitis and lethargy and ardent-fever
καὶ τἄλλα νουσήματα ὁκόσα τουτέων ἐχόμενά ἐστιν, ὧν
and the-other diseases as-many-as to-these akin are of-which
οἱ πυρετοὶ τὸ ἐπίπαν ξυνεχέες. Ὅταν γὰρ μὴ λοιμώδεος
the fevers on-the whole continuous When for not of-pestilential

νούσου τρόπος τις κοινὸς ἐπιδημήσῃ, ἀλλὰ σποράδεες ἔωσιν
disease manner some common prevails but sporadic are
αἱ νοῦσοι καὶ παραπλήσιοι, ὑπὸ τουτέων τῶν νουσημάτων
the diseases and similar by these the diseases
ἀποθνήσκουσι μᾶλλον ἢ ὑπὸ τῶν ἄλλων τῶν ξυμπάντων.
they-die more than by the others the all
Οἱ μὲν οὖν ἰδιῶται οὐ κάρτα γιγνώσκουσι τοὺς ἐς ταῦτα
The indeed then laymen not very recognize those in these
διαφέροντας τῶν πέλας, ἑτεροίων τε μᾶλλον ἰημάτων
differing from-the neighbors of-different both rather remedies
ἐπαινέται καὶ ψέκται εἰσίν. Ἔπειτα μέγα σημεῖον τόδε, ὅτι
praisers and blamers are Then great sign this that
οἱ δημόται ἀξυνετώτατοι αὐτοὶ ἑωυτῶν περὶ τουτέων τῶν
the commoners most-unintelligent themselves than-themselves about these the
νουσημάτων εἰσὶν ὡς μελετητέα εἶναι· οἱ γὰρ μὴ ἰητροὶ ἰητροὶ
diseases are as to-be-studied to-be the for not physicians physicians
δοκέουσιν εἶναι μάλιστα διὰ ταύτας τὰς νούσους· ῥηΐδιον
seem to-be most because-of these the diseases easy
γὰρ τὰ ὀνόματα ἐκμανθάνειν, ὁκοῖα νενόμισται προσφέρεσθαι
for the names to-learn which are-customary to-be-given
πρὸς τοὺς τὰ τοιαῦτα κάμνοντας. Ἢν γὰρ ὀνομάσῃ τις
for those the such sick If for names anyone
πτισάνης τε χυλὸν καὶ οἶνον τοῖον ἢ τοῖον καὶ μελίκρητον,
of-barley-gruel both juice and wine such or such and hydromel
ἅπαντα τοῖσι δημότῃσι δοκέουσιν οἱ ἰητροὶ ταῦτα λέγειν,
all to-the commoners seem the physicians these-things to-say
οἵ τε βελτίους καὶ οἱ χείρους· τὰ δὲ οὐχ οὕτως ἔχει, ἀλλ'
those both better and the worse the-things but not so it-is but
ἐν τουτέοισι δὴ καὶ πάνυ μέγα διαφέρουσιν ἕτεροι ἑτέρων.
in these indeed and very greatly differ some from-others

Δοκέει δέ μοι ἄξια γραφῆς εἶναι ταῦτα μάλιστα, ὁκόσα 3
Seems and to-me worthy of-writing to-be these-things most as-many-as
τε ἀκαταμάθητά ἐστι τοῖσιν ἰητροῖσιν, ἐπίκαιρα ἐόντα
both unlearned are by-the physicians important being
εἰδέναι, καὶ ὁκόσα μεγάλας ὠφελείας φέρει ἢ μεγάλας
to-know and as-many-as great benefits bring or great
βλάβας. Ἀκαταμάθητα μὲν οὖν τάδε ἐστί· διὰ τί ἄρα
harms Unlearned indeed then these-things are why — then
ἐν τῇσιν ὀξείῃσι νούσοισιν οἱ μὲν τῶν ἰητρῶν ἅπαντα
in the acute diseases the-ones indeed of-the physicians all
τὸν αἰῶνα διατελεῦσι πτισάνας διδόντες ἀδιηθήτους, καὶ
the life continue barley-gruels giving unstrained and
νομίζουσιν ὀρθῶς ἰητρεύειν, οἱ δέ τινες περὶ παντὸς
think rightly to-treat the-others but some above all
ποιέονται ὅκως κριθὴν μηδεμίην καταπίῃ ὁ κάμνων
make-it that barley none swallow the sick-man
(μεγάλην γὰρ βλάβην ἡγεῦνται εἶναι), ἀλλὰ δι' ὀθονίου
great for harm they-consider to-be but through linen
διηθεῦντες τὸν χυλὸν διδόασιν· οἱ δ' αὖ τινες αὐτέων
straining the juice they-give the-others and again some of-them
οὔτ' ἂν πτισάνην παχείην δοῖεν, οὔτε χυλόν· οἱ μὲν
neither — barley-gruel thick would-they-give nor juice the-ones indeed
μέχρις ἂν ἑβδομαῖος γένηται ὁ κάμνων, οἱ δὲ καὶ διὰ
until — seventh-day becomes the sick-man the-others but even through
τέλεος ἄχρις ἂν κριθῇ ἡ νοῦσος. Μάλα μὲν οὖν οὐδὲ
to-the-end until — reaches-crisis the disease Very indeed then not-even
προβάλλεσθαι τὰ τοιαῦτα ζητήματα εἰθισμένοι εἰσὶν οἱ ἰητροί·
to-propose the such questions accustomed are the physicians
ἴσως δὲ οὐδὲ προβαλλόμενα εὑρίσκεται· καίτοι διαβολήν
perhaps but not-even proposed are-found and-yet slander
γε ἔχει ὅλη ἡ τέχνη πρὸς τῶν δημοτέων μεγάλην, ὡς
at-least has whole the art from the commoners great as

μηδὲ δοκέειν ὅλως ἰητρικὴν εἶναι· ἔν γε τοῖσιν ὀξέσι τῶν
not-even to-seem at-all medicine to-be in at-least the acute of-the
νουσημάτων τοσόνδε διοίσουσιν ἀλλήλων οἱ χειρωνάκται,
diseases so-much will-differ from-one-another the practitioners
ὥστε ἃ ὁ ἕτερος προσφέρει ἡγεύμενος ἄριστα εἶναι,
so-that what the one gives believing best to-be
ταῦτα νομίζειν ἤδη τὸν ἕτερον κακὰ εἶναι· καὶ σχεδὸν ἂν
these-things to-think already the other bad to-be and nearly —
κατά γε τὸ τοιόνδε τὴν τέχνην φαῖεν ὡμοιῶσθαι
in at-least the such the art they-would-say to-have-been-likened
τῇ μαντικῇ, ὅτι οἱ μάντιες τὸν αὐτὸν ὄρνιθα, εἰ μὲν
to-the divination because the seers the same bird if indeed
ἀριστερὸς εἴη, ἀγαθὸν νομίζουσιν εἶναι, εἰ δὲ δεξιὸς, κακόν·
on-the-left it-were good think to-be if but on-the-right bad
καὶ ἐν ἱεροσκοπίῃ τὰ τοιάδε εὕροι τις ἂν ἄλλα ἐπ᾽
and in inspection-of-entrails the such would-find anyone — other-things on
ἄλλοισιν· ἀλλ᾽ ἔνιοι τῶν μάντιων τἀναντία τουτέων. Φημὶ
others but some of-the seers the-opposite of-these I-say
δὴ πάγκαλον εἶναι τοῦτο τὸ σκέμμα καὶ ἠδελφισμένον
indeed very-fine to-be this the inquiry and akin
τοῖσι πλείστοισι τῶν ἐν τῇ τέχνῃ καὶ ἐπικαιροτάτοισιν·
to-the most of-those in the art and most-important
καὶ γὰρ τοῖσι νοσέουσι πᾶσιν ἐς ὑγείην μέγα τι
and for for-the sick all for health great something
δύνασθαι, καὶ τοῖσιν ὑγιαίνουσιν ἐς ἀσφαλείην, καὶ τοῖσιν
to-be-able and for-the healthy for safety and for-those
ἀσκέουσιν ἐς εὐεξίην, καὶ ἐς ὅ τι ἂν ἕκαστος ἐθέλῃ.
training for good-condition and for what — — each wishes

4 Πτισάνη μὲν οὖν μοι δοκέει ὀρθῶς προκεκρίσθαι τῶν
Barley-gruel indeed then to-me seems rightly to-have-been-preferred of-the
σιτηρῶν γευμάτων ἐν τουτέοισι τοῖσι νουσήμασι, καὶ
cereal foods in these the diseases and

ἐπαινέω γε τοὺς προκρίναντας. Τὸ γὰρ γλίσχρασμα
I-praise at-least those having-preferred-it The for viscosity
αὐτέης λεῖον καὶ ξυνεχὲς καὶ προσηνές ἐστι καὶ ὀλισθηρὸν
of-it smooth and continuous and gentle is and slippery
καὶ πλαδαρὸν μετρίως καὶ ἄδιψον καὶ εὐέκπλυτον, εἴ τι
and moistening moderately and thirst-quenching and easily-washed-out if any
καὶ τουτέου προσδέοι, καὶ οὔτε στύψιν ἔχον, οὔτε ἄραδον
also of-this there-be-need and neither astringency having nor disturbance
κακὸν, οὔτε ἀνοιδίσκεται ἐν τῇ κοιλίῃ· ἀνῴδηκε γὰρ ἐν τῇ
bad nor swells-up in the belly it-has-swollen for in the
ἑψήσει ὁκόσον πλεῖστον ἐπεφύκει διογκοῦσθαι. Ὁκόσοι
boiling as-much-as most it-was-of-a-nature to-expand As-many-as
μὲν οὖν πτισάνῃσι χρέονται, ἐν τουτέοισι τοῖσι νουσήμασιν
indeed then barley-gruels use in these the diseases
οὐδεμιῇ ἡμέρῃ κενεαγγητέον, ὡς ἔπος εἰρῆσθαι, ἀλλὰ
on-no day one-must-fast as word to-have-been-said but
χρηστέον, καὶ οὐ διαλειπτέον, ἢν μή τι δέῃ ἢ
one-must-use and not one-must-intermit if not at-all it-be-needful either
διὰ φαρμακίην ἢ κλύσιν διαλιπεῖν. Καὶ τοῖσι μέν γε
because-of drug or enema to-intermit And for-those indeed at-least
ἰθισμένοισι δὶς σιτέεσθαι τῆς ἡμέρης, δὶς δοτέον τοῖσι
accustomed twice to-eat of-the day twice it-must-be-given for-those
δὲ μονοσιτέειν εἰθισμένοισιν, ἅπαξ δοτέον τὴν πρώτην, ἐκ
and to-eat-once-a-day accustomed once must-be-given the first by
προσαγωγῆς δὲ, ἢν ἐνδέχηται, καὶ τουτέοισι δὶς δοτέον, ἤν
gradual-increase and if it-be-allowed also to-these twice must-be-given if
τι δοκέῃ προσδεῖν. Πλῆθος δὲ ἀρκέει κατ' ἀρχὰς διδόναι
anything it-seem to-need-more Quantity and suffices at beginnings to-give
μὴ πουλὺ, μηδὲ ὑπέρπαχυ, ἀλλ' ὁκόσον ἕνεκεν τοῦ
not much nor over-thick but as-much-as for-the-sake-of the
ἔθεος ἐσιέναι τι, καὶ κενεαγγίην μὴ γίγνεσθαι πολλήν.
habit to-go-in something and fasting not to-come-about much

Περὶ δὲ τῆς ἐπιδόσιος ἐς πλῆθος τοῦ ῥοφήματος, ἢν μὲν
About and the increase to quantity of-the gruel if indeed
ξηρότερον ᾖ τὸ νούσημα ἢ ὡς ἄν τις οἴοιτο, οὐ χρὴ
drier be the disease than as — anyone would-think not one-must
ἐπὶ πλέον διδόναι, ἀλλὰ προπίνειν πρὸ τοῦ ῥοφήματος ἢ
to more to-give but to-drink-before before the gruel either
μελίκρητον, ἢ οἶνον, ὁκότερον ἂν ἁρμόζῃ· τὸ δ' ἁρμόζον
hydromel or wine whichever — suits the and suitable
ἐφ' ἑκάστοισι τῶν τρόπων εἰρήσεται. Ἢν δὲ ὑγραίνηται
for each of-the ways will-be-said If but is-moistened
τὸ στόμα καὶ τὰ ἀπὸ τοῦ πλεύμονος εἴη ὁκοῖα
the mouth and the-things from the lung be such-as
δεῖ, ἐπιδιδόναι χρὴ ἐς πλῆθος τοῦ ῥοφήματος, ὡς ἐν
one-must to-add one-must to quantity of-the gruel as in
κεφαλαίῳ εἰρῆσθαι· τὰ μὲν γὰρ θᾶσσον καὶ μᾶλλον
sum to-have-been-said the-ones indeed for sooner and more
πλαδῶντα ταχυτῆτα κρίσιος σημαίνει, τὰ δὲ βραδύτερον
moist speed of-crisis signify the-ones but more-slowly
καὶ ἧσσον βραδυτέρην σημαίνει τὴν κρίσιν. Καὶ ταῦτα
and less slower signify the crisis And these-things
αὐτὰ μὲν καθ' ἑωυτὰ τοιάδε τὸ ἐπίπαν ἐστίν· πολλὰ δὲ
themselves indeed by themselves such on-the whole are many and
καὶ ἄλλα ἐπίκαιρα παρεῖται οἷσι προσημαίνεσθαι δεῖ,
also other important-things are-omitted by-which to-predict one-must
ἃ εἰρήσεται ὕστερον. Καὶ ὁκόσῳ ἂν πλείων ἡ κάθαρσις
which will-be-said later And as-much-as — more the purging
γίγνηται, τοσῷδε χρὴ πλέον ἐπιδιδόναι ἄχρι κρίσιος·
becomes so-much one-must more to-add until crisis
μάλιστα δὲ κρίσιος ὑπερβολῆς δύο ἡμερέων, οἷσί γε ἢ
most and of-crisis beyond two days for-whom at-least either
πεμπταίοισιν ἢ ἑβδομαίοισιν ἢ ἐναταίοισι δοκέει κρίνεσθαι,
on-the-fifth or on-the-seventh or on-the-ninth it-seems to-reach-crisis

ὡς καὶ τὸ ἄρτιον καὶ τὸ περισσὸν προμηθήσῃ· μετὰ δὲ
so-that both the even and the odd you-may-provide-for after and
τοῦτο, τῷ μὲν ῥοφήματι τὸ πρωῒ χρηστέον, ὀψὲ δὲ ἐς
this the indeed gruel the morning one-must-use late but to
σιτία μεταβάλλειν. Ξυμφέρει δὲ τὰ τοιάδε ὡς ἐπιτοπουλὺ
foods to-change It-benefits and the such-things as for-the-most-part
τοῖσιν ὅλῃσι πτισάνῃσιν αὐτίκα χρεομένοισιν. Αἵ τε γὰρ
for-those whole barley-gruels at-once using The both for
ὀδύναι ἐν τοῖσι πλευριτικοῖσιν αὐτίκα αὐτόματοι παύονται,
pains in the pleuritic at-once spontaneously cease
ὅταν ἄρξωνται πτύειν τι ἄξιον λόγου καὶ ἐκκαθαίρεσθαι,
when they-begin to-spit something worth account and to-be-cleared-out
αἵ τε καθάρσιες πολλῷ τελεώτεραί εἰσι, καὶ ἔμπυοι ἧσσον
the both purgings much more-complete are and suppurating less
γίγνονται ἢ εἰ ἀλλοίως τις διαιτῴη, καὶ αἱ κρίσιες
become than if otherwise anyone should-diet and the crises
ἁπλούστεραι καὶ εὐκριτώτεραι καὶ ἧσσον ὑποστροφώδεες.
simpler and of-better-crisis and less relapsing

II · HOW GRUEL IS GIVEN

Gruel must be of the best barley and well boiled. Given while food is still lodged or side pain persists, it worsens the pain and can kill; it is withheld until the food has passed. Side pain is eased by warmth, bleeding, or a purge, and physicians wrongly fast patients before gruel.

Τὰς δὲ πτισάνας χρὴ ἐκ κριθέων τε ὡς βελτίστων εἶναι 5
The and barley-gruels one-must from barley both as best to-be
καὶ κάλλιστα ἡψῆσθαι, καὶ ἄλλως ἢν μὴ τῷ χυλῷ μούνῳ
and most-finely to-have-been-boiled and especially if not the juice alone
μέλλῃς χρέεσθαι. Μετὰ γὰρ τῆς ἄλλης ἀρετῆς τῆς πτισάνης
you-are-going to-use With for the other excellence of-the barley-gruel

τὸ ὀλισθηρὸν τὴν κριθὴν καταπινομένην ποιέει μὴ βλάπτειν·
the slipperiness the barley being-swallowed makes not to-harm
οὐδαμοῦ γὰρ προσίσχει, οὐδὲ μένει κατὰ τὴν τοῦ θώρηκος
nowhere for it-sticks nor stays in the of-the chest
ἴξιν. Ὀλισθηροτάτη τε καὶ ἀδιψοτάτη καὶ εὐπεπτοτάτη
passage Most-slippery both and most-thirst-quenching and most-easily-digested
καὶ ἀσθενεστάτη ἐστὶν ἡ κάλλιστα ἑφθὴ, ὧν πάντων
and weakest is the-one most-finely boiled of-which all
δεῖ. Ἢν οὖν μὴ προστιμωρήσῃ τις ὁκόσων δέεται
is-needed If then not add-help anyone of-what it-needs
αὐτάρκης εἶναι ὁ τρόπος τῆς τοιαύτης πτισανορρόφίης,
sufficient to-be the manner of-the such gruel-drinking
πολλαχῆ βεβλάψεται. Ὁκόσοισι γὰρ σῖτος αὐτίκα
in-many-ways will-be-harmed For-whom for food at-once
ἐγκατακέκλεισται, ἢν μή τις ὑποκενώσας τὸ ῥόφημα δώῃ,
has-been-shut-in if not anyone having-emptied the gruel give
τὴν ὀδύνην ἐνεοῦσαν προσπαροξύνειεν ἂν, καὶ μὴ ἐνεοῦσαν
the pain being-present he-would-aggravate — and not being-present
εὐθὺς ἐμποιήσειεν ἂν, καὶ πνεῦμα πυκνότερον γένοιτ'
at-once would-produce — and breath more-rapid would-become
ἄν· κακὸν δὲ τοῦτό ἐστιν· ξηραντικὸν γὰρ πλεύμονος, καὶ
— bad and this is drying for of-lung and
κοπῶδες ὑποχονδρίων καὶ ἤτρου καὶ φρενῶν. Τοῦτο δὲ,
fatiguing of-hypochondria and of-abdomen and of-diaphragm This and
ἢν ἔτι τῆς ὀδύνης τοῦ πλευροῦ ξυνεχέος ἐούσης, καὶ πρὸς
if still the pain of-the side continuous being and to
τὰ θερμάσματα μὴ χαλώσης, καὶ τοῦ πτυέλου μὴ ἀνιόντος,
the warm-applications not yielding and the sputum not coming-up
ἀλλὰ καταγλισχραινομένου ἀσαπέως, ἢν μὴ λύσῃ τις τὴν
but becoming-viscous unripely if not loosens anyone the
ὀδύνην, ἢ κοιλίην μαλθάξας, ἢ φλέβα ταμὼν, ὁκότερον
pain either belly having-softened or vein having-cut whichever

ἂν τουτέων ξυμφέρῃ, τὰς δὲ πτισάνας ἢν οὕτως ἔχουσι
— of-these benefits the and barley-gruels if so to-those-having
διδῷ, ταχέες οἱ θάνατοι τῶν τοιουτέων γίγνονται.
one-gives quick the deaths of-the such become
Διὰ ταύτας οὖν τὰς προφάσιας καὶ ἑτέρας τοιαύτας
Because-of these then the causes and other such
ἔτι μᾶλλον, οἱ ὅλῃσι τῇσι πτισάνῃσι χρεόμενοι, ἑβδομαῖοι
still more those whole the barley-gruels using on-the-seventh
καὶ ὀλιγημερώτεροι θνήσκουσιν· οἱ μέν τοι καὶ τὴν
and in-fewer-days die the-ones indeed — also the
γνώμην βλαβέντες, οἱ δὲ ὑπὸ τῆς ὀρθοπνοίης τε καὶ
mind harmed the-others but by the orthopnea both and
τοῦ ῥέγχεος ἀποπνιγέντες. Μάλα δὲ τοὺς τοιουτέους οἱ
the rattling choked Very and the such the
ἀρχαῖοι βλητοὺς ἐνόμιζον εἶναι διὰ τόδε μάλιστα· οὐχ
ancients struck thought to-be because-of this most not
ἥκιστα δὲ, ὅτι καὶ ἀποθανόντων αὐτέων ἡ πλευρὴ πελιὴ
least and because also having-died them the side livid
εὑρίσκεται ἴκελόν τι πληγῇ. Αἴτιον δὲ τουτέου τόδε
is-found like something to-a-blow Cause and of-this this
ἐστὶν, ὅτι, πρὶν λυθῆναι τὴν ὀδύνην, θνήσκουσιν· ταχέως
is that before to-be-loosened the pain they-die quickly
γὰρ πνευματίαι γίγνονται· ὑπὸ δὲ τοῦ πολλοῦ καὶ πυκνοῦ
for breathless they-become by and the much and rapid
πνεύματος, ὡς ἤδη εἴρηται, καταγλισχραινόμενον τὸ
breath as already has-been-said becoming-viscous the
πτύελον ἀπέπτως κωλύει τὴν ἐπάνοδον γίγνεσθαι, ἀλλὰ τὴν
sputum unconcocted prevents the coming-up to-come-about but the
ῥέγξιν ποιέει ἐνισχόμενον ἐν τοῖσι βρογχίοισι τοῦ πλεύμονος.
rattling makes being-held in the bronchi of-the lung
Καὶ ὁκόταν ἐς ταὐτὸ ἔλθῃ, θανατῶδες ἤδη ὡς ἐπιτοπουλὺ
And when to the-same it-comes deadly already as for-the-most-part

ἐστίν· καὶ γὰρ αὐτὸ τὸ πτύελον ἐνισχόμενον κωλύει μὲν
it-is and for itself the sputum being-held prevents indeed
τὸ πνεῦμα ἔσω φέρεσθαι, ἀναγκάζει δὲ ταχέως ἔξω
the breath inward to-be-carried compels but quickly outward
φέρεσθαι· καὶ οὕτως ἐς τὸ κακὸν ἀλλήλοισι τιμωρέουσι·
to-be-carried and so into the evil each-other they-aid
τό τε γὰρ πτύελον ἐνισχόμενον πυκνὸν τὸ πνεῦμα ποιέει,
the both for sputum being-held rapid the breath makes
τό τε πνεῦμα πυκνὸν ἐὸν ἐπιγλισχραίνει τὸ πτύελον, καὶ
the both breath rapid being makes-viscous the sputum and
κωλύει ἀπολισθαίνειν. Καταλαμβάνει δὲ ταῦτα, οὐ μοῦνον
prevents to-slip-out Overtake and these-things not only
ἢν πτισάνῃ ἀκαίρως χρέωνται, ἀλλὰ πουλὺ μᾶλλον ἤν
if barley-gruel unseasonably they-use but much more if
τι ἄλλο φάγωσιν ἢ πίωσι πτισάνης ἀνεπιτηδειότερον.
anything other they-eat or drink than-barley-gruel more-unsuitable
6 Μάλα μὲν οὖν τὰ πλεῖστα παραπλήσιαί εἰσιν αἱ τιμωρίαι
Very indeed then the most similar are the aids
τοῖσί τε ὅλῃσι τῇσι πτισάνῃσι χρεομένοισι, τοῖσί τε τῷ
for-those both whole the barley-gruels using for-those both the
χυλῷ αὐτέῳ· τοῖσι δὲ μηδετέρῳ τουτέων, ἀλλὰ ποτῷ
juice itself for-those and neither of-these but drink
μοῦνον, ἔστιν ὅπη καὶ διαφερόντως τιμωρητέον. Χρὴ
only there-are-cases where also differently one-must-aid One-must
δὲ τό γε πάμπαν οὕτω ποιέειν· ἢν νεοβρῶτι ἐόντι αὐτέῳ
and the at-least whole so to-do if recently-fed being him
καὶ κοιλίης μήπω ὑποκεχωρηκυίης ἄρξηται ὁ πυρετὸς,
and belly not-yet having-passed begins the fever
ἤν τε ξὺν ὀδύνῃ, ἤν τε ἄνευ ὀδύνης, ἐπισχεῖν τὴν δόσιν
whether — with pain or — without pain to-withhold the giving
τοῦ ῥοφήματος, ἔστ' ἂν οἴηται κεχωρηκέναι ἐς τὸ κάτω
of-the gruel until — he-thinks to-have-gone into the lower

μέρος τοῦ ἐντέρου τὸ σιτίον. Χρέεσθαι δὲ ποτῷ, ἢν μὲν
part of-the intestine the food To-use and drink if indeed
ἄλγημά τι ἔχῃ, ὀξυμέλιτι χειμῶνος μὲν θερμῷ, θέρεος
pain some he-has oxymel in-winter indeed warm in-summer
δὲ, ψυχρῷ· ἢν δὲ πολλὴ δίψα ᾖ, μελικρήτῳ καὶ ὕδατι.
but cold if but much thirst be hydromel and water
Ἔπειτα, ἢν μὲν ἄλγημά τι ἐνῇ, ἢ τῶν ἐπικινδύνων τι
Then if indeed pain some be-in or of-the dangerous-things anything
ἐμφαίνηται, διδόναι τὸ ῥόφημα μήτε πουλὺ μήτε παχὺ,
appears to-give the gruel neither much nor thick
μετὰ δὲ τὴν ἑβδόμην, ἢν ἰσχύῃ. Ἢν δὲ μὴ ὑπεληλύθῃ
after and the seventh if he-be-strong If but not has-passed-down
ὁ παλαιότερος σῖτος νεοβρῶτι ἐόντι, ἢν μὲν ἰσχύῃ τε
the older food recently-fed being if indeed he-be-strong both
καὶ ἀκμάζῃ τῇ ἡλικίῃ, κλύσαι· ἢν δὲ ἀσθενέστερος ᾖ,
and be-in-prime in-the age to-clyster if but weaker he-be
βαλάνῳ προσχρήσασθαι, ἢν μὴ αὐτόματα διεξίῃ καλῶς.
a-suppository to-use-besides if not spontaneously it-passes well
Καιρὸν δὲ τῆς δόσιος τοῦ ῥοφήματος τόνδε μάλιστα
Right-moment and of-the giving of-the gruel this most
φυλάσσεσθαι, κατ' ἀρχὰς καὶ διὰ παντὸς τοῦ νουσήματος·
to-observe at beginnings and through all the disease
ὅταν μὲν οἱ πόδες ψυχροὶ ἔωσιν, ἐπισχεῖν χρὴ τοῦ
when indeed the feet cold are to-withhold one-must of-the
ῥοφήματος τὴν δόσιν, μάλιστα δὲ καὶ τοῦ ποτοῦ ἀπέχεσθαι·
gruel the giving most and also from-the drink to-abstain
ὁκόταν δὲ ἡ θέρμη καταβῇ ἐς τοὺς πόδας, τότε διδόναι,
when but the heat comes-down to the feet then to-give
καὶ νομίζειν μέγα δύνασθαι τὸν καιρὸν τοῦτον ἐν πάσῃσι
and to-think great to-have-power the right-moment this in all
τῇσι νούσοισιν· οὐχ ἥκιστα δὲ ἐν τῇσιν ὀξείῃσι, μάλιστα δὲ
the diseases not least and in the acute most and

ἐν τῇσι μᾶλλον πυρετώδεσι καὶ ἐπικινδυνοτάτῃσιν. Χρέεσθαι
in the more feverish and most-dangerous To-use
δὲ πρῶτον μάλιστα μὲν χυλῷ, ἔπειτα δὲ πτισάνῃ, κατὰ
and first most indeed juice then and barley-gruel according-to
τὰ τεκμήρια τὰ προγεγραμμένα ἀκριβέως θεωρέων.
the signs the previously-written exactly observing

7 Ὀδύνη δὲ πλευροῦ ἤν τε κατ᾽ ἀρχὰς γένηται, ἤν τε ἐς
Pain and of-side whether — at beginnings it-arises or — at
ὕστερον, θερμάσμασι μὲν πρῶτον οὐκ ἀπὸ τρόπου ἐστὶ
later with-warm-applications indeed first not away-from the-way is
χρησάμενον πειρηθῆναι διαλῦσαι τὴν ὀδύνην. Θερμασμάτων
having-used to-try to-dissolve the pain Of-warm-applications
δὲ κράτιστον μὲν ὕδωρ θερμὸν ἐν ἀσκῷ, ἢ ἐν κύστει, ἢ
and best indeed water hot in a-skin or in a-bladder or
ἐν χαλκῷ ἀγγείῳ, ἢ ἐν ὀστρακίνῳ· προϋποτιθέναι δὲ χρὴ
in a-bronze vessel or in an-earthen to-put-under-first and one-must
μαλθακόν τι πρὸς τὴν πλευρὴν, προσηνείης εἵνεκεν.
soft something against the side for-gentleness' sake
Ἀγαθὸν δὲ καὶ σπόγγος μαλθακὸς, μέγας, ἐξ ὕδατος θερμοῦ
Good and also sponge soft large out-of water hot
ἐκπεπιεσμένος προστίθεσθαι· περιστέγειν τε ἄνω τὴν θάλψιν
squeezed-out to-be-applied to-cover-around and above the warmth
χρή· πλείω τε γὰρ χρόνον διαρκέσει καὶ παραμενεῖ, καὶ
one-must longer both for time it-will-last and will-remain and
ἅμα ὡς μὴ ἡ ἀτμὶς πρὸς τὸ πνεῦμα τοῦ κάμνοντος
at-the-same-time so-that not the vapor to the breath of-the sick-man
προσφέρηται, ἢν ἄρα μὴ δοκέῃ καὶ τοῦτο χρήσιμον πρός
be-carried if then not it-seem also this useful for
τι εἶναι· ἔστι γὰρ ὅτε δεῖ πρός τι. Ἔτι δὲ καὶ
something to-be there-is for when it-is-needed for something Further and also
κριθαὶ ἢ ὄροβοι· ἐν ὄξει κεκρημένῳ σμικρῷ ὀξύτερον, ἢ
barley or vetches in vinegar mixed little sharper than

ὡς ἄν τις πίοι, διέντα καὶ ἀναζέσαντα, ἐς μαρσίππια
as — anyone would-drink having-steeped and having-boiled into bags
καταῤῥάψαντα προστιθέναι· καὶ πίτυρα τὸν αὐτὸν τρόπον.
having-sewn to-apply and bran the same manner
Πυρίη δὲ ξηρὴ, ἅλες, κέγχροι πεφρυγμένοι ἐν εἰρινέοισι
Fomentation and dry salts millet roasted in woolen
μαρσιππίοισιν ἐπιτηδειότατοι· καὶ γὰρ κοῦφον καὶ προσηνὲς
bags most-suitable and for light and gentle
ὁ κέγχρος· λύει δὲ μάλθαξις ἡ τοιήδε καὶ τὰς πρὸς κληῖδα
the millet loosens and softening the such also the to collarbone
περαιούσας ἀλγηδόνας. Τομὴ μέντοι γε οὐχ ὁμοίως λύει
reaching pains Cutting however at-least not alike loosens
ὀδύνην, ἢν μὴ πρὸς τὴν κληῖδα περαίνῃ ἡ ὀδύνη. Ἢν δὲ
pain if not to the collarbone reaches the pain If but
μὴ λύηται πρὸς τὰ θερμάσματα ὁ πόνος, οὐ χρὴ πολὺν
not it-is-loosened by the warm-applications the pain not one-must much
χρόνον θερμαίνειν· καὶ γὰρ ξηραντικὸν τοῦ πλεύμονος
time to-heat and for drying of-the lung
τοῦτό ἐστι, καὶ ἐμπυητικόν· ἀλλ᾽ ἢν μὲν σημαίνῃ ἡ ὀδύνη
this is and suppurative but if indeed signifies the pain
ἐς τὴν κληῖδα ἢ ἐς τὸν βραχίονα βάρος ἢ περὶ μαζὸν ἢ
to the collarbone or to the arm heaviness or about breast or
ὑπὲρ τῶν φρενῶν, τάμνειν χρὴ τὴν ἐν τῷ ἀγκῶνι φλέβα
above the diaphragm to-cut one-must the in the elbow vein
τὴν ἔσω, καὶ μὴ ὀκνέειν συχνὸν ἀφαιρέειν τὸ αἷμα ἕως ἂν
the inner and not to-hesitate much to-take-away the blood until —
ἐρυθρότερον πολλῷ ῥυῇ, ἀντὶ καθαροῦ τε καὶ ἐρυθροῦ
redder much it-flows instead-of pure both and red
πελιόν· ἀμφότερα γὰρ γίγνεται. Ἢν δὲ ὑπὸ τὰς φρένας
livid both for come-about If but below the diaphragm
ᾖ τὸ ἄλγημα, ἐς δὲ τὴν κληῖδα μὴ σημαίνῃ, μαλθάσσειν
be the pain to but the collarbone not it-signifies to-soften

δεῖ τὴν κοιλίην, ἢ μέλανι ἐλλεβόρῳ ἢ πεπλίῳ,
one-must the belly either with-black hellebore or with-peplium
μέλανι μὲν δαῦκον ἢ σέσελι ἢ κύμινον ἢ ἄννησον ἢ ἄλλο
with-black indeed carrot or seseli or cumin or anise or other
τι τῶν εὐωδέων μίσγοντα, πεπλίῳ δὲ ὀπὸν σιλφίου·
something of-the aromatics mixing with-peplium and juice of-silphium
ἀτὰρ καὶ μισγόμενα ἀλλήλοισιν ὁμοιότροπα ταῦτά ἐστιν.
but and mixed with-one-another of-similar-kind these are
Ἄγει δὲ μέλας μὲν καλλίω καὶ κρισιμώτερα πεπλίου,
Purges and black indeed better and more-critical than-peplium
πέπλιον δὲ μέλανος μᾶλλον φυσέων καταῤῥηκτικόν ἐστιν·
peplium and than-black more of-winds breaking-up is
ἄμφω δὲ ταῦτα ὀδύνην παύει· παύει δὲ καὶ ἄλλα πολλὰ
both and these pain stop stop and also other many
τῶν ὑπηλάτων· κράτιστα δὲ ταῦτα ὧν ἐγὼ οἶδα ἐστίν.
of-the laxatives strongest but these of-which I know are
Ἐπεὶ καὶ τὰ ἐν τοῖσι ῥοφήμασι διδόμενα ὑπήλατα ἀρήγει,
Since also the in the gruels given laxatives help
ὁκόσα μὴ ἄγαν ἐστὶν ἀηδέα ἢ διὰ πικρότητα ἢ
as-many-as not too-much are unpleasant either because-of bitterness or
δι' ἄλλην τινὰ ἀηδίην, ἢ διὰ πλῆθος ἢ χροιὴν
because-of other some unpleasantness or because-of quantity or color
ἢ ὑποψίην τινά. Τῆς μὲν πτισάνης, ὁκόταν πίῃ τὸ
or suspicion some Of-the indeed barley-gruel when he-drinks the
φάρμακον, ἐπιῤῥοφῆν αὐτίκα χρὴ διδόναι μηδὲν ἔλασσον
drug to-sip-after at-once one-must to-give nothing less
ἀξίως λόγου ἢ ὁκόσον εἴθιστο· ἐπεὶ καὶ κατὰ λόγον
worth account than as-much-as he-was-accustomed since also according-to reason
ἐστὶ μεσηγὺ τῆς καθάρσιος μὴ διδόναι ῥοφῆν· ὁκόταν
it-is in-the-middle of-the purging not to-give to-sip when
δὲ λήξῃ ἡ κάθαρσις, τότε ἔλασσον ῥοφεέτω ἢ ὁκόσον
but ends the purging then less let-him-sip than as-much-as

εἴθιστο· μετὰ δὲ τοῦτο, ἀναγέτω αἰεὶ ἐπὶ τὸ πλεῖον,
he-was-accustomed after and this let-him-increase always to the more
ἢν ἥ τε ὀδύνη πεπαυμένη ᾖ, καὶ μηδὲν ἄλλο ἐναντιῶται.
if the both pain having-ceased be and nothing other opposes
Ωὐτὸς δέ μοι λόγος ἐστὶ, καὶ ἢν χυλῷ πτισάνης δέῃ
The-same and to-me argument is also if juice of-barley-gruel one-must
χρέεσθαι (φημὶ γὰρ ἄμεινον εἶναι αὐτίκα ἄρξασθαι ῥοφῆν
to-use I-say for better to-be at-once to-begin to-sip
τὸ ἐπίπαν μᾶλλον, ἢ προκενεαγγήσαντα ἄρξασθαι τοῦ
on-the whole rather than having-fasted-before to-begin the
ῥοφήματος, ἢ τριταῖον, ἢ τεταρταῖον, ἢ πεμπταῖον, ἢ
gruel either on-the-third or on-the-fourth or on-the-fifth or
ἑκταῖον, ἢ ἑβδομαῖον, ἤν γε μὴ προκριθῇ ἡ νοῦσος
on-the-sixth or on-the-seventh if at-least not reaches-crisis-before the disease
ἐν τουτέῳ τῷ χρόνῳ)· αἱ δὲ προπαρασκευαὶ καὶ ἐπὶ
in this the time the and preparations also for
τουτέοισι παραπλήσιοι ποιητέαι, ὁκοῖαι εἴρηνται.
these similar must-be-made such-as have-been-said
Περὶ μὲν οὖν ῥοφήματος προσάρσιος οὕτω γιγνώσκω· 8
About indeed then gruel giving so I-judge
ἀτὰρ καὶ περὶ ποτοῦ, ὁκοῖον ἄν τις μέλλῃ πίνειν τῶν
but also about drink what-kind — anyone is-going to-drink of-the
γραφησομένων, ωὐτός μοι λόγος ὡς ἐπίπαν ἐστίν. Οἶδα
things-to-be-written the-same to-me argument as for-the-whole is I-know
δὲ τοὺς ἰητροὺς τὰ ἐναντιώτατα ἢ ὡς δεῖ ποιέοντας·
and the physicians the most-opposite than as one-must doing
βούλονται γὰρ πάντες, ὑπὸ τὰς ἀρχὰς τῶν νούσων
they-wish for all at the beginnings of-the diseases
προταριχεύσαντες τοὺς ἀνθρώπους ἢ δύο ἢ τρεῖς ἢ καὶ
having-first-dried-out the men either two or three or even
πλείονας ἡμέρας, οὕτω προσφέρειν τὰ ῥοφήματα καὶ τὰ
more days so to-give the gruels and the

ποτά· καὶ ἴσως τι καὶ εἰκὸς δοκέει αὐτέοισιν εἶναι,
drinks and perhaps something also reasonable seems to-them to-be
μεγάλης μεταβολῆς γενομένης τῷ σώματι, μέγα τι
great change having-occurred in-the body great something
κάρτα καὶ ἀντιμεταβάλλειν. Τὸ δὲ μεταβάλλειν μὲν εὖ
very also to-counter-change The and to-change indeed well
ἔχει μὴ ὀλίγον· ὀρθῶς μέντοι ποιητέα καὶ βεβαίως ἡ
it-is not little rightly however must-be-made and firmly the
μεταβολὴ, καὶ ἔκ γε τῆς μεταβολῆς ἡ πρόσαρσις
change and from at-least the change the giving
τῶν γευμάτων ἔτι μᾶλλον. Μάλιστα μὲν οὖν βλάπτοιντο
of-the foods still more Most indeed then would-be-harmed
ἂν, εἰ μὴ ὀρθῶς μεταβάλλοιεν, οἱ ὅλῃσι τῇσι πτισάνῃσι
— if not rightly they-should-change those whole the barley-gruels
χρεόμενοι· βλάπτοιντο δ' ἂν καὶ οἱ μούνῳ τῷ χυλῷ
using would-be-harmed and — also those only the juice
χρεόμενοι· βλάπτοιντο δ' ἂν καὶ οἱ μούνῳ τῷ ποτῷ
using would-be-harmed and — also those only the drink
χρεόμενοι, ἥκιστα δ' ἂν οὗτοι.
using least and — these

III · SUDDEN CHANGES HARM

Every great and sudden change of regimen harms, even in the healthy: from one meal a day to two or the reverse, from an accustomed food or wine to another, from rest to labor. The bilious bear an unaccustomed fast worst, the phlegmatic best. Errors at a disease's beginning are easier to mend than late ones. Physicians must tell weakness from fasting from weakness from pain: feeding one weak from pain is the greater harm, starving one weak from fasting the lesser but the more laughable error.

Χρὴ δὲ καὶ τὰ μαθήματα ποιέεσθαι ἐν τῇ διαίτῃ τῶν 9
One-must and also the lessons to-take in the regimen of-the
ἀνθρώπων ἔτι ὑγιαινόντων, οἷα ξυμφέρει· εἰ γὰρ δὴ
men still healthy what-things benefit if for indeed
τοῖσί γε ὑγιαίνουσι φαίνεται διαφέροντα μεγάλα τὰ τοῖα
to-the at-least healthy appear differing greatly the such
ἢ τοῖα διαιτήματα καὶ ἐν ἄλλῳ τινί που καὶ ἐν τῇσι
or such regimens both in other some-matter somewhere and in the
μεταβολῇσι, πῶς οὐχὶ καὶ ἔν γε τῇσι νούσοισι διαφέρει
changes how not also in at-least the diseases differ
μεγάλα, καὶ τουτέων ἐν τῇσιν ὀξυτάτῃσι μέγιστα; Ἀλλὰ
greatly and of-these in the most-acute most But
μὴν εὐκαταμάθητόν γε ἐστὶν, ὅτι φαύλη δίαιτα βρώσιος
however easily-learned at-least it-is that poor regimen of-food
καὶ πόσιος αὐτὴ ἑωυτῇ ἐμφερὴς αἰεὶ, ἀσφαλεστέρη ἐστὶ τὸ
and of-drink it to-itself similar always safer is on-the
ἐπίπαν ἐς ὑγείην, ἢ εἴ τις ἐξαπίνης μέγα μεταβάλλοι ἐς
whole for health than if anyone suddenly greatly should-change to
ἄλλο. Ἐπεὶ καὶ τοῖσι δὶς σιτεομένοισι τῆς ἡμέρης καὶ τοῖσι
other Since even for-those twice eating of-the day and for-those
μονοσιτέουσιν αἱ ἐξαπιναῖοι μεταβολαὶ βλαβὰς καὶ ἀῤῥωστίην
eating-once the sudden changes harms and weakness

παρέχουσιν. Καὶ τοὺς μέν γε μὴ μεμαθηκότας ἀριστᾷν, εἰ
cause And those indeed at-least not having-learned to-lunch if
ἀριστήσουσιν, εὐθέως ἀῤῥώστους ποιέει, καὶ βαρέας ὅλον τὸ
they-lunch at-once weak it-makes and heavy whole the
σῶμα, καὶ ἀσθενέας καὶ ὀκνηρούς· ἢν δὲ καὶ ἐπιδειπνήσωσιν,
body and weak and sluggish if and also they-dine-afterward
ὀξυρεγμιώδεας· ἐνίοισι δὲ καὶ σπατίλη γένοιτο ἄν, ὅτι παρὰ
sour-belching for-some and also diarrhea would-arise — because against
τὸ ἐωθὸς ἠχθοφόρηκεν ἡ κοιλίη εἰθισμένη ἐπιξηραίνεσθαι,
the custom has-borne-a-load the belly accustomed to-be-dried
καὶ μὴ δὶς διογκοῦσθαι, μήτε δὶς ἕψειν τὰ σιτία.
and not twice to-swell nor twice to-concoct the foods
Ἀρήγει οὖν τουτέοισιν ἀνασηκῶσαι τὴν μεταβολήν·
It-helps then for-these to-compensate the change
ἐγκοιμηθῆναι γὰρ χρὴ, ὥσπερ νύκτα ἀγαγόντα μετὰ
to-sleep for one-must as-if night having-spent after
τὸ δεῖπνον, τοῦ μὲν χειμῶνος ἀῤῥιγέως, τοῦ δὲ θέρεος
the dinner in-the indeed winter without-chill in-the but summer
ἀθαλπέως· ἢν δὲ μὴ δύνηται καθεύδειν, βραδείην, συχνὴν
without-heat if and not he-can sleep slow long
περίοδον, πλανηθέντα, μὴ στασίμως, δειπνῆσαι μηδὲν, ἢ
circuit having-wandered not standing to-dine nothing or
ὀλίγα καὶ μὴ βλαβερά· ἔτι δὲ ἔλασσον πιεῖν καὶ μὴ
little and not harmful further and less to-drink and not
ὑδαρές. Ἔτι δ' ἂν μᾶλλον πονήσειεν ὁ τοιοῦτος, εἰ
watery Further and — more would-suffer the such if
τρὶς σιτέοιτο τῆς ἡμέρης ἐς κόρον· ἔτι δὲ μᾶλλον, εἰ
three-times he-should-eat of-the day to satiety further and more if
πλεονάκις· καίτοι γε πολλοί εἰσιν, οἳ εὐφόρως φέρουσι
more-often and-yet at-least many are who easily bear
τρὶς σιτεόμενοι τῆς ἡμέρης ἐς πλῆθος, οἳ ἂν οὕτως
three-times eating of-the day to fullness who — so

ἐθισθῶσιν. Ἀλλὰ μὴν καὶ οἱ μεμαθηκότες δὶς σιτέεσθαι
are-accustomed But however also those having-learned twice to-eat
τῆς ἡμέρης, ἢν μὴ ἀριστήσωσιν, ἀσθενέες καὶ ἀῤῥωστοί
of-the day if not they-lunch weak and feeble
εἰσι, καὶ δειλοὶ ἐς πᾶν ἔργον, καὶ καρδιαλγέες· κρεμᾶσθαι
are and cowardly to every work and heartburned to-hang
γὰρ δοκέει τὰ σπλάγχνα αὐτέοισι, καὶ οὐρέουσι θερμὸν καὶ
for seem the bowels to-them and they-urinate hot and
χλωρὸν, καὶ ἡ ἄφοδος ξυγκαίεται· ἔστι δ᾽ οἷσι καὶ
yellow-green and the excrement is-burned there-are and for-whom also
τὸ στόμα πικραίνεται, καὶ οἱ ὀφθαλμοὶ κοιλαίνονται, καὶ
the mouth is-made-bitter and the eyes become-hollow and
οἱ κρόταφοι πάλλονται, καὶ τὰ ἄκρα διαψύχονται· καὶ οἱ
the temples throb and the extremities are-chilled and the
μὲν πλεῖστοι τῶν ἀνηριστηκότων οὐ δύνανται κατεσθίειν
indeed most of-those not-having-lunched not can to-eat-up
τὸ δεῖπνον· δειπνήσαντες δὲ βαρύνουσι τὴν κοιλίην, καὶ
the dinner having-dined but they-weigh-down the belly and
δυσκοιτέουσι πουλὺ μᾶλλον ἢ εἰ προηριστήκεσαν.
sleep-badly much more than if they-had-lunched-before
Ὁκότε οὖν ταῦτα τοιαῦτα γίγνεται τοῖσιν ὑγιαίνουσιν
When then these such come-about to-the healthy
εἵνεκεν ἡμίσεος ἡμέρης διαίτης μεταβολῆς παρὰ τὸ ἔθος,
for-the-sake of-half day of-regimen of-change against the custom
οὔτε προσθεῖναι λυσιτελέειν φαίνεται, οὔτε ἀφελέειν. Εἰ
neither to-add to-profit appears nor to-take-away If
τοίνυν οὗτος ὁ παρὰ τὸ ἔθος μονοσιτήσας, ὅλην ἡμέρην
therefore this-one the against the custom having-eaten-once whole day
κενεαγγήσας, δειπνήσειεν ὁκόσον εἴθιστο, δειπνήσας δὲ,
having-fasted should-dine as-much-as he-was-accustomed having-dined but
τότε βαρὺς ἦν, εἰκὸς αὐτὸν, εἰ, ὅτι ἀνάριστος ἐὼν ἐπόνεε
then heavy was likely him if because unlunched being he-suffered

καὶ ἠῤῥώστει, δειπνήσειε πλείω ἢ ὁκόσον εἴθιστο,
and was-weak he-should-dine more than as-much-as he-was-accustomed
πουλὺ μᾶλλον βαρύνεσθαι· εἰ δέ γε ἐπὶ πλείω χρόνον
much more to-be-weighed-down if but at-least for more time
κενεαγγήσας ἐξαπίνης μεταδειπνήσειν, ἔτι μᾶλλον ἂν
having-fasted suddenly to-dine-after still more —
βαρύνοιτο. Τὸν οὖν παρὰ τὸ ἔθος κενεαγγήσαντα
he-would-be-burdened The then against the custom having-fasted
ξυμφέρει ταύτην τὴν ἡμέρην ἀντισηκῶσαι ὧδε· ἀῤῥιγέως
it-benefits this the day to-compensate thus without-chill
καὶ ἀθαλπέως καὶ ἀταλαιπώρως, ταῦτα γὰρ πάντα
and without-heat and without-toil these-things for all
βαρέως ἂν ἐνέγκοι· τὸ δὲ δεῖπνον συχνῷ ἔλασσον
heavily — he-would-bear the and dinner by-much less
ποιήσασθαι ἢ ὅσον εἴθιστο, καὶ μὴ ξηρὸν, ἀλλὰ
to-make than as-much-as he-was-accustomed and not dry but
τοῦ πλαδαρωτέρου τρόπου· καὶ πιεῖν μὴ ὑδαρὲς, μηδ᾽
of-the more-moist sort and to-drink not watery nor
ἔλασσον ἢ κατὰ λόγον βρώματος· καὶ τῇ ὑστεραίῃ
less than in proportion to-food and on-the next-day
ὀλίγα ἀριστῆσαι, ὡς ἐκ προσαγωγῆς ἀφίκηται ἐς τὸ ἔθος.
little to-lunch so-that by gradual-increase he-may-arrive to the custom
Αὐτοὶ μέντοι σφῶν αὐτῶν δυσφορώτερον δὴ τὰ τοιαῦτα
Themselves however of-them selves more-uneasily indeed the such-things
φέρουσιν οἱ πικρόχολοι τὰ ἄνω· τὴν δέ γε ἀσιτίην
bear the bitter-bilious in-the upper(-parts) the but at-least abstinence
τὴν παρὰ τὸ ἔθος οἱ φλεγματίαι τὰ ἄνω εὐφορώτερον
the against the custom the phlegmatic in-the upper(-parts) more-easily
φέρουσι τὸ ἐπίπαν, ὥστε καὶ τὴν μονοσιτίην τὴν παρὰ
bear on-the whole so-that also the one-meal-a-day the against
τὸ ἔθος εὐφορώτερον ἂν οὗτοι ἐνέγκοιεν. Ἱκανὸν μὲν οὖν
the custom more-easily — these would-bear Sufficient indeed then

καὶ τοῦτο σημήϊον, ὅτι αἱ μέγισται μεταβολαὶ τῶν περὶ
also this sign that the greatest changes of-the-things about
τὰς φύσιας ἡμῶν καὶ τὰς ἕξιας ξυμβαινόντων μάλιστα
the natures our and the constitutions happening most
νοσοποιέουσιν· οὐ δὴ οἷόν τε παρὰ καιρὸν οὔτε σφοδρὰς
cause-disease not indeed possible — against season neither violent
τὰς κενεαγγείας ποιέειν, οὔτε ἀκμαζόντων τῶν νουσημάτων
the fastings to-make nor being-at-height the illnesses
καὶ ἐν φλεγμασίῃ ἐόντων προσφέρειν, οὔτε ἐξαπίνης οἷόν τε
and in inflammation being to-administer nor suddenly possible —
ὅλῳ τῷ πρήγματι μεταβάλλειν οὔτε ἐπὶ τὰ οὔτε ἐπὶ τά.
with-whole the business to-change neither toward this nor toward that
Πολλὰ δ' ἄν τις ἠδελφισμένα τουτέοισι τῶν ἐς κοιλίην 10
Many and — anyone akin to-these of-the-things to belly
καὶ ἄλλα εἴποι, ὡς εὐφόρως μὲν φέρουσι τὰ βρώματα,
also other-things could-say how easily indeed they-bear the foods
ἃ εἰθισμένοι εἰσὶν, ἢν καὶ μὴ ἀγαθὰ ᾖ φύσει, ὡσαύτως
which accustomed they-are if even not good be by-nature likewise
δὲ καὶ τὰ ποτά· δυσφόρως δὲ φέρουσι τὰ βρώματα, ἃ
and also the drinks with-difficulty and they-bear the foods which
μὴ εἰθισμένοι εἰσὶν, κἢν μὴ κακὰ ᾖ, ὡσαύτως δὲ καὶ τὰ
not accustomed they-are even-if not bad be likewise and also the
ποτά. Καὶ ὁκόσα μὲν κρεηφαγίη πολλὴ παρὰ τὸ ἔθος
drinks And as-many-as indeed meat-eating much against the custom
βρωθεῖσα ποιέει, ἢ σκόροδα, ἢ σίλφιον ἢ ὀπὸς ἢ καυλὸς, ἢ
eaten does or garlic or silphium or juice or stalk or
ἄλλα ὁκόσα τοιουτότροπα μεγάλας δυνάμιας ἔχοντα ἰδίας,
others as-many-as such great powers having own
ἧσσον ἄν τις θαυμάσειεν, εἰ τὰ τοιαῦτα πόνους ἐμποιέει
less — anyone would-wonder if the such pains produce
τῇσι κοιλίῃσι μᾶλλον τῶν ἄλλων· ἀλλ' εἰ καταμάθοις
in-the bellies more than-the others but if you-should-learn

ὁκόσον μᾶζα ὄχλον καὶ ὄγκον καὶ φῦσαν καὶ στρόφον
how-much barley-cake trouble and bulk and wind and colic
τῇ κοιλίῃ παρέχει παρὰ τὸ ἔθος βρωθεῖσα τῷ μὴ
to-the belly causes against the custom eaten to-the-one not
μαζοφαγέειν εἰθισμένῳ, ἢ ὁκοῖον ἄρτος βάρος καὶ τάσιν
to-eat-barley-cake accustomed or what-sort bread heaviness and tension
κοιλίης τῷ μαζοφαγέειν εἰθισμένῳ· ἢ αὐτός τε ὁ
of-belly to-the-one to-eat-barley-cake accustomed or itself both the
ἄρτος θερμὸς βρωθεὶς οἵην δίψαν παρέχει, καὶ ἐξαπιναίην
bread hot eaten what thirst causes and sudden
πληθώρην διὰ τὸ ξηραντικόν τε καὶ βραδύπορον· καὶ οἱ
fullness because-of the drying both and slow-passing and the
ἄγαν καθαροί τε καὶ ξυγκομιστοὶ παρὰ τὸ ἔθος βρωθέντες
very pure both and coarse against the custom eaten
οἷα διαφέροντα ἀλλήλων ποιεῦσι· καὶ μᾶζά τε ξηρὴ
what-things differing from-one-another they-do and barley-cake both dry
παρὰ τὸ ἔθος, ἢ ὑγρὴ, ἢ γλίσχρη· καὶ τὰ ἄλφιτα οἷόν
against the custom or moist or sticky and the barley-meal what-sort
τι ποιέει τὰ ποταίνια τοῖσι μὴ εἰωθόσι, καὶ τὰ ἑτεροῖα
something does the fresh to-those not accustomed and the different
τοῖσι τὰ ποταίνια εἰωθόσι· καὶ οἰνοποσίη καὶ ὑδροποσίη
to-those the fresh accustomed and wine-drinking and water-drinking
παρὰ τὸ ἔθος ἐς θάτερα μεταβληθέντα ἐξαπίνης, καὶ ὑδαρής
against the custom to the-other changed suddenly and watery
τε οἶνος καὶ ἄκρητος παρὰ τὸ ἔθος ἐξαπίνης ποθείς· ὁ
both wine and unmixed against the custom suddenly drunk the-one
μὲν γὰρ πλάδον τε ἐν τῇ ἄνω κοιλίῃ ἐμποιήσει καὶ φῦσαν
indeed for moisture both in the upper belly will-produce and wind
ἐν τῇ κάτω· ὁ δὲ παλμόν τε φλεβῶν καὶ καρηβαρίην
in the lower the-other and throbbing both of-veins and heaviness-of-head
καὶ δίψαν· καὶ λευκός τε καὶ μέλας οἶνος παρὰ τὸ
and thirst and white both and black wine against the

ἔθος μεταβάλλοντι, εἰ καὶ ἄμφω οἰνώδεες εἶεν, ὅμως
custom for-one-changing if even both vinous should-be nevertheless
πολλὰ ἂν ἑτεροιώσειαν κατὰ τὸ σῶμα, ὡς δὴ γλυκύν
many-things — would-alter in the body so-that indeed sweet
τε καὶ οἰνώδεα οἶνον ἧσσον ἄν τις φαίη θαυμαστὸν
both and vinous wine less — anyone would-say wonderful
εἶναι μὴ τωὐτὸ δύνασθαι ἐξαπίνης μεταβληθέντα.
to-be not the-same to-have-power suddenly changed
Τιμωρητέον δὲ τοιόνδε τι μέρος τῷ ἐναντίῳ λόγῳ· 11
One-must-aid and such some part by-the opposite argument
μεταβολὴ τῆς διαίτης τουτέοισιν ἐγένετο, οὐ μεταβάλλοντος
change of-the regimen for-these came-about not changing
τοῦ σώματος οὔτε ἐπὶ τὴν ῥώμην, ὥστε προσθέσθαι
the body neither toward the strength so-as to-add
δεῖν σιτία, οὔτε ἐπὶ τὴν ἀῤῥωστίην, ὥστε ἀφαιρεθῆναι·
to-be-necessary foods nor toward the weakness so-as to-be-taken-away
προστεκμαρτέα δὴ καὶ ἡ ἰσχὺς καὶ ὁ τρόπος τοῦ
must-be-considered-besides indeed also the strength and the manner of-the
νουσήματος ἑκάστου, καὶ τῆς φύσιος τοῦ ἀνθρώπου, καὶ τοῦ
disease of-each and of-the nature of-the man and of-the
ἔθεος τῆς διαίτης τοῦ κάμνοντος, οὐ μοῦνον σιτίων, ἀλλὰ
habit of-the regimen of-the sick-man not only of-foods but
καὶ ποτῶν. Πολλῷ δὲ ἧσσον ἐπὶ τὴν πρόσθεσιν ἰτέον· ἐπεὶ
also of-drinks Much and less to the addition one-must-go since
τήν γε ἀφαίρεσιν ὅλως ἀφελεῖν πολλαχοῦ λυσιτελέει, ὅκου
the at-least subtraction wholly to-remove in-many-cases profits where
διαρκέειν μέλλει ὁ κάμνων, μέχρις ἂν τῆς νούσου ἡ ἀκμὴ
to-hold-out is-going the sick-man until — of-the disease the peak
πεπανθῇ· ἐν ὁκοίοισι δὲ τὸ τοιόνδε ποιητέον γεγράψεται.
is-ripened in which-cases and the such must-be-done it-will-be-written
Πολλὰ δ' ἄν τις καὶ ἄλλα ἠδελφισμένα τοῖσιν εἰρημένοισι
Many and — anyone also other akin to-the said-things

γράφοι· τὸ δέ γε μὴν κρέσσον μαρτύριον· οὐ γὰρ
could-write the and at-least however stronger testimony not for
ἠδελφισμένον ἐστὶ τῷ πρήγματι, περὶ οὗ μοι ὁ πλεῖστος
akin is to-the matter about which by-me the most
λόγος εἴρηται, ἀλλ' αὐτὸ τὸ πρῆγμα ἐπικαιρότατόν ἐστι
argument has-been-said but itself the matter most-opportune is
διδακτήριον· οἱ γὰρ ἀρχόμενοι τῶν ὀξέων νουσημάτων
lesson those for beginning of-the acute diseases
ἔστιν ὅτε οἱ μὲν σιτία ἔφαγον αὐθημερὸν ἠργμένοι ἤδη,
it-is when the-ones indeed foods ate the-same-day having-begun already
οἱ δὲ καὶ τῇ ὑστεραίῃ, οἱ δὲ καὶ ἐῤῥόφεον τὸ
the-others and also on-the next-day the-others and also sipped the
προστυχὸν, οἱ δὲ καὶ κυκεῶνα ἐῤῥόφεον· ἅπαντα δὲ
chance-thing the-others and also kykeon sipped all and
ταῦτα κακίω μέν ἐστιν ἢ εἰ ἑτεροίως τις διαιτηθείη·
these-things worse indeed are than if otherwise anyone should-be-dieted
πολλῷ μέντοι ἐλάσσω βλάβην φέρει ἐν τουτέῳ τῷ χρόνῳ
much however less harm bring in this the time
ἁμαρτηθέντα, ἢ εἴ τις τὰς μὲν πρώτας ἡμέρας δύο
erred than if anyone the indeed first days two
ἢ τρεῖς κενεαγγήσειε τελείως, τεταρταῖος δὲ ἐὼν τοιάδε
or three should-fast completely on-the-fourth and being so
διαιτηθείη, ἢ καὶ πεμπταῖος· ἔτι μέντοι κάκιον, εἰ ταύτας
should-be-dieted or also on-the-fifth still however worse if these
πάσας τὰς ἡμέρας προκενεαγγήσας, ἐν τῇσιν ὕστερον
all the days having-fasted-before in the later
ἡμέρῃσιν οὕτω διαιτηθείη, πρὶν ἢ πέπειρον γενέσθαι
days so he-should-be-dieted before than ripe to-become
τὴν νοῦσον· οὕτω μὲν γὰρ θάνατον φέρει φανερῶς τοῖσι
the disease so indeed for death it-brings manifestly to-the
πλείστοισιν, εἰ μὴ παντάπασιν εὐήθης ἡ νοῦσος εἴη.
most if not altogether mild the disease be

Αἱ δὲ κατ᾽ ἀρχὰς ἁμαρτάδες οὐχ ὁμοίως ταύτῃσιν
The and at beginnings errors not alike to-these
ἀνήκεστοί εἰσιν, ἀλλὰ πολλῷ εὐακεστότεραι. Τοῦτο οὖν
incurable are but by-much more-curable This then
ἡγεῦμαι μέγιστον διδακτήριον, ὅτι οὐ στερητέαι αἱ
I-consider greatest lesson that not to-be-deprived the
πρῶται ἡμέραι τοῦ ῥοφήματος ἢ τοίου ἢ τοίου τοῖσι
first days of-the gruel or of-this or of-that for-those
μέλλουσιν ὀλίγον ὕστερον ῥοφήμασιν ἢ τοίοισιν ἢ τοίοισι
about a-little later gruels or this-sort or that-sort
χρέεσθαι. Πυθμενόθεν μὲν οὖν οὐκ ἴσασιν οὔθ᾽ οἱ τῇσι
to-use From-the-root indeed then not know neither those-who the
κριθώδεσι πτισάνῃσι χρεόμενοι, ὅτι αὐτέῃσι κακοῦνται,
full-of-barley barley-gruels using that by-them they-are-harmed
ὁκόταν ῥοφέειν ἄρξωνται, ἢν προκενεαγγήσωσι δύο ἢ τρεῖς
whenever to-sip they-begin if they-fast-before two or three
ἡμέρας ἢ πλείους, οὔτ᾽ αὖ οἱ τῷ χυλῷ χρεόμενοι
days or more nor again those-who the juice using
γιγνώσκουσιν ὅτι αὐτέῃσι βλάπτονται ῥοφέοντες, ὅταν
know that by-them they-are-harmed sipping when
μὴ ὀρθῶς ἄρξωνται τοῦ ῥοφήματος. Τόδε γε μὴν καὶ
not rightly they-begin the gruel This at-least however both
φυλάσσουσι καὶ γιγνώσκουσιν, ὅτι μεγάλην τὴν βλάβην
they-guard-against and know that great the harm
φέρει, ἢν, πρὶν πέπειρον τὴν νοῦσον γενέσθαι, κριθώδεα
it-brings if before ripe the disease to-become full-of-barley
πτισάνην ῥοφήσῃ ὁ κάμνων, εἰθισμένος χυλῷ χρέεσθαι.
barley-gruel sips the sick-man accustomed juice to-use
Πάντα οὖν ταῦτα μεγάλα μαρτύρια, ὅτι οὐκ ὀρθῶς ἄγουσιν
All then these great proofs that not rightly they-lead
ἐς τὰ διαιτήματα οἱ ἰητροὶ τοὺς κάμνοντας· ἀλλ᾽ ἐν ᾗσί
into the regimens the physicians the sick but in which

τε νούσοισιν οὐ χρὴ κενεαγγέειν τοὺς μέλλοντας ῥοφήμασι
both diseases not must to-fast those about on-gruels
διαιτᾶσθαι, κενεαγγέουσιν· ἐν ᾗσί τε οὐ χρὴ μεταβάλλειν
to-be-dieted they-fast in which and not must to-change
ἐκ κενεαγγείης ἐς ῥοφήματα, ἐν ταύτῃσι μεταβάλλουσι·
from fasting to gruels in these they-change
καὶ ὡς ἐπιτοπολὺ ἀκαρτὶ ἐν τοῖσι τοιούτοισι καιροῖσι
and as for-the-most-part precisely in the such moments
μεταβάλλουσιν ἐς τὰ ῥοφήματα ἐκ τῆς κενεαγγείης, ἐν
they-change to the gruels from the fasting in
οἷσι πολλάκις ἀρήγει ἐκ τῶν ῥοφημάτων πλησιάζειν τῇ
which often it-helps from the gruels to-draw-near to-the
κενεαγγείῃ, ἢν οὕτω τύχῃ παροξυνομένη ἡ νοῦσος.
fasting if so it-happens being-exacerbated the disease
Ἐνίοτε δὲ καὶ ὠμὰ ἐπισπῶνται ἀπὸ τῆς κεφαλῆς
Sometimes and also raw-things they-draw-in from the head
καὶ τοῦ περὶ τὸν θώρηκα τόπου χολώδεα· ἀγρυπνίαι
and the about the chest region bilious sleeplessnesses
τε ξυνεμπίπτουσιν αὐτέοισι, δι᾽ ἃς οὐ πέσσεται
and fall-in-together with-them because-of which not is-concocted
ἡ νοῦσος, περίλυποί τε καὶ πικροὶ γίγνονται, καὶ
the disease very-distressed both and bitter they-become and
παραφρονέουσι, καὶ μαρμαρυγώδεα σφέων τὰ ὄμματα, καὶ
are-delirious and flashing their the eyes and
αἱ ἀκοαὶ ἤχου μεσταὶ, καὶ τὰ ἀκρωτήρια κατεψυγμένα,
the ears of-ringing full and the extremities chilled
καὶ οὖρα ἄπεπτα, καὶ πτύσματα λεπτὰ καὶ ἁλυκὰ καὶ
and urines unconcocted and sputa thin and salty and
κεχρωσμένα ἀκρήτῳ χρώματι σμικρὰ, καὶ ἱδρῶτες περὶ
tinged with-unmixed color slight and sweats about
τὸν τράχηλον, καὶ διαπορήματα, καὶ πνεῦμα προσπταῖον
the neck and anxieties and breath stumbling

ἐν τῇ ἄνω φορῇ πυκνὸν ἢ μέγα λίην, ὀφρύες δεινώσιος
in the upward carriage frequent or large too eyebrows of-a-fierce-look
μετέχουσαι, λειποψυχώδεα πονηρὰ, καὶ τῶν ἱματίων
partaking faintings bad and of-the clothes
ἀπορῥίψιες ἀπὸ τοῦ στήθεος, καὶ χεῖρες τρομώδεες, ἐνίοτε
throwings-off from the chest and hands trembling sometimes
δὲ καὶ χεῖλος τὸ κάτω σείεται. Ταῦτα δὲ ἐν ἀρχῇσιν
and also lip the lower is-shaken These and in beginnings
ἐπιφαινόμενα παραφροσύνης δηλωτικά ἐστι σφοδρῆς, καὶ
appearing of-delirium indicative are violent and
ὡς ἐπιτοπολὺ ἀποθνήσκουσιν· οἱ δὲ διαφεύγοντες, ἢ
as for-the-most-part they-die those and escaping either
μετὰ ἀποστήματος, ἢ αἵματος ῥύσιος ἐκ τῆς ῥινὸς, ἢ
with abscess or of-blood flow from the nose or
πῦον παχὺ πτύσαντες διαφεύγουσιν, ἄλλως δὲ οὔ.
pus thick having-spat escape otherwise and not
Οὐδὲ γὰρ τῶν τοιουτέων ὁρέω ἐμπείρους τοὺς ἰητροὺς, ὡς
Not-even for of-the such-things I-see experienced the physicians how
χρὴ διαγιγνώσκειν τὰς ἀσθενείας ἐν τῇσι νούσοισιν, αἵ τε
must to-distinguish the weaknesses in the diseases which both
διὰ κενεαγγείην ἀσθενεῦνται, αἵ τε δι᾽ ἄλλον τινὰ
because-of fasting are-weakened which and because-of other some
ἐρεθισμὸν, αἵ τε διὰ πόνον καὶ ὑπὸ ὀξύτητος τῆς νούσου,
irritation which and because-of pain and by sharpness of-the disease
ὁκόσα τε ἡμέων ἡ φύσις καὶ ἡ ἕξις ἑκάστοισιν ἐκτεκνοῖ
how-many and of-us the nature and the constitution for-each brings-forth
πάθεα καὶ εἴδεα παντοῖα· καίτοι σωτηρίην ἢ θάνατον φέρει
affections and forms of-every-kind and-yet safety or death bring
γιγνωσκόμενα ἢ ἀγνοούμενα τὰ τοιαῦτα. Μέζον μὲν γὰρ
being-known or being-unknown the such-things Greater indeed for
κακόν ἐστιν, ἢν διὰ τὸν πόνον καὶ τὴν ὀξύτητα τῆς
evil it-is if because-of the pain and the sharpness of-the

νούσου ἀσθενέοντι προσφέρῃ τις ποτὸν ἢ ῥόφημα πλεῖον ἢ
disease to-one-weak administers someone drink or gruel more or
σιτίον, οἰόμενος διὰ κενεαγγείην ἀσθενέειν. Ἀεικὲς δὲ καὶ
food thinking because-of fasting him-to-be-weak Unseemly and also
διὰ κενεαγγείην ἀσθενέοντα μὴ γνῶναι καὶ πιέζειν τῇ
because-of fasting one-weak not to-recognize and to-press-hard with-the
διαίτῃ· φέρει μὲν γάρ τινα κίνδυνον καὶ αὕτη ἡ ἁμαρτὰς,
regimen it-brings indeed for some danger also this the error
πολλῷ δὲ ἧσσονα τῆς ἑτέρης· καταγελαστοτέρη δὲ πολλῷ
by-much but less than-the other more-ridiculous but by-much
αὕτη μᾶλλον ἡ ἁμαρτὰς τῆς ἑτέρης· εἰ γὰρ ἄλλος
this rather the error than-the other if for another
ἰητρὸς ἢ καὶ ἰδιώτης ἐσελθὼν, καὶ γνοὺς τὰ ξυμβεβηκότα,
physician or even layman coming-in and recognizing the things-happened
δῴη καὶ φαγεῖν καὶ πιεῖν, ἃ ὁ ἕτερος ἐκώλυεν,
should-give both to-eat and to-drink what the other forbade
ἐπιδήλως ἂν δοκοίη ὠφεληκέναι. Τὰ δὲ τοιαῦτα μάλιστα
manifestly — he-would-seem to-have-helped The and such-things most
καθυβρίζεται τῶν χειρωνακτέων ὑπὸ τῶν ἀνθρώπων· δοκέει
are-mocked of-the craftsmen by the people it-seems
γὰρ αὐτέοισιν ὁ ἐσελθὼν ἰητρὸς ἢ ἰδιώτης ὡσπερεὶ
for to-them the having-come-in physician or layman as-if
τεθνεῶτα ἀναστῆσαι. Γεγράψεται οὖν καὶ περὶ τουτέου
a-dead-man to-have-raised It-shall-be-written then also about this
σημήϊα οἷσι δεῖ ἕκαστα τουτέων διαγιγνώσκειν.
signs by-which one-must each of-these to-distinguish

12 Παραπλήσια μέντοι τοῖσι κατὰ κοιλίην ἐστὶ καὶ
Similar however to-the-things in-respect-of belly are also
ταῦτα· καὶ γὰρ ἢν ὅλον τὸ σῶμα ἀναπαύσηται πουλὺ παρὰ
these and for if whole the body rests much against
τὸ ἔθος, οὐκ αὐτίκα ἐῤῥώται μᾶλλον· ἢν δὲ δὴ καὶ πλείω
the custom not at-once is-stronger more if and indeed also longer

χρόνον διελινύσαν ἐξαπίνης ἐς τοὺς πόνους ἔλθῃ, φλαῦρόν
time having-been-idle suddenly to the labors it-come bad
τι πρήξειεν ἐπιδήλως. Οὕτω δὲ καὶ ἓν ἕκαστον τοῦ
something it-would-fare manifestly So and also one each of-the
σώματος· καὶ γὰρ οἱ πόδες τοιόνδε τι πρήξειαν, καὶ τὰ
body and for the feet such something would-fare and the
ἄλλα ἄρθρα μὴ εἰθισμένα πονέειν, ἢν διὰ χρόνου ἐξαπίνης
other joints not accustomed to-labor if after time suddenly
πρὸς τὸ πονέειν ἔλθῃ. Ταῦτα δ' ἂν καὶ οἱ ὀδόντες καὶ οἱ
to the laboring they-come These and — also the teeth and the
ὀφθαλμοὶ πάθοιεν, καὶ πᾶν ὁτιοῦν. Ἐπεὶ καὶ κοίτη παρὰ τὸ
eyes would-suffer and every whatever Since even a-bed against the
ἔθος μαλθακὴ πόνον ἐμποιέει, καὶ σκληρὴ παρὰ τὸ ἔθος, καὶ
custom soft pain produces and hard against the custom and
ὕπαιθρος εὐνὴ παρὰ τὸ ἔθος σκληρύνει τὸ σῶμα. Ἀτὰρ καὶ
open-air sleeping against the custom hardens the body But also
τὰ τῶν τοιῶνδε πάντων ἀρκέει παραδείγματα γράψαι. Εἰ
the of-the such all it-suffices examples to-write If
γάρ τις ἕλκος λαβὼν ἐν κνήμῃ μήτε λίην ἐπίκαιρον μήτε
for someone a-wound having-got on shin neither too serious nor
λίην εὔηθες, μήτε ἄγαν εὐελκὴς ἐὼν, μήτε ἄγαν δυσελκὴς,
too slight neither very quick-healing being nor very slow-healing
αὐτίκα ἀρξάμενος ἐκ πρώτης κατακείμενος ἰητρεύοιτο, καὶ
at-once beginning from first lying-down should-be-treated and
μηδαμῆ μετεωρίζοι τὸ σκέλος, ἀφλέγμαντος μὲν ἂν οὕτως
nowhere should-raise the leg uninflamed indeed — thus
εἴη μᾶλλον, καὶ ὑγιὴς πολλῷ θᾶσσον ἂν γένοιτο, ἢ εἰ
would-be more and sound by-much sooner — would-become than if
πλανώμενος ἰητρεύοιτο· εἰ μέντοι πεμπταῖος ἢ ἑκταῖος ἐὼν
wandering he-were-treated if however on-the-fifth or on-the-sixth being
ἢ καὶ ἔτι ἀνωτέρω, ἀναστὰς ἐθέλοι προβαίνειν, μᾶλλον
or even still later standing-up he-should-wish to-walk-about more

ἂν πονέοι τότε ἢ εἰ αὐτίκα ἐξ ἀρχῆς πλανώμενος
— *he-would-suffer then than if at-once from beginning wandering*
ἰητρεύοιτο· εἰ δὲ καὶ πολλὰ ταλαιπωρήσειεν ἐξαπίνης,
he-were-treated if and also much he-should-toil suddenly
πολλῷ ἂν μᾶλλον πονήσειεν ἢ εἰ ἐκείνως ἰητρευόμενος
by-much — more he-would-suffer than if that-way being-treated
τὰ αὐτὰ ταῦτα ταλαιπωρήσειεν ἐν ταύτῃσι τῇσιν ἡμέρῃσιν.
the same these he-should-toil in these the days
Διὰ τέλεος οὖν μαρτυρέει ταῦτα πάντα ἀλλήλοισιν, ὅτι
Through-to (the)-end then bear-witness these all to-one-another that
πάντα ἐξαπίνης μέζω πολλῷ τοῦ μετρίου μεταβαλλόμενα
all-things suddenly greater by-much than-the measure changing
ἐπὶ τὰ, καὶ ἐπὶ τὰ, βλάπτει. Πολλαπλασίη μὲν οὖν
toward this and toward that harm Many-times-greater indeed then
κατὰ κοιλίην ἡ βλάβη ἐστὶν, ἢν ἐκ πολλῆς κενεαγγείης
in-respect-of belly the harm is if from much fasting
ἐξαπίνης πλέον τοῦ μετρίου προσαίρηται (ἀτὰρ καὶ κατὰ
suddenly more than-the measure one-takes-in but also in-respect-of
τὸ ἄλλο σῶμα, ἢν ἐκ πολλῆς ἡσυχίης ἐξαίφνης ἐς πλείω
the other body if from much quiet suddenly into more
πόνον ἔλθοι, πουλὺ πλείω βλαβείη), ἢ εἰ ἐκ πολλῆς
labor he-should-come much more he-would-be-harmed than if from much
ἐδωδῆς ἐς κενεαγγείην μεταβάλλοι· δεῖ μέντοι καὶ τὸ
eating to fasting he-should-change it-is-needful however also the
σῶμα τουτέοισιν ἐλινύειν· καὶ ἢν ἐκ πολλῆς ταλαιπωρίης
body for-these to-rest and if from much toil
ἐξαπίνης ἐς σχολήν τε καὶ ῥᾳθυμίην ἐμπέσῃ, δεῖ δὲ καὶ
suddenly into leisure both and ease it-fall it-is-needful and also
τουτέοισι τὴν κοιλίην ἐλινύειν ἐκ πλήθεος βρώμης· ἢν δὲ μὴ,
for-these the belly to-rest from abundance of-food if and not
πόνον ἐν τῷ σώματι ἐμποιήσει καὶ βάρος ὅλου τοῦ σώματος.
pain in the body it-will-produce and heaviness of-whole of-the body

Gruel is not given before the disease ripens. Sweet wine is less heavy on the head and more laxative, but windy and thirst-making; white vinous wine passes to the bladder and is the better diuretic; dark harsh wine suits loose bowels when the head and sputum are clear. Hydromel softens the lung, brings up sputum, and is diuretic, but suits the bilious and those with large viscera less. It is called weakening, yet it is much stronger than water. Boiled hydromel looks finer but is weaker, and it serves when the honey is bad.

Ὁ δὴ οὖν πλεῖστός μοι λόγος γέγονε περὶ τῆς 13
The indeed then most to-me discourse has-been about the
μεταβολῆς τῆς ἐπὶ τὰ καὶ ἐπὶ τά· ἐς πάντα μὲν
change the toward this and toward that for all-things indeed
οὖν εὔχρηστον ταῦτα εἰδέναι· ἀτὰρ καὶ περὶ οὗ ὁ
then useful these to-know but also about which the
λόγος ἦν, ὅτι ἐν τῇσιν ὀξείῃσι νούσοισιν ἐς τὰ ῥοφήματα
discourse was that in the acute diseases to the gruels
μεταβάλλουσιν ἐκ τῆς κενεαγγείης· μεταβλητέον γὰρ ὡς
they-change from the fasting one-must-change for as
ἐγὼ κελεύω· ἔπειτα οὐ χρηστέον ῥοφήμασι πρὶν ἡ νοῦσος
I bid then not one-must-use gruels before the disease
πεπανθῇ, ἢ ἄλλο τι σημεῖον φανῇ, ἢ κατ᾽ ἔντερον
be-ripened or other some sign appear either in intestine
κενεαγγικὸν, ἢ ἐρεθιστικὸν, ἢ κατὰ τὰ ὑποχόνδρια, ὁκοῖα
of-emptiness or of-irritation or in the hypochondria such-as
γεγράψεται. Ἀγρυπνίη ἰσχυρὴ πόμα καὶ σιτίον ἀπεπτότερα
shall-be-written Sleeplessness strong drink and food less-concocted
ποιέει, καὶ ἡ ἐπὶ τὰ ἕτερα αὖ μεταβολὴ διαλύει σῶμα,
makes and the toward the other again change relaxes body
καὶ ἐφθότητα καὶ καρηβαρίην ἐμποιέει.
and soddenness and heaviness-of-head produces

14 Γλυκὺν δὲ οἶνον καὶ οἰνώδεα καὶ λευκὸν καὶ μέλανα, καὶ
Sweet and wine and vinous and white and dark and
μελίκρητον, καὶ ὕδωρ, καὶ ὀξύμελι, τοισίδε σημαινόμενον
hydromel and water and oxymel by-these being-signified
χρὴ διορίζειν ἐν τῇσιν ὀξείῃσι νούσοισιν. Ὁ μὲν γλυκὺς
one-must distinguish in the acute diseases The indeed sweet
ἧσσόν ἐστι καρηβαρικὸς τοῦ οἰνώδεος, καὶ ἧσσον φρενῶν
less is heavy-headed than-the vinous and less of-the-wits
ἁπτόμενος, καὶ διαχωρητικώτερος δή τι τοῦ ἑτέρου
taking-hold and more-laxative indeed somewhat than-the other
κατ᾽ ἔντερον, μεγαλόσπλαγχνος δὲ σπληνὸς καὶ ἥπατος· οὐκ
in intestine enlarging-the-viscera but of-spleen and of-liver not
ἐπιτήδειος δὲ οὐδὲ τοῖσι πικροχόλοισι· καὶ γὰρ οὖν διψώδης
suitable and nor for-the bitter-bilious and for then thirst-making
τοῖσί γε τοιουτέοισίν ἐστιν· ἀτὰρ καὶ φυσώδης τοῦ ἐντέρου
for-the at-least such is but also windy of-the intestine
τοῦ ἄνω· οὐ μὴν πολέμιός γε τῷ ἐντέρῳ τῷ κάτω, ὡς
the upper not however hostile at-least to-the intestine the lower as
κατὰ λόγον τῆς φύσης· καίτοι γε οὐ πάνυ πορίμη ἐστὶν ἡ
in proportion to-the wind and-yet at-least not very passable is the
ἀπὸ τοῦ γλυκέος οἴνου φῦσα, ἀλλ᾽ ἐγχρονίζει περὶ ὑποχόνδρια.
from the sweet wine wind but lingers about hypochondria
Καὶ γὰρ οὖν οὗτος ἧσσον διουρητικὸς γίγνεται τὸ ἐπίπαν
And for then this less diuretic becomes on-the whole
τοῦ οἰνώδεος λευκοῦ· πτυάλου δὲ μᾶλλον ἀναγωγός ἐστι
than-the vinous white of-sputum but more bringing-up is
τοῦ ἑτέρου ὁ γλυκύς. Καὶ οἷσι μὲν διψώδης ἐστὶ
than-the other the sweet And for-whom indeed thirst-making it-is
πινόμενος, ἧσσον ἂν τούτοισιν ἀνάγοι ἢ ὁ ἕτερος οἶνος,
being-drunk less — for-these it-would-bring-up than the other wine
οἷσι δὲ μὴ διψώδης, μᾶλλον ἀνάγοι ἂν τοῦ ἑτέρου.
for-whom but not thirst-making more would-bring-up — than-the other

Ὁ δὲ λευκὸς οἰνώδης οἶνος ἐπῄνηται μὲν καὶ ἔψεκται
The and white vinous wine has-been-praised indeed and has-been-blamed
τὰ πλεῖστα καὶ τὰ μέγιστα ἤδη ἐν τῇ τοῦ γλυκέος
the most and the greatest already in the of-the sweet
οἴνου διηγήσει· ἐς δὲ κύστιν μᾶλλον πόριμος ἐὼν τοῦ
wine account to and bladder more passable being than-the
ἑτέρου καὶ διουρητικὸς καὶ καταῤῥηκτικὸς, αἰεὶ πολλὰ
other and diuretic and purgative always much
προσωφελέοι ἂν ἐν ταύτῃσι τῇσι νούσοισι· καὶ γὰρ εἰ
would-help-besides — in these the diseases and for if
πρὸς ἄλλα ἀνεπιτηδειότερος τοῦ ἑτέρου πέφυκεν, ἀλλ᾽
for other-things less-suitable than-the other it-is-by-nature but
ὅμως ἡ κατὰ κύστιν κάθαρσις ὑπ᾽ αὐτέου γιγνομένη
nevertheless the by bladder purging by it happening
ῥύεται, ἢν προτρέπηται ὁκοῖον δεῖ. Καλὰ δὲ ταῦτα
rescues if it-be-urged-on such-as needful Fine and these
τεκμήριά ἐστι τὰ περὶ οἴνου ὠφελίης καὶ βλάβης, ὁκόσα
evidences are the about wine benefit and harm such-as
ἀκαταμάθητα ἦν τοῖσιν ἐμεῦ γεραιτέροισιν. Κιῤῥῷ δὲ
unlearned were to-the than-me elder Tawny and
οἴνῳ καὶ μέλανι αὐστηρῷ ἐν ταύτῃσι τῇσι νούσοισιν ἐς
wine and dark harsh in these the diseases for
τάδε ἂν χρήσαιο· εἰ καρηβαρίη μὲν μὴ ἐνείη, μηδὲ
these-things — you-might-use if heaviness-of-head indeed not be-present nor
φρενῶν ἄψις, μηδὲ τὸ πτύελον κωλύοιτο τῆς ἀνόδου, μηδὲ
of-wits seizure nor the sputum be-hindered from-the coming-up nor
τὸ οὖρον ἴσχοιτο, τὰ διαχωρήματα δὲ πλαδαρώτερα καὶ
the urine be-held-back the stools but more-moist and
ξυσματωδέστερα εἴη, ἐν δὴ τοῖσι τοιουτέοισι πρέποι ἂν
more-scrapy be in indeed the such it-would-befit —
μάλιστα μεταβάλλειν ἐκ τοῦ λευκοῦ, καὶ ὁκόσα τουτέοισιν
most to-change from the white and whatever to-these

ἐμφερέα. Προσξυνιέναι δὲ δεῖ, ὅτι τὰ μὲν ἄνω πάντα
like To-understand-besides and one-must that the indeed upper all
καὶ τὰ κατὰ κύστιν ἧσσον βλάψει, ἢν ὑδαρέστερος ᾖ,
and the about bladder less it-will-harm if more-watery it-be
τὰ δὲ κατ᾽ ἔντερον μᾶλλον ὀνήσει, ἢν ἀκρητέστερος ᾖ.
the but in intestine more it-will-benefit if less-mixed it-be
15 Μελίκρητον δὲ πινόμενον διὰ πάσης τῆς νούσου ἐν
Hydromel and drunk through all the disease in
τῇσιν ὀξείῃσι νούσοισι τὸ ἐπίπαν μὲν τοῖσι πικροχόλοισι
the acute diseases on-the whole indeed for-the bitter-bilious
καὶ μεγαλοσπλάγχνοισιν ἧσσον ἐπιτήδειον ἢ τοῖσι μὴ
and large-viscered less suitable than for-the not
τοιούτοισίν ἐστιν· διψῶδές γε μὴν ἧσσον τοῦ
such is thirst-making at-least however less than-the
γλυκέος οἴνου· πλεύμονός τε γὰρ μαλθακτικόν ἐστι,
sweet wine of-the-lung both for softening it-is
καὶ πτυέλου ἀναγωγὸν μετρίως, καὶ βηχὸς παρηγορικόν·
and of-sputum bringing-up moderately and of-cough soothing
ἔχει γὰρ σμηγματῶδές τι, ὃ μᾶλλον τοῦ μετρίου
it-has for detergent something which more than-the measure
καταγλισχραίνει τὸ πτύελον. Ἔστι δὲ καὶ οὐρητικὸν
makes-viscid the sputum It-is and also diuretic
μελίκρητον ἱκανῶς, ἢν μή τι τῶν ἀπὸ σπλάγχνων
hydromel sufficiently if not something of-the-things from viscera
κωλύῃ. Καὶ διαχωρητικώτερον δὲ κάτω χολωδέων, ἔστι
hinder Also more-laxative and downward of-bilious-things it-is
μὲν ὅτε καλῶν, ἔστι δ᾽ ὅτε κατακορεστέρων μᾶλλον τοῦ
indeed when good it-is and when more-deep-colored more than-the
καιροῦ, καὶ ἀφρωδεστέρων· μᾶλλον δὲ τὸ τοιοῦτο τοῖσι
due and more-frothy more but the such-thing in-the
χολώδεσί τε καὶ μεγαλοσπλάγχνοισι γίγνεται. Πτυάλου
bilious both and large-viscered happens Of-sputum

μὲν οὖν ἀναγωγὴν καὶ πλεύμονος μάλθαξιν τὸ ὑδαρέστερον
indeed then bringing-up and of-lung softening the more-watery
μελίκρητον ποιέει μᾶλλον· τὰ μέντοι ἀφρώδεα διαχωρήματα
hydromel produces more the however frothy stools
καὶ μᾶλλον τοῦ καιροῦ κατακορέως χολώδεα, καὶ μᾶλλον
and more than-the due deeply bilious and more
θερμὰ, τὸ ἄκρητον μᾶλλον τοῦ ὑδαρέος ἄγει· τὸ δὲ
hot the unmixed more than-the watery draws-off the and
τοιόνδε διαχώρημα ἔχει μὲν καὶ ἄλλα σίνεα μεγάλα· οὔτε
such stool has indeed also other harms great neither
γὰρ ἐξ ὑποχονδρίων καῦμα σβεννύει, ἀλλὰ ὁρμᾷ, δυσφορίην
for from hypochondria burning it-quenches but stirs-up distress
τε καὶ ῥιπτασμὸν τῶν μελέων ποιέει, ἑλκώδές τέ ἐστι
both and tossing of-the limbs makes ulcerating and it-is
καὶ ἐντέρου καὶ ἕδρης· ἀλεξητήρια δὲ τουτέων γεγράψεται.
both of-intestine and of-anus remedies and of-these shall-be-written
Ἄνευ μὲν οὖν ῥοφημάτων μελικρήτῳ χρεόμενος ἀντ᾽
Without indeed then gruels hydromel using instead-of
ἄλλου ποτοῦ ἐν ταύτῃσι τῇσι νούσοισι πολλὰ ἂν εὐτυχοίης,
other drink in these the diseases much — you-would-succeed
καὶ οὐκ ἂν πολλὰ ἀτυχοίης· οἷσι δὲ δοτέον, καὶ οἷσιν
and not — much you-would-fail to-whom and one-must-give and to-whom
οὐ δοτέον, τὰ μέγιστα εἴρηται, καὶ δι᾽ ἃ οὐ δοτέον.
not one-must-give the chief-points have-been-said and for which not one-must-give
Κατέγνωσται δὲ μελίκρητον ὑπὸ τῶν ἀνθρώπων, ὡς
Has-been-condemned and hydromel by the people as
καταγυιοῖ τοὺς πίνοντας, καὶ διὰ τοῦτο ταχυθάνατον εἶναι
it-weakens those drinking and because-of this quick-killing to-be
νενόμισται· ἐκλήθη δὲ τοῦτο διὰ τοὺς ἀποκαρτερέοντας·
it-is-believed was-called and this because-of those starving-themselves
ἔνιοι γὰρ μελικρήτῳ μούνῳ χρέονται ποτῷ, ὡς τοιούτῳ
some for hydromel alone use as-drink as such

δῆθεν ἐόντι· τὸ δὲ οὐ παντάπασιν ὧδε ἔχει· ἀλλ᾽ ὕδατος
forsooth being it but not altogether thus holds but than-water
μὲν πολλῷ ἰσχυρότερόν ἐστι πινόμενον μοῦνον, εἰ μὴ
indeed by-much stronger it-is drunk alone if not
ταράσσοι τὴν κοιλίην· ἀτὰρ καὶ οἴνου λεπτοῦ καὶ
it-disturb the belly but also than-wine thin and
ὀλιγοφόρου καὶ ἀνόσμου ᾗ μὲν ἰσχυρότερον, ᾗ
weak and scentless in-one-way indeed stronger in-another
δὲ ἀσθενέστερον. Μέγα μὴν διαφέρει καὶ οἴνου καὶ μέλιτος
and weaker Greatly however differs both of-wine and of-honey
ἀκρητότης· ἐς ἰσχὺν ἀμφοτέρων δ᾽ ὅμως τούτων, εἰ
unmixedness for strength of-both but nevertheless of-these if
διπλάσιον μέτρον οἴνου ἀκρήτου πίνοι τις ἢ ὁκόσον
double measure of-wine unmixed should-drink someone than how-much
μέλι ἐκλείχοι, πολλῷ ἂν δήπου ἰσχυρότερος εἴη
honey he-should-lick-up by-much — surely stronger he-would-be
ὑπὸ τοῦ μέλιτος, εἰ μοῦνον μὴ ταράσσοι τὴν κοιλίην·
by the honey if only not it-disturb the belly
πολλαπλάσιον γὰρ καὶ τὸ κόπριον διεξίοι ἂν αὐτέῳ.
many-times-greater for also the dung would-pass-through — for-him
Εἰ μέντοι ῥοφήματι χρέοιτο πτισάνῃ, ἐπιπίνοι δὲ
If however as-gruel he-should-use barley-gruel should-drink-after and
μελίκρητον, ἄγαν πλησμονῶδες ἂν εἴη καὶ φυσῶδες,
hydromel very surfeiting — it-would-be and windy
καὶ τοῖσι κατὰ τὰ ὑποχόνδρια σπλάγχνοισιν ἀξύμφορον·
and to-the in the hypochondria viscera unsuitable
προπινόμενον μέντοι πρὸ ῥοφήματος μελίκρητον οὐ βλάπτει
drunk-before however before gruel hydromel not harms
ὡς μεταπινόμενον, ἀλλά τι καὶ ὠφελέει. Ἑφθὸν δὲ
as drunk-after but somewhat even helps Boiled and
μελίκρητον ἐσιδεῖν μὲν πολλῷ κάλλιον τοῦ ὠμοῦ·
hydromel to-look-at indeed by-much finer than-the raw

λαμπρὸν γὰρ καὶ λεπτὸν καὶ λευκὸν καὶ διαφανὲς γίγνεται·
bright for and thin and white and transparent it-becomes
ἀρετὴν δὲ ἥντινα αὐτέῳ προσθέω διαφέρουσάν τι
virtue but what to-it I-should-add differing somewhat
τοῦ ὠμοῦ οὐκ ἔχω· οὐδὲ γὰρ ἥδιόν ἐστι τοῦ ὠμοῦ, ἢν
from-the raw not I-have nor for sweeter is than-the raw if
τυγχάνῃ γε τὸ μέλι καλὸν ἐόν· ἀσθενέστερον μέντοι γε
it-happen at-least the honey fine being weaker however at-least
τοῦ ὠμοῦ καὶ ἀκοπρωδέστερόν ἐστιν· ὧν οὐδετέρης
than-the raw and less-purging it-is of-which neither
τιμωρίης προσδέεται μελίκρητον. Ἄγχιστα δὲ χρηστέον
help needs hydromel Chiefly and one-must-use
αὐτέῳ τοιῷδε ἐόντι, εἰ τὸ μέλι τυγχάνοι πονηρὸν ἐὸν καὶ
it such being if the honey should-happen bad being and
ἀκάθαρτον καὶ μέλαν καὶ μὴ εὐῶδες· ἀφέλοιτο γὰρ ἂν ἡ
impure and dark and not fragrant would-remove for — the
ἕψησις τῶν κακοτήτων αὐτέου τὰ πλείονα τοῦ αἴσχεος.
boiling of-the faults its the greater of-the ugliness

Oxymel brings up sputum and eases breathing, but very sour oxymel can make the sputum sticky. A little sourness moistens the mouth and checks the harm of honey, though oxymel can chill the extremities and harm the lower bowel. Vinegar helps the bitter-bilious more than the black-bilious and is hard on women. Water alone does little in acute diseases and harms the bilious, and wine is withheld when the head or wits are affected. A bath helps many, pneumonia more than ardent fever, if the house and attendants are ready, but not those with loose or bound bowels, the weak, or the nauseous.

16 Τὸ δὲ ὀξύμελι καλεύμενον ποτὸν πολλαχοῦ μὲν εὔχρηστον
The and oxymel called drink in-many-ways indeed useful
ἐν ταύτῃσι τῇσι νούσοισιν εὑρήσεις ἐόν· καὶ γὰρ πτυάλου
in these the diseases you-will-find being and for of-sputum
ἀναγωγόν ἐστι, καὶ εὔπνοον. Καιροὺς μέντοι τοιούσδε
bringing-up it-is and easing-breath Occasions however such
ἔχει· τὸ μὲν γὰρ κάρτα ὀξὺ οὐδὲν ἂν μέσον ποιήσειε
it-has the indeed for very sour nothing — middling would-do
πρὸς τὰ πτύελα τὰ μὴ ῥηϊδίως ἀνιόντα· εἰ γὰρ
toward the sputa the not easily coming-up if for
ἀνάγοι μὲν τὰ ἐγκέρχνοντα, καὶ ὄλισθον ἐμποιήσειε, καὶ
it-bring-up indeed the things-rasping and slipperiness should-produce and
ὥσπερ διαπτερώσειε τὸν βρόγχον, παρηγορήσειεν ἂν τὸν
as-it-were should-feather-clean the windpipe would-soothe — the
πλεύμονα· μαλθακτικὸν γὰρ αὐτέου· καὶ εἰ μὲν ταῦτα
lung softening for of-it and if indeed these
ξυγκυρήσειε, μεγάλην ἂν ὠφελείην ποιήσειεν. Ἔστι δ'
should-coincide great — benefit it-would-make It-is and
ὅτε τὸ κάρτα ὀξὺ οὐκ ἐκράτησε τῆς ἀναγωγῆς τοῦ
when the very sour not mastered the bringing-up of-the
πτυέλου, ἀλλὰ προσεγλίσχρηνέ τε καὶ ἔβλαψεν· μάλιστα
sputum but made-it-viscid both and harmed most

δὲ τοῦτο πάσχουσιν οἵπερ καὶ ἄλλως ὀλέθριοί εἰσι, καὶ
and this suffer those-very-who also otherwise doomed are and
ἀδύνατοι βήσσειν τε καὶ ἀποχρέμπτεσθαι τὰ ἐνεχόμενα.
unable to-cough both and to-hawk-up the things-lodged
Ἐς μὲν οὖν τόδε προστεκμαίρεσθαι χρὴ τὴν ῥώμην
For indeed then this to-judge-besides one-must the strength
τοῦ κάμνοντος, κἢν ἐλπίδα ἔχῃ, διδόναι· διδόναι δὲ, ἢν
of-the sick-man and-if hope he-have to-give to-give and if
διδῷς, ἀκροχλίαρον καὶ κατ᾽ ὀλίγον τὸ τοιόνδε, καὶ μὴ
you-give lukewarm and by little the such and not
λάβρως.
greedily
Τὸ μέντοι ὀλίγον ἔποξυ ὑγραίνει μὲν τὸ στόμα καὶ
The however slightly sourish moistens indeed the mouth and
φάρυγγα· ἀναγωγὸν δὲ πτυέλου ἐστὶ καὶ ἄδιψον·
throat bringing-up and of-sputum it-is and thirst-quenching
ὑποχονδρίῳ δὲ καὶ σπλάγχνοισι καὶ ταύτῃ εὐμενές· καὶ
to-hypochondrium but and to-viscera and there kindly and
τὰς ἀπὸ μέλιτος βλάβας κωλύει· τὸ γὰρ χολῶδες ἐν
the from honey harms it-prevents the for bilious(-part) in
μέλιτι κολάζεται. Ἔστι δὲ καὶ φυσέων καταῤῥηκτικὸν,
honey is-checked It-is and also of-winds breaking-down
καὶ ἐς οὔρησιν προτρεπτικόν· ἐντέρου μέντοι τῷ κάτω
and to urination urging of-intestine however to-the lower
μέρει πλαδαρώτερον, καὶ ξύσματα ἐμποιέει· ἔστι δ᾽ ὅτε
part more-flabby and scrapings it-produces it-is and when
καὶ φλαῦρον τοῦτο ἐν τῇσιν ὀξείῃσι νούσοισι γίγνεται,
also bad this in the acute diseases becomes
μάλιστα μὲν ὅτι φῦσαν κωλύει περαιοῦσθαι, ἀλλὰ
most indeed because wind it-prevents to-pass-through but
παλινδρομέειν ποιέει· ἔτι δὲ καὶ ἄλλως γυιοῖ καὶ τὰ
to-run-back makes still and also otherwise it-weakens and the

ἀκρωτήρια ψύχει· ταύτην καὶ οἶδα μούνην δι᾽ ὀξυμέλιτος
extremities chills this also I-know alone through oxymel
γιγνομένην βλάβην, ἥτις καὶ ἀξίη γραφῆς. Ὀλίγον δὲ τὸ
coming-about harm which also worthy of-writing A-little and the
τοιόνδε ποτὸν νυκτὸς μὲν καὶ νήστει πρὸ ῥοφήματος
such drink by-night indeed and to-one-fasting before gruel
ἐπιτήδειον προπίνεσθαι· ἀτὰρ καὶ ὁκόταν πουλὺ μετὰ
suitable to-be-drunk-before but also whenever long after
ῥόφημα ᾖ, οὐδὲν κωλύει πίνειν. Τοῖσι δὲ ποτῷ μοῦνον
gruel it-be nothing prevents to-drink For-those and on-drink alone
διαιτωμένοισιν ἄνευ ῥοφημάτων διὰ τόδε οὐκ ἐπιτήδειόν
being-dieted without gruels for this not suitable
ἐστιν αἰεὶ καὶ διὰ παντὸς χρέεσθαι τούτῳ, μάλιστα μὲν
it-is always and through all to-use this most indeed
διὰ ξύσιν ἢ τρηχυσμὸν τοῦ ἐντέρου (ἀκόπρῳ γὰρ ἐόντι
for scraping or roughening of-the intestine without-dung for being
μᾶλλον ἐμποιέοι ἂν, καὶ ταῦτα κενεαγγείης παρεούσης)·
more it-would-produce — also these fasting being-present
ἔπειτα δὲ καὶ τὸ μελίκρητον τῆς ἰσχύος ἀφαιρέοιτο
then and also the hydromel of-the strength would-take-away
ἄν.

—

Ἢν μέντοι ἀρήγειν φαίνηται πρὸς τὴν ξύμπασαν νοῦσον,
If however to-help it-appear toward the whole disease
πολλῷ ποτῷ τούτῳ χρέεσθαι, ὀλίγον χρὴ τὸ ὄξος
much drink this to-use little one-must the vinegar
παραχέειν, ὅσον μοῦνον γιγνώσκεσθαι· οὕτω γὰρ
to-pour-in as-much-as only to-be-perceived so for
καὶ ἃ φιλέει βλάπτειν, ἥκιστα ἂν βλάπτοι, καὶ ἃ
both what it-tends to-harm least — would-harm and what
δεῖται προσωφελέειν, προσωφελοίη ἄν. Ἐν κεφαλαίῳ
it-needs to-help-besides would-help-besides — In sum

δ᾽ εἴρησθαι, αἱ ἀπὸ ὀξέος ὀξύτητες πικροχόλοισι
and let-it-be-said the from vinegar sharpnesses to-the-bitter-bilious
μᾶλλον ἢ μελαγχολικοῖσι ξυμφέρουσι· τὰ μὲν γὰρ
more than to-the-black-bilious are-beneficial the indeed for
πικρὰ διαλύεται καὶ ἐκφλεγματοῦται, μετεωριζόμενα ὑπ᾽
bitter-things are-dissolved and turned-to-phlegm being-raised by
αὐτέου· τὰ δὲ μέλανα ζυμοῦται καὶ μετεωρίζεται καὶ
it the but black-things are-fermented and are-raised and
πολλαπλασιοῦται· ἀναγωγὸν γὰρ μελάνων, ὄξος. Γυναιξὶ δὲ
are-multiplied bringing-up for of-black-things vinegar For-women and
τὸ ἐπίπαν πολεμιώτερον ἢ ἀνδράσιν ὄξος· ὑστεραλγὲς
on-the whole more-hostile than for-men vinegar womb-paining
γάρ ἐστιν.
for it-is

Ὕδατι δὲ ποτῷ ἐν τῇσιν ὀξείῃσι νούσοισιν ἄλλο μὲν οὐδὲν 17
Water and as-drink in the acute diseases other indeed no
ἔχω ἔργον ὅ τι προσθέω· οὔτε γὰρ βηχὸς παρηγορικόν
I-have effect what — I-should-add neither for of-cough soothing
ἐστιν ἐν τοῖσι περιπλευμονικοῖσιν, οὔτε πτυέλου ἀναγωγὸν,
it-is in the pneumonia-cases nor of-sputum bringing-up
ἀλλ᾽ ἧσσον τῶν ἄλλων, εἴ τις διὰ παντὸς ὕδατι
but less than-the others if someone through all water
ποτῷ χρέοιτο. Μεσηγὺ μέντοι ὀξυμέλιτος καὶ μελικρήτου
as-drink should-use Between however oxymel and hydromel
ὕδωρ ἐπιῤῥοφεόμενον ὀλίγον πτυέλου ἀναγωγόν ἐστι διὰ
water sipped-after a-little of-sputum bringing-up is because-of
τὴν μεταβολὴν τῆς ποιότητος τῶν ποτῶν· πλημμυρίδα
the change of-the quality of-the drinks a-flood
γάρ τινα ἐμποιέει. Ἄλλως δὲ οὔτε δίψαν παύει, ἀλλ᾽
for some it-produces Otherwise and neither thirst it-stops but
ἐπιπικραίνει· χολῶδες γὰρ φύσει χολώδει, καὶ ὑποχονδρίῳ
makes-bitter-besides bilious for to-nature bilious and to-hypochondrium

κακόν· καὶ κάκιστον ἑωυτοῦ καὶ χολωδέστατον καὶ
bad and worst of-itself and most-bilious and
φιλαδυναμώτατον, ὅταν ἐς κενεότητα ἐσέλθῃ· καὶ σπληνὸς
most-weakening when into emptiness it-enters and of-spleen
δὲ αὐξητικὸν καὶ ἥπατός ἐστιν, ὁκόταν πεπυρωμένον ᾖ·
and enlarging and of-liver it-is whenever inflamed it-be
καὶ ἐγκλυδαστικόν τε καὶ ἐπιπολαστικόν· βραδύπορόν
and gurgling both and floating slow-passing
τε γάρ ἐστι διὰ τὸ ὑπόψυχρον καὶ ἄπεπτον εἶναι·
both for it-is because-of the coldish and unconcocted to-be
καὶ οὔτε διαχωρητικὸν, οὔτε διουρητικόν· προσβλάπτει
and neither laxative nor diuretic it-harms-besides
δέ τι καὶ διὰ τόδε, ὅτι ἄκοπρόν ἐστι φύσει· ἢν
and somewhat also because-of this that without-dung it-is by-nature if
δὲ δὴ καὶ ποδῶν ψυχρῶν ποτε ἐόντων ποθῇ, πάντα
and indeed also feet cold ever being it-be-drunk all
ταῦτα πολλαπλασίως βλάπτει, ἐς ὅ τι ἂν αὐτέων
these many-times-over it-harms to what — — of-them
ὁρμήσῃ.
it-rush

Ὑποπτεύσαντι μέντοι ἐν ταύτῃσι τῇσι νούσοισιν ἢ
For-one-suspecting however in these the diseases either
καρηβαρίην ἰσχυρὴν ἢ φρενῶν ἄψιν, παντάπασιν οἴνου
heaviness-of-head strong or of-wits seizure altogether from-wine
ἀποσχετέον· ὕδατι δὲ ἐν τῷ τοιῷδε χρηστέον, ἢ ὑδαρέα καὶ
one-must-abstain water and in the such-case one-must-use or watery and
κιρρὸν παντελῶς δοτέον οἶνον καὶ ἄοσμον παντάπασι,
tawny entirely one-must-give wine and scentless altogether
καὶ μετὰ τὴν πόσιν αὐτοῦ ὕδωρ μεταποτέον ὀλίγον·
and after the drinking of-it water one-must-drink-after a-little
οὕτω γὰρ ἂν ἧσσον τὸ ἀπὸ τοῦ οἴνου μένος ἅπτοιτο
so for — less the from the wine force would-seize

τῆς κεφαλῆς καὶ γνώμης· ἐν οἷσι δὲ μάλιστα αὐτέων
the head and mind in which and most of-them
ὕδατι ποτῷ χρηστέον, καὶ ὁκότε πολλῷ κάρτα, καὶ ὅκου
water as-drink one-must-use and when much very and where
μετρίῳ, καὶ ὅκου ψυχρῷ, καὶ ὅκου θερμῷ, τὰ μέν
moderate and where cold and where hot the-things indeed
που πρόσθεν εἰρέαται, τὰ δὲ ἐν αὐτέοισι τοῖσι
somewhere before have-been-said the-things and in the-very the
καιροῖσι ῥηθήσεται. Κατὰ ταῦτα δὲ καὶ περὶ τῶν
occasions will-be-said According-to these and also about the
ἄλλων ποτῶν, οἷον τὸ κρίθινον, καὶ τὰ ἀπὸ χλοίης
other drinks such-as the barley(-drink) and the from green-shoots
ποιεύμενα, καὶ τὰ ἀπὸ σταφίδος καὶ στεμφύλων καὶ
made and the from raisin and grape-skins and
πυρῶν καὶ κνήκου καὶ μύρτων καὶ ῥοιῆς καὶ τῶν
wheat and safflower and myrtle-berries and pomegranate and the
ἄλλων, ὅταν τινὸς αὐτέων καιρὸς ᾖ χρέεσθαι, γεγράψεται
others whenever some of-them occasion be to-use it-shall-be-written
παρ᾽ αὐτέῳ τῷ νουσήματι, ὅκως περ καὶ τἄλλα τῶν
beside the-very the illness as just also the-rest of-the
ξυνθέτων φαρμάκων.
compound drugs
Λουτρὸν δὲ συχνοῖσι τῶν νουσημάτων ἀρήγοι ἂν 18
A-bath and in-many of-the illnesses would-help —
χρεομένοισιν, ἐς τὰ μὲν ξυνεχέως, ἐς τὰ δ᾽ οὔ. Ἔστι
for-those-using for some indeed continually for others and not It-is
δὲ ὅτε ἧσσον χρηστέον διὰ τὴν ἀπαρασκευασίην
and when less one-must-use because-of the unpreparedness
τῶν ἀνθρώπων· ἐν ὀλίγῃσι γὰρ οἰκίῃσι παρεσκεύασται
of-the people in few for houses have-been-prepared
τὰ ἄρμενα καὶ οἱ θεραπεύοντες ὡς δεῖ· εἰ δὲ μὴ
the appliances and the attendants as needful if and not

παγκάλως λούοιτο, βλάπτοιτ' ἂν οὐ σμικρά· καὶ γὰρ
perfectly he-be-bathed he-would-be-harmed — not slightly and for
σκέπης ἀκάπνου δεῖ, καὶ ὕδατος δαψιλέος, καὶ τοῦ
shelter smokeless is-needed and water abundant and the
λουτροῦ συχνοῦ καὶ μὴ λίην λάβρου, ἤν γε μὴ οὕτω
bath frequent and not too violent if at-least not so
δέῃ. Καὶ μᾶλλον μὲν μὴ σμήχεσθαι· ἢν δὲ σμήχηται,
it-need And rather indeed not to-be-soaped if and he-be-soaped
θερμῷ χρέεσθαι αὐτέῳ καὶ πολλαπλασίῳ ἢ ὡς νομίζεται
hot to-use it and many-times-more than as is-customary
σμήγματι, καὶ προσκαταχέεσθαι μὴ ὀλίγῳ, καὶ ταχέως
soap and to-be-doused-besides not with-little and quickly
μετακαταχέεσθαι. Δεῖ δὲ καὶ τῆς ὁδοῦ βραχείης ἐς
to-be-doused-again There-is-need and also of-the way short to
τὴν πύελον, καὶ ἐς εὐέμβατον καὶ ἐς εὐέκβατον· εἶναι
the tub and for easy-to-enter and for easy-to-leave to-be
δὲ καὶ τὸν λουόμενον κόσμιον καὶ σιγηλὸν, καὶ μηδὲν
and also the (one)-being-bathed orderly and silent and nothing
αὐτὸν προσεξεργάζεσθαι, ἀλλ' ἄλλους καὶ καταχέειν καὶ
himself to-do-besides but others both to-douse and
σμήχειν· καὶ μετακέρασμα πολλὸν ἡτοιμᾶσθαι, καὶ τὰς
to-soap and mixed-water much to-have-been-readied and the
ἐπαντλήσιας ταχείας ποιέεσθαι· καὶ σπόγγοισι χρέεσθαι
affusions quick to-make and sponges to-use
ἀντὶ στλεγγίδος, καὶ μὴ ἄγαν ξηρὸν χρίεσθαι τὸ
instead-of strigil and not too dry to-be-anointed the
σῶμα.
body
Κεφαλὴν μέντοι ἀνεξηράνθαι χρὴ ὡς οἷόν τε μάλιστα
Head however to-have-been-dried one-must as possible — most
ὑπὸ σπόγγου ἐκμασσομένην, καὶ μὴ διαψύχεσθαι τὰ
by sponge being-wiped and not to-be-chilled the

ἄκρεα, μήτε τὴν κεφαλὴν, μήτε τὸ ἄλλο σῶμα· καὶ μήτε
extremities neither the head nor the other body and neither
νεοῤῥόφητον μήτε νεόποτον λούεσθαι, μηδὲ ῥοφέειν,
just-having-sipped nor just-having-drunk to-be-bathed nor to-sip
μηδὲ πίνειν ταχὺ μετὰ τὸ λουτρόν. Μέγα μὲν δὴ μέρος
nor to-drink quickly after the bath Great indeed indeed share
χρὴ νέμειν τῷ κάμνοντι, ἢν ὑγιαίνων ᾖ φιλόλουτρος
one-must assign to-the sick-man if being-healthy he-be bath-loving
ἄγαν καὶ εἰθισμένος λούεσθαι· καὶ γὰρ ποθέουσι μᾶλλον
very and accustomed to-be-bathed and for long-for more
οἱ τοιοίδε, καὶ ὠφελέονται λουσάμενοι, καὶ βλάπτονται
the such and are-helped having-bathed and are-harmed
μὴ λουσάμενοι. Ἁρμόζει δὲ ἐν περιπλευμονίῃσι μᾶλλον
not having-bathed It-suits and in pneumonias more
ἢ ἐν καύσοισι τὸ ἐπίπαν· καὶ γὰρ ὀδύνης τῆς κατὰ
than in ardent-fevers on-the whole and for of-pain the in
πλευρὴν καὶ στήθεα καὶ μετάφρενον παρηγορικόν ἐστι
side and chest and back soothing is
τὸ λουτρὸν, καὶ πτυέλου πεπαντικὸν καὶ ἀναγωγὸν, καὶ
the bath and of-sputum ripening and bringing-up and
εὔπνοον καὶ ἄκοπον· μαλθακτικὸν γὰρ καὶ ἄρθρων
easing-breath and relieving-fatigue softening for both of-joints
καὶ τοῦ ἐπιπολαίου δέρματος· καὶ οὐρητικὸν δὲ, καὶ
and of-the surface skin and diuretic and also
καρηβαρίην λύει, καὶ ῥῖνας ὑγραίνει. Ἀγαθὰ μὲν οὖν
heaviness-of-head it-relieves and nostrils moistens Goods indeed then
λουτρῷ τοσαῦτα πάρεστιν, ὧν πάντων δεῖ· ἢν
to-bath so-many are-present of-which all there-is-need if
μέντοι τῆς παρασκευῆς ἔνδειά τις ᾖ ἑνὸς ἢ πλειόνων,
however of-the preparation lack some be of-one or of-more
κίνδυνος μὴ λυσιτελέειν τὸ λουτρὸν, ἀλλὰ μᾶλλον
danger not to-profit the bath but rather

βλάπτειν· ἓν γὰρ ἕκαστον αὐτέων μεγάλην φέρει τὴν
to-harm one for each of-them great brings the
βλάβην, μὴ παρασκευασθὲν ὑπὸ τῶν ὑπουργῶν ὡς
harm not prepared by the attendants as
δεῖ.
needful
Ἥκιστα δὲ λούειν καιρὸς τούτους οἷσιν ἡ κοιλίη
Least and to-bathe occasion those for-whom the belly
ὑγροτέρη τοῦ καιροῦ ἐν τῇσι νούσοισιν· ἀτὰρ οὐδὲ οἷσιν
looser than-the due in the diseases but nor for-whom
ἕστηκε μᾶλλον τοῦ καιροῦ καὶ μὴ προδιελήλυθεν· οὐδὲ
it-stands more than-the due and not has-passed-before nor
δὴ τοὺς γεγυιωμένους χρὴ λούειν, οὐδὲ τοὺς ἀσώδεας
indeed the weakened one-must to-bathe nor the nauseous
ἢ ἐμετικοὺς, οὐδὲ τοὺς ἐπανερευγομένους χολῶδες, οὐδὲ
or vomiting nor those belching-up bilious(-matter) nor
τοὺς ἐκ ῥινῶν αἱμορῥαγέοντας, εἰ μὴ ἔλασσον τοῦ
those from nostrils bleeding if not less than-the
καιροῦ ῥέοι· τοὺς δὲ καιροὺς οἶδας· ἢν δὲ ἔλασσον
due it-flow the and due-measures you-know if and less
τοῦ καιροῦ ῥέοι, λούειν, ἤν τε ὅλον τὸ σῶμα πρὸς
than-the due it-flow to-bathe if both whole the body toward
τὰ ἄλλα ἀρήγῃ, ἤν τε τὴν κεφαλὴν μοῦνον. Ἢν
the other-things it-help if and the head alone If
οὖν αἵ τε παρασκευαὶ ἔωσιν ἐπιτήδειοι καὶ ὁ κάμνων
then the both preparations be suitable and the sick-man
μέλλῃ εὖ δέξασθαι τὸ λουτρὸν, λούειν χρὴ ἑκάστης
be-going well to-receive the bath to-bathe one-must each
ἡμέρης· τοὺς δὲ φιλολουτρέοντας οὐδ' εἰ δὶς τῆς ἡμέρης
day the and bath-lovers not-even if twice of-the day
λούοις, οὐδὲν ἂν βλάπτοις. Χρέεσθαι δὲ λουτροῖσι τοῖσιν
you-bathe nothing — you-would-harm To-use and baths for-those

ὅλῃσι πτισάνῃσι χρεομένοισι παραπουλὺ μᾶλλον ἐνδέχεται,
whole barley-gruels using by-far more it-is-allowed
ἢ τοῖσι χυλῷ μοῦνον χρεομένοισιν· ἐνδέχεται δὲ καὶ
than for-those juice only using it-is-allowed and also
τουτέοισιν ἐνίοτε· ἥκιστα δὲ καὶ τοῖσι ποτῷ μοῦνον
for-these sometimes least and also for-those drink only
χρεομένοισιν· ἔστι δὲ καὶ οἷσι τουτέων ἐνδέχεται·
using it-is and also for-whom of-these it-is-allowed
τεκμαίρεσθαι δὲ χρὴ τοῖσι προγεγραμμένοισιν οὕς
to-judge and one-must by-the things-written-before whom
τε μέλλει λουτρὸν ὠφελέειν ἐν ἑκάστοισι τῶν τρόπων
both is-going bath to-help in each of-the ways
τῆς διαίτης, οὕς τε μή. Οἷσι μὲν γὰρ προσδέεταί
of-the regimen whom and not For-whom indeed for there-is-need-besides
τινος κάρτα τουτέων, ὁκόσα λουτρὸν ἀγαθὰ ποιέει, καὶ
of-some very of-these whatever bath goods does and
πρόσεστιν αὐτέοισιν ὅσα ἂν λουτρῷ ὠφελέηται, δεῖ
are-present to-them whatever — by-bath is-helped one-must
λούειν· οἷσι δὲ τουτέων μηδενὸς προσδεῖ, καὶ πρόσεστιν
to-bathe for-whom but of-these none is-needed and are-present
αὐτέοισι τῶν σημείων ἐφ᾽ οἷσι λούεσθαι οὐ ξυμφέρει, οὐ
to-them of-the signs at which to-be-bathed not is-beneficial not
δεῖ λούειν.
one-must to-bathe

HIPPOCRATES

ΕΠΙΔΗΜΙΩΝ ΤΟ ΠΡΩΤΟΝ · ΕΠΙΔΗΜΙΩΝ ΤΟ ΤΡΙΤΟΝ

Epidemics I and III

ΕΠΙΔΗΜΙΩΝ ΤΟ ΠΡΩΤΟΝ. ΤΜΗΜΑ ΠΡΩΤΟΝ. ΚΑΤΑΣΤΑΣΙΣ ΠΡΩΤΗ

I · THE FIRST CONSTITUTION

In Thasos, after a rainy southerly autumn and a mild, dry winter like spring, ardent fevers were few and mild. Swellings rose beside the ears in many, chiefly young men at the wrestling school, and vanished harmlessly; others had dry coughs, hoarseness, and inflamed testicles. From early summer many who had long been declining took to bed with consumption and died quickly. The consumptives had continuous semitertian fevers with chills, sweats, thin urine, and thin stools. The other fevers of summer and autumn were long but mild, and only consumption killed.

Ἐν Θάσῳ, φθινοπώρου περὶ ἰσημερίην καὶ ὑπὸ πληϊάδα, 1
In Thasos in-autumn about equinox and near Pleiad
ὕδατα πουλλὰ, ξυνεχέα μαλθακῶς, ἐν νοτίοισι, χειμὼν
rains many continuous gently in southerly(-winds) winter
νότιος, σμικρὰ πνεύματα βόρεια, αὐχμοὶ, τὸ ξύνολον ἔς
southerly slight winds northerly droughts on-the whole for
γε χειμῶνα ὁκοῖον ἦρ γίγνεται. Ἦρ δὲ νότιον, ψυχεινὸν,
at-least winter such-as spring becomes Spring and southerly cold
σμικρὰ ὕσματα. Θέρος ὡς τὸ πουλὺ ἐπινέφελον, ἀνυδρίαι,
slight rains Summer as for-the most cloudy lack-of-rain
ἐτησίαι ὀλίγα, σμικρὰ, διεσπαρμένως ἔπνευσαν. Γενομένης
etesians few slight scatteredly blew Having-become
δὲ τῆς ἀγωγῆς ὅλης ἐπὶ τά νότια, καὶ μετὰ αὐχμῶν, πρωΐ
and the course whole toward the southerly and with droughts early
μὲν τοῦ ἦρος, ἐκ τῆς πρόσθεν καταστάσιος ὑπεναντίης καὶ
indeed of-the spring from the former constitution contrary and
βορείου γενομένης ὀλίγοισιν ἐγένοντο καῦσοι, καὶ τουτέοισι
northerly having-been to-few there-were ardent-fevers and to-these
πάνυ εὐσταθέες, καὶ ὀλίγοισιν ᾑμορῥάγεεν, οὐδ᾽ ἀπέθνησκον
very stable and to-few it-hemorrhaged nor did-they-die

ἐκ τουτέων. Ἐπάρματα δὲ παρὰ τὰ ὦτα, πολλοῖσιν
from these Swellings and beside the ears to-many
ἑτερόῤῥοπα, καὶ ἐξ ἀμφοτέρων τοῖσι πλείστοισιν ἀπύροισιν
one-sided and on both to-the most fever-free
ὀρθοστάδην· ἔστι δὲ οἳ καὶ σμικρὰ ἐπεθερμαίνοντο·
upright there-are and who also slightly were-heated-besides
κατέσβη πᾶσιν ἀσινέως· οὐδ' ἐξεπύησεν οὐδενὶ, ὥσπερ τὰ
it-was-quenched in-all harmlessly nor suppurated in-none as the
ἐξ ἄλλων προφασίων. Ἦν δὲ ὁ τρόπος αὐτέων, χαῦνα,
from other causes Was and the manner of-them soft
μεγάλα, κεχυμένα, οὐ μετὰ φλεγμονῆς, ἀνώδυνα· πᾶσιν
large diffused not with inflammation painless in-all
ἀσήμως ἠφανίσθη. Ἐγένετο δὲ ταῦτα μειρακίοισιν ἐοῦσιν,
without-sign it-vanished Happened and these to-lads being
ἀκμάζουσι, καὶ τουτέων τοῖσι περὶ παλαίστρην καὶ γυμνάσια
in-their-prime and of-these to-those about wrestling-school and gymnasia
πλείστοισιν· γυναιξὶ δὲ ὀλίγῃσιν ἐγένετο. Πολλοῖσι δὲ βῆχες
most to-women but few it-happened To-many and coughs
ξηραὶ, βήσσουσι καὶ οὐδὲν ἀνάγουσι, καὶ φωναὶ βραγχώδεες.
dry coughing and nothing bringing-up and voices hoarse
Οὐ μετὰ πουλὺ, τοῖσι δὲ καὶ μετὰ χρόνον, φλεγμοναὶ μετ'
Not after much to-some and also after time inflammations with
ὀδύνης ἐς ὄρχιν ἑτερόῤῥοπαι, τοῖσι δὲ ἐς ἀμφοτέρους· πυρετοὶ
pain to testicle one-sided to-some and to both fevers
τοῖσι μὲν, τοῖσι δ' οὔ· ἐπιπόνως ταῦτα τοῖσι πλείστοισιν·
to-some indeed to-some and not painfully these to-the most
τὰ δ' ἄλλα, ὁκόσα κατ' ἰητρεῖον, ἀνόσως διῆγον.
the but other-things whatever in surgery without-illness they-passed

2 Πρωΐ δὲ τοῦ θέρεος ἀρξαμένου, καὶ διὰ θέρεος καὶ κατὰ
Early and the summer having-begun and through summer and in
χειμῶνα, πολλοὶ τῶν ἤδη πουλὺν χρόνον ὑποφερομένων
winter many of-those already long time declining

φθινώδεες κατεκλίθησαν· ἐπεὶ καὶ τοῖσιν ἐνδοιαστῶς ἔχουσι,
consumptive took-to-bed since also in-those doubtfully being
πολλοῖσιν ἐβεβαίωσε τότε· ἔστι δ' οἷσιν ἤρξατο πρῶτον
many it-confirmed then there-are and in-whom it-began first
τότε, οἷσιν ἔῤῥεπεν ἡ φύσις ἐπὶ τὸ φθινῶδες. Ἀπέθανον δὲ
then in-whom inclined the nature toward the consumptive Died and
πολλοὶ καὶ πλεῖστοι τουτέων· καὶ τῶν κατακλιθέντων οὐκ
many and most of-these and of-those having-taken-to-bed not
οἶδ' εἴ τις καὶ μέτριον χρόνον περιεγένετο· ἀπέθνησκον δὲ
I-know if anyone even moderate time survived they-died and
ὀξυτέρως, ἢ ὡς εἴθισται διάγειν τὰ τοιαῦτα. Ὡς τά γε
more-quickly than as it-is-usual to-last the such-things As the at-least
ἄλλα καὶ μακρότερα, καὶ ἐν πυρετοῖσιν ἐόντα, εὐφόρως
other and longer and in fevers being easily
ἤνεγκαν, καὶ οὐκ ἀπέθνησκον, περὶ ὧν γεγράψεται. Μοῦνον
they-bore and not died about which it-shall-be-written Alone
γὰρ καὶ μέγιστον τῶν τότε γενομένων νουσημάτων τοὺς
for and greatest of-the then occurring illnesses the
πολλοὺς τὸ φθινῶδες ἔκτεινεν. Ἦν δὲ τοῖσι πλείστοισιν
many the consumption killed Were and to-the most
αὐτέων τὰ παθήματα τοιάδε· φρικώδεες πυρετοὶ, ξυνεχέες,
of-them the sufferings such shivery fevers continuous
ὀξέες, τὸ μὲν ὅλον οὐ διαλείποντες· ὁ δὲ τρόπος,
acute the indeed whole not intermitting the and manner
ἡμιτριταῖος· τὴν μὲν κουφότεροι, τῇ δ' ἑτέρῃ
semitertian on-one(-day) indeed lighter on-the and other
ἐπιπαροξυνόμενοι, καὶ τὸ ὅλον ἐπὶ τὸ ὀξύτερον ἐπιδιδόντες·
exacerbated and the whole toward the sharper advancing
ἱδρῶτες δὲ αἰεὶ, οὐ δι' ὅλου· ψύξις ἀκρέων πολλὴ, καὶ
sweats and always not through whole chilling of-extremities much and

μόλις ἀναθερμαινόμενα· κοιλίαι ταραχώδεες, χολώδεσιν,
hardly warming-again bowels disturbed with-bilious
ὀλίγοισιν, ἀκρήτοισι, λεπτοῖσι, δακνώδεσι, πυκνὰ ἀνίσταντο.
scanty unmixed thin biting often they-rose
Οὖρα δὲ ἦν λεπτὰ καὶ ἄχροα, καὶ ἄπεπτα, καὶ ὀλίγα,
Urines and were thin and colorless and unconcocted and scanty
ἢ πάχος ἔχοντα καὶ σμικρὴν ὑπόστασιν, οὐ καλῶς
or thickness having and small sediment not well
καθιστάμενα, ἀλλ' ὠμῇ τινι καὶ ἀκαίρῳ ὑποστάσει.
settling but with-raw some and untimely sediment
Ἔβησσον δὲ σμικρὰ, πυκνὰ, πέπονα, κατ' ὀλίγον μόλις
They-coughed and small frequent ripe by little hardly
ἀνάγοντες· οἷσι δὲ τὰ βιαιότατα ξυμπίπτοι, οὐδ' ἐς ὀλίγον
bringing-up to-whom and the most-violent befell not-even to little
πεπασμὸν ἦει, ἀλλὰ διετέλεον ὠμὰ πτύοντες. Φάρυγγες
ripening it-went but they-continued raw spitting Throats
δὲ τοῖσι πλείστοισι τούτων ἐξ ἀρχῆς καὶ διὰ τέλεος
and to-the most of-these from beginning and through end
ἐπώδυνον εἶχον· ἔρευθος μετὰ φλεγμονῆς· ῥεύματα σμικρὰ,
painful had redness with inflammation fluxes small
λεπτὰ, δριμέα· ταχὺ τηκόμενοι καὶ κακούμενοι· ἀπόσιτοι
thin acrid quickly wasting and worsening without-appetite
πάντων γευμάτων διὰ τέλεος· ἄδιψοι· καὶ παράληροι
for-all foods through end thirstless and delirious
πουλλοὶ περὶ θάνατον· περὶ μὲν τὰ φθινώδεα, ταῦτα.
many about death about indeed the consumptive these
3 Κατὰ δὲ θέρος ἤδη καὶ φθινόπωρον, πυρετοὶ πουλλοὶ,
In and summer already and autumn fevers many
ξυνεχέες, οὐ βίαιοι· μακρὰ δὲ νοσέουσιν, οὐδὲ περὶ
continuous not violent long but to-those-ill nor about
τὰ ἄλλα δυσφόρως διάγουσιν ἐγένοντο. Κοιλίαι τε
the other-things uneasily passing occurred Bowels and

ταραχώδεες τοῖσι πλείστοισι πάνυ εὐφόρως, καὶ οὐδὲν
disturbed to-the most very easily and nothing
ἄξιον λόγου προσέβλαπτον· οὖρά τε τοῖσι πλείστοισιν,
worthy of-mention harmed-besides urines and to-the most
εὔχροα μὲν, καὶ καθαρὰ, λεπτὰ δὲ, καὶ μετὰ χρόνον περὶ
well-colored indeed and clear thin but and after time about
κρίσιν πεπαινόμενα. Βηχώδεες οὐ λίην· οὐδὲ τὰ βησσόμενα
crisis ripening Coughing not much nor the things-coughed
δυσκόλως· οὐδ' ἀπόσιτοι, ἀλλὰ καὶ διδόναι πάνυ ἐνεδέχετο
with-difficulty nor without-appetite but even to-give quite it-was-possible
(τὸ μὲν ὅλον ὑπενόσεον οἱ φθινώδεες, οὐ τὸν φθινώδεα
the indeed whole were-somewhat-ill the consumptive not the consumptive
τρόπον). Πυρετοῖσι φρικώδεσι σμικρὰ ἐφιδροῦντες, ἄλλοτε
manner With-fevers shivery slightly sweating at-one-time
ἀλλοίως παροξυνόμενοι πεπλανημένως, τὸ μὲν ὅλον,
differently exacerbated erratically the indeed whole
οὐκ ἐκλείποντες, παροξυνόμενοι δὲ τριταιοφυέα τρόπον.
not ceasing exacerbated and tertian-like manner
Ἐκρίνετο δὲ τουτέων, οἷσι τὰ βραχύτατα γένοιτο, περὶ
Reached-crisis and of-these to-whom the shortest happened about
εἰκοστὴν ἡμέρην, τοῖσι δὲ πλείστοισι περὶ τεσσαρακοστὴν,
twentieth day to-the and most about fortieth
πολλοῖσι δὲ περὶ ὀγδοηκοστήν. Ἔστι δὲ οἷσιν, οὐδ'
to-many and about eightieth There-are and in-whom not-even
οὕτως, ἀλλὰ πεπλανημένως καὶ ἀκρίτως ἐξέλιπον· τουτέων
so but erratically and without-crisis they-ceased of-these
δὲ τοῖσι πλείστοισιν οὐ πουλὺν διαλείποντες χρόνον,
and to-the most not long intermitting time
ὑπέστρεψαν οἱ πυρετοὶ πάλιν· ἐκ δὲ τῶν ὑποστροφέων
returned the fevers again from and the relapses
ἐν τῇσιν αὐτῇσι περιόδοισιν ἐκρίνοντο· πολλοῖσι δὲ
in the same periods they-reached-crisis to-many and

αὐτέων τέων ἀνήγαγον, ὥστε καὶ ὑπὸ χειμῶνα νοσέειν.
of-them of-some they-prolonged so-that even into winter to-be-ill
Ἐκ πάντων δὲ τῶν ὑπογεγραμμένων ἐν τῇ καταστάσει
From all and the described in the constitution
ταύτῃ, μούνοισι τοῖσι φθινώδεσι θανατώδεα ξυνέπεσεν·
this to-only the consumptive deadly(-things) befell
ἐπεὶ τοῖσί γε ἄλλοισιν εὐφόρως πᾶσι, καὶ θανατώδεες
since to-the at-least others easily for-all and deadly
ἐν τοῖσιν ἄλλοισι πυρετοῖσιν οὐκ ἐγένοντο.
in the other fevers not were

ΤΜΗΜΑ ΔΕΥΤΕΡΟΝ. ΚΑΤΑΣΤΑΣΙΣ ΔΕΥΤΕΡΗ

II · THE SECOND CONSTITUTION AND THE ART

After a wet, cold, northerly year, ophthalmias came in spring, then dysentery, tenesmus, and bilious fluxes in summer and autumn, and every kind of fever. Ardent fevers were few and mild. The continuous fevers were the most violent and long, with useless sweats, cold extremities, sleeplessness, and bad bowels and urines. Children died most, and strangury was the best sign of rescue. The physician must tell the past, know the present, foretell the future, and help or at least do no harm. The art has three terms, the disease, the patient, and the physician, and the patient must join the physician against the disease. Head and neck pains in fevers foretell convulsions, nosebleeds, or vomiting.

4 Ἐν Θάσῳ πρωΐ τοῦ φθινοπώρου, χειμῶνες οὐ κατὰ καιρὸν,
In Thasos early in-the autumn storms not according-to season
ἀλλ᾽ ἐξαίφνης ἐν βορείοισι καὶ νοτίοισι πουλλοῖσιν, ὑγροὶ καὶ
but suddenly in northerly and southerly many wet and
προεκρηγνύμενοι. Ταῦτα δὴ ἐγένετο τοιαῦτα, μέχρι πληϊάδος
breaking-early These indeed happened such until of-Pleiad
δύσιος, καὶ ὑπὸ πληϊάδα. Χειμὼν δὲ βόρειος· ὕδατα πουλλὰ,
setting and near Pleiad Winter and northerly rains many

λαῦρα, μεγάλα, χιόνες, μιξαίθρια τὰ πλεῖστα· ταῦτα
violent great snows mixed-with-fair-weather the most these
δὲ ἐγένετο μὲν πάντα, οὐ λίην δὲ ἀκαίρως τὰ τῶν ψυχέων.
and happened indeed all not too but unseasonably the of-the colds
Ἤδη δὲ μεθ' ἡλίου τροπὰς χειμερινὰς, καὶ ἡνίκα ζέφυρος
Already and after of-sun turnings wintry and when zephyros
πνέειν ἄρχεται, ὀπισθοχειμῶνες μεγάλοι, βόρεια πουλλά·
to-blow begins late-winter-storms great northerly(-winds) many
χιὼν, καὶ ὕδατα ξυνεχέως πουλλὰ, καὶ οὐρανὸς λαιλαπώδης,
snow and rains continuously many and sky squally
καὶ ἐπινέφελος· ταῦτα δὲ ξυνέτεινε καὶ οὐκ ἀνίει μέχρις
and cloudy these and continued and not relented until
ἰσημερίης. Ἦρ δὲ ψυχρὸν, βόρειον, ὑδατῶδες, ἐπινέφελον·
equinox Spring and cold northerly rainy cloudy
θέρος οὐ λίην καυματῶδες ἐγένετο· ἐτησίαι ξυνεχέες ἔπνευσαν·
summer not very hot was etesians continuous blew
ταχὺ δὲ περὶ ἀρκτοῦρον, ἐν βορείοισι πουλλὰ πάλιν ὕδατα.
quickly and about Arcturus in northerly(-winds) many again rains
Γενομένου δὲ τοῦ ἔτεος ὅλου ὑγροῦ καὶ ψυχροῦ καὶ βορείου,
Having-been and the year whole wet and cold and northerly
κατὰ χειμῶνα μὲν ὑγιηρῶς εἶχον τὰ πλεῖστα· πρωΐ δὲ
in winter indeed healthily they-were the most early but
τοῦ ἦρος, πολλοί τινες καὶ οἱ πλεῖστοι διῆγον ἐπινόσως.
in-the spring many some and the most passed sickly
Ἤρξαντο μὲν οὖν τὸ πρῶτον ὀφθαλμίαι ῥοώδεες, ὀδυνώδεες,
Began indeed then the first ophthalmias flowing painful
ὑγραὶ ἀπέπτως, σμικρὰ λημία πολλοῖσι δυσκόλως
wet unconcoctedly small rheum-lumps to-many with-difficulty
ἐκρηγνύμενα· τοῖσι πλείστοισιν ὑπέστρεφον· ἀπέλιπον ὀψὲ
breaking to-the most they-returned they-ceased late
πρὸς τὸ φθινόπωρον. Κατὰ δὲ θέρος καὶ φθινόπωρον,
toward the autumn In and summer and autumn

δυσεντεριώδεες, καὶ τεινεσμοὶ, καὶ λειεντεριώδεες, καὶ
dysenteric(-cases) and tenesmus and lienteric(-cases) and
διάῤῥοιαι χολώδεες, λεπτοῖσι, πολλοῖσιν, ὠμοῖσι, καὶ
diarrheas bilious with-thin copious raw and
δακνώδεσιν· ἔστι δ' οἷσι καὶ ὑδατώδεες· πολλοῖσι δὲ καὶ
biting(-stools) there-are and to-whom also watery to-many and also
περίῤῥοιαι μετὰ πόνου, χολώδεες, ὑδατώδεες, ξυσματώδεες,
fluxes with pain bilious watery scrapy
πυώδεες, στραγγουριώδεες· οὐ νεφριτικὰ, ἀλλὰ τουτέοισιν
purulent strangurious not nephritic but to-these
ἀντ' ἄλλων ἄλλα· ἔμετοι χολώδεες, φλεγματώδεες, καὶ
instead-of others others vomitings bilious phlegmatic and
σιτίων ἀπέπτων ἀναγωγαί· ἱδρῶτες· πᾶσι πάντοθεν
of-foods unconcocted bringings-up sweats to-all from-everywhere
πουλὺς πλάδος· ἐγένετο δὲ ταῦτα πουλλοῖσιν, ὀρθοστάδην
much moisture happened and these to-many upright
ἀπύροισι, πολλοῖσι δὲ πυρέττουσι, περὶ ὧν γεγράψεται·
fever-free to-many and feverish about which it-shall-be-written
ἐνίοισι δὲ ὑπεφαίνετο πάντα τὰ ὑπογεγραμμένα μετὰ πόνου.
to-some and appeared all the described with pain
Φθινώδεες, ἤδη φθινοπώρου καὶ ὑπὸ χειμῶνα, πυρετοὶ
Consumptive already in-autumn and into winter fevers
ξυνεχέες, καί τισιν αὐτέων ὀλίγοισι καυσώδεες ἡμερινοὶ,
continuous and to-some of-them few ardent daily
νυκτερινοὶ, ἡμιτριταῖοι, τριταῖοι, ἀκριβέες, τεταρταῖοι,
nightly semitertian tertian exact quartan
πλανῆτες· ἕκαστοι δὲ τῶν ὑπογεγραμμένων πυρετῶν
wandering each and of-the described fevers
πολλοῖσιν ἐγένοντο. Οἱ μὲν οὖν καῦσοι ἐλαχίστοισί τε
to-many happened The indeed then ardent-fevers to-fewest both
ἐγένοντο, καὶ ἥκιστα τῶν καμνόντων οὗτοι ἐπόνησαν· οὔτε
happened and least of-the sick these suffered neither

γὰρ αἱ αἱμορῥαγίαι, εἰ μὴ πάνυ σμικρὰ καὶ ὀλίγοισιν,
for the hemorrhages if not very slight and to-few
οὔτε οἱ παράληροι· τά τε ἄλλα πάντα εὐφόρως· ἐκρίνετο
nor the deliriums the and other all easily reached-crisis
δὲ τουτέοισι πάνυ εὐτάκτως, τοῖσι πλείστοισι ξὺν τῇσι
and to-these very regularly to-the most with the
διαλιπούσῃσιν ἐν ἑπτακαίδεκα ἡμέρῃσιν· οὐδὲ ἀποθανόντα
intermitting(-days) in seventeen days nor having-died
οὐδένα οἶδα τότε ἐν καύσῳ, οὐδὲ φρενιτικὰ τότε γενόμενα.
none I-know then in ardent-fever nor phrenitic(-cases) then happening
Οἱ δὲ τριταῖοι, πλείους μὲν τῶν καύσων καὶ ἐπιπονώτεροι·
The and tertians more indeed than-the ardent-fevers and more-painful
εὐτάκτως δὲ τούτοισι πᾶσιν ἀπὸ τῆς πρώτης λήψιος,
regularly but to-these all from the first seizure
τέσσαρας περιόδους· ἐν ἑπτὰ δὲ τελέως ἔκριναν, οὐδ᾽
four periods in seven and completely they-reached-crisis nor
ὑπέστρεψαν οὐδενὶ τούτων. Οἱ δὲ τεταρταῖοι, πολλοῖσι μὲν
returned to-none of-these The and quartans to-many indeed
ἐξ ἀρχῆς, ἐν τάξει τεταρταίου, ἤρξαντο· ἔστι δ᾽ οἷσιν οὐκ
from beginning in order of-quartan began there-are and to-whom not
ὀλίγοισιν ἐξ ἄλλων πυρετῶν καὶ νουσημάτων ἀποστάσιες ἐς
few from other fevers and illnesses abscessions into
τεταρταίους ἐγένοντο· μακρὰ δὲ καὶ ὡς εἴθισται τουτέοισι,
quartans happened long and also as it-is-usual to-these
καὶ ἔτι μακρότερα ξυνέπιπτεν. Ἀμφημερινοὶ δὲ καὶ νυκτερινοὶ,
and still longer they-fell-out Quotidians but and nightly
καὶ πλανῆτες πολλοῖσι πολλοὶ, καὶ πουλὺν χρόνον παρέμενον,
and wandering to-many many and long time remained
ὀρθοστάδην τε καὶ κατακειμένοισιν· τοῖσι πλείστοισι τουτέων
upright both and lying-down to-the most of-these
ὑπὸ πληϊάδα καὶ μέχρι χειμῶνος οἱ πυρετοὶ παρείποντο.
near Pleiad and until winter the fevers followed

Σπασμοὶ δὲ πουλλοῖσι, μᾶλλον δὲ παιδίοισιν, ἐξ ἀρχῆς·
Convulsions and to-many more but to-children from beginning
καὶ ἐπύρεσσον, καὶ ἐπὶ πυρετοῖσιν ἐγίνοντο σπασμοί·
both they-were-feverish and upon fevers happened convulsions
χρόνια μὲν τοῖσι πλείστοισι τουτέων, ἀβλαβέα δὲ, εἰ μὴ
long-lasting indeed to-the most of-these harmless but if not
τοῖσι καὶ ἐκ τῶν ἄλλων πάντων ὀλεθρίως ἔχουσιν. Οἱ δὲ
to-those also from the other all fatally being The and
ξυνεχέες μὲν τὸ ὅλον, καὶ οὐδὲν ἐκλείποντες, παροξυνόμενοι
continuous indeed the whole and nothing ceasing exacerbated
δὲ πᾶσι τριταιοφυέα τρόπον, μίαν ὑποκουφίζοντες,
and to-all tertian-like manner one(-day) lightening
καὶ μίαν παροξυνόμενοι, πάντων βιαιότατοι τῶν τότε
and one exacerbated of-all most-violent of-the then
γενομένων, καὶ μακρότατοι, καὶ μετὰ πόνων μεγίστων
happening and longest and with pains greatest
γενόμενοι· πρηέως ἀρχόμενοι, τὸ ὅλον ἐπιδιδόντες αἰεὶ,
being gently beginning the whole advancing always
καὶ παροξυνόμενοι, καὶ ἀνάγοντες ἐπὶ τὸ κάκιον· σμικρὰ
and exacerbated and leading toward the worse slightly
διακουφίζοντες, καὶ ταχὺ πάλιν ἐξ ἐπισχέσιος, βιαιοτέρως
lightening and quickly again from remission more-violently
παροξυνόμενοι, ἐν κρισίμοισιν ὡς ἐπὶ τὸ πουλὺ κακούμενοι.
exacerbated in critical(-days) as for the most worsening
Ῥίγεα δὲ πᾶσι μὲν ἀτάκτως καὶ πεπλανημένως ἐγίγνετο,
Rigors and to-all indeed irregularly and erratically happened
ἐλάχιστα δὲ καὶ ἥκιστα τουτέοισιν, ἀλλ' ἐπὶ τῶν ἄλλων
fewest but and least to-these but in the other
πυρετῶν, μείζω. Ἱδρῶτες πουλλοὶ, τουτέοισι δὲ ἐλάχιστοι,
fevers greater Sweats many to-these but fewest
κουφίζοντες οὐδὲν, ἀλλ' ὑπεναντίον βλάβας φέροντες. Ψύξις
relieving nothing but on-the-contrary harms bringing Chilling

πουλλὴ τουτέοισιν ἀκρέων, καὶ μόλις ἀναθερμαινόμενα.
much to-these of-extremities and hardly warming-again
Ἄγρυπνοι τὸ ξύνολον, καὶ μάλιστα οὗτοι, καὶ πάλιν
Sleepless on-the whole and most these and again
κωματώδεες. Κοιλίαι, πᾶσι μὲν ταραχώδεες καὶ κακαὶ,
comatose Bowels to-all indeed disturbed and bad
πολὺ δὲ τουτέοισι κάκισται. Οὖρα δὲ τοῖσι πλείστοισι
much but to-these worst Urines and to-the most
τουτέων, ἢ λεπτὰ, καὶ ὠμὰ, καὶ ἄχροα, καὶ μετὰ χρόνον
of-these either thin and raw and colorless and after time
σμικρὰ πεπαινόμενα κρισίμως, ἢ πάχος μὲν ἔχοντα, θολερὰ
slightly ripening critically or thickness indeed having turbid
δὲ καὶ οὐδὲν καθιστάμενα, οὐδ' ὑφιστάμενα, ἢ σμικρὰ καὶ
but and nothing settling nor depositing or small and
κακὰ, καὶ ὠμὰ τὰ ὑφιστάμενα, κάκιστα δὲ ταῦτα πάντων.
bad and raw the deposits worst and these of-all
Βῆχες μὲν παρείποντο τοῖσι πυρετοῖσιν· γράψαι δὲ οὐκ
Coughs indeed followed the fevers to-write but not
ἔχω βλάβην οὐδ' ὠφελείην γενομένην διὰ βηχὸς τότε.
I-can harm nor benefit coming-about through cough then
Χρόνια μὲν οὖν καὶ δυσχερέα, καὶ πάνυ ἀτάκτως καὶ
Long-lasting indeed then and troublesome and very irregularly and
πεπλανημένως, καὶ ἀκρίτως τὰ πλεῖστα τουτέων διετέλει
erratically and without-crisis the most of-these continued
γινόμενα, καὶ τοῖσι πάνυ ὀλεθρίως ἔχουσι καὶ τοῖσι μή· εἰ
happening both to-those very fatally being and to-those not if
γάρ τινας αὐτέων διαλείποι σμικρὰ, ταχὺ πάλιν ὑπέστρεφεν.
for some of-them it-intermitted slightly quickly again it-returned
Ἔστι δὲ οἷσιν ἔκρινεν αὐτέων ὀλίγοισιν· οἷσι τὰ
There-are and to-whom it-reached-crisis of-them few to-whom the
βραχύτατα γένοιτο, περὶ ὀγδοηκοστὴν ἐοῦσι, καὶ τουτέων
shortest happened about eightieth being and of-these

ἐνίοισιν ὑπέστρεφεν, ὥστε κατὰ χειμῶνα τοὺς πλείστους
to-some it-returned so-that in winter the most
αὐτέων ἔτι νοσέειν· τοῖσι δὲ πλείστοισιν ἀκρίτως ἐξέλειπεν·
of-them still to-be-ill to-the but most without-crisis it-ceased
ὁμοίως δὲ ταῦτα ξυνέπιπτε τοῖσι περιγινομένοισι καὶ τοῖσιν
alike and these befell to-those surviving and to-those
οὔ. Πολλῆς δέ τινος γενομένης ἀκρισίης καὶ ποικιλίης ἐπὶ
not Much and some having-arisen lack-of-crisis and variety in
τῶν νουσημάτων, καὶ μεγίστου μὲν σημείου καὶ κακίστου
the illnesses and greatest indeed sign and worst
διὰ τέλεος παρεπομένου τοῖσι πλείστοισιν ἀποσίτοισιν
through end accompanying to-the most without-appetite
εἶναι πάντων γευμάτων, μάλιστα δὲ τουτέων, οἷσι καὶ
to-be for-all foods most and of-these to-whom also
τἆλλα ὀλεθρίως ἔχοι, διψώδεες οὐ λίην ἀκαίρως ἦσαν ἐπὶ
the-rest fatally stood thirsty not very unseasonably were in
τοῖσι πυρετοῖσι τουτέοισιν. Γενομένων δὲ χρόνων μακρῶν,
the fevers these Having-passed and times long
καὶ πόνων πολλῶν, καὶ κακῆς ξυντήξιος ἐπὶ τουτέοισιν
and pains many and bad wasting upon these
ἀποστάσιες ἐγένοντο, ἢ μέζους, ὥστε ὑποφέρειν μὴ
abscessions happened either greater so-that to-bear not
δύνασθαι, ἢ μείους, ὥστε μηδὲν ὠφελέειν, ἀλλὰ ταχὺ
to-be-able or smaller so-that nothing to-help but quickly
παλινδρομέειν, καὶ ξυνεπείγειν ἐπὶ τὸ κάκιον. Ἦν δὲ
to-run-back and to-hasten toward the worse Were and
τουτέοισι τὰ γιγνόμενα δυσεντεριώδεα, καὶ τεινεσμοὶ, καὶ
to-these the happening dysenteric(-cases) and tenesmus and
λειεντερικοὶ, καὶ ῥοώδεες· ἔστι δ' οἷσι καὶ ὕδρωπες, μετὰ
lienteric(-cases) and fluxes there-are and to-whom also dropsies with

τουτέων καὶ ἄνευ τουτέων· ὅ τι δὲ παραγένοιτο τουτέων
these and without these what — and came-on of-these
βιαίως, ταχὺ ξυνῄρει· ἢ πάλιν ἐπὶ τὸ μηδὲν ὠφελέειν.
violently quickly carried-off or again to the nothing to-help
Ἐξανθήματα σμικρὰ, καὶ οὐκ ἀξίως τῆς περιβολῆς τῶν
Eruptions small and not worthily of-the extent of-the
νουσημάτων, καὶ ταχὺ πάλιν ἀφανιζόμενα, ἢ παρὰ τὰ ὦτα
illnesses and quickly again vanishing or beside the ears
οἰδήματα μολυνόμενα, καὶ οὐδὲν ἀποσημαίνοντα. Ἔστι
swellings subsiding and nothing signifying There-are
δ' οἷσιν ἐς ἄρθρα, μάλιστα δὲ κατὰ τὸ ἰσχίον, ὀλίγοισι
and to-whom into joints most and at the hip to-few
κρισίμως ἀπολιπόντα, καὶ ταχὺ πάλιν ἐπικρατευόμενα
critically leaving and quickly again being-overpowered
ἐπὶ τὴν ἐξ ἀρχῆς ἕξιν. Ἔθνησκον δὲ ἐκ πάντων μὲν,
to the from beginning state Died and from all indeed
πλεῖστοι δὲ ἐκ τουτέων, καὶ τουτέων παιδία, ὅσα ἀπὸ
most but from these and of-these children as-many-as from
γάλακτος ἤδη, καὶ πρεσβύτερα, ὀκταετέα καὶ δεκαετέα, καὶ
milk already and older eight-year-old and ten-year-old and
ὅσα πρὸ ἥβης. Ἐγίγνετο δὲ τούτοισι ταῦτα οὐκ ἄνευ
as-many-as before puberty Happened and to-these these not without
τῶν πρώτων γεγραμμένων, τὰ δὲ πρῶτα πολλοῖσιν ἄνευ
the first written the but first to-many without
τουτέων. Μοῦνον δὲ χρηστὸν καὶ μέγιστον τῶν γενομένων
these Only and good and greatest of-the arising
σημείων, καὶ πλείστους ἐῤῥύσατο τῶν ἐόντων ἐπὶ τοῖσι
signs and most rescued of-those being in the
μεγίστοισι κινδύνοισιν, οἷσιν ἐπὶ τὸ στραγγουριῶδες
greatest dangers to-whom toward the strangury
ἐτράπετο, καὶ ἐς τοῦτο ἀποστάσιες ἐγίγνοντο· ξυνέπιπτε
it-turned and into this abscessions happened it-befell

δὲ καὶ τὸ στραγγουριῶδες τῇσιν ἡλικίῃσι ταύτῃσι γίγνεσθαι
and also the strangury to-the ages these to-happen
μάλιστα· ἐγίγνετο δὲ καὶ τῶν ἄλλων πολλοῖσιν ὀρθοστάδην
most it-happened and also of-the others to-many upright
καὶ ἐπὶ τῶν νουσημάτων. Ταχὺ δὲ καὶ μεγάλη τις ἡ
and in the illnesses Quick and also great some the
μεταβολὴ τουτέοισι πάντων ἐγίγνετο· κοιλίαι τε γὰρ, εἰ καὶ
change to-these of-all happened bowels both for if even
τύχοιεν ἐφυγραινόμεναι κακοήθεα τρόπον, ταχὺ ξυνίσταντο,
they-happened being-moistened malignant manner quickly were-firmed
γεύμασί τε πᾶσιν ἡδέως εἶχον, οἵ τε πυρετοὶ πρηέες
to-foods and all with-pleasure they-were the and fevers gentle
μετὰ ταῦτα· χρόνια δὲ τουτέοισι τὰ περὶ τὴν στραγγουρίην,
after these long-lasting but to-these the about the strangury
καὶ ἐπίπονα ἦν. Οὖρα δὲ τουτέοισιν ᾔει πουλλὰ, παχέα, καὶ
and painful were Urines and to-these went many thick and
ποικίλα, καὶ ἐρυθρὰ, μιξόπυα μετ᾽ ὀδύνης. Περιεγένοντο
various and red mixed-with-pus with pain Survived
δὲ πάντες οὗτοι, καὶ οὐδένα τουτέων οἶδα ἀποθανόντα.
and all these and none of-these I-know having-died
5 Ὁκόσα διὰ κινδύνων, πεπασμοὺς τῶν ἀπιόντων πάντας
Whatever through dangers ripenings of-the things-passing all
πάντοθεν ἐπικαίρους, ἢ καλὰς καὶ κρισίμους ἀποστάσιας,
from-everywhere timely or fine and critical abscessions
σκοπέεσθαι. Πεπασμοὶ ταχυτῆτα κρίσιος καὶ ἀσφαλίην ὑγιείης
to-observe Ripenings quickness of-crisis and security of-health
σημαίνουσιν· ὠμὰ δὲ καὶ ἄπεπτα, καὶ ἐς κακὰς ἀποστάσιας
signify raw but and unconcocted and into bad abscessions
τρεπόμενα, ἀκρισίας, ἢ πόνους, ἢ χρόνους, ἢ θανάτους,
turning lacks-of-crisis or pains or durations or deaths
ἢ τῶν αὐτέων ὑποστροφάς· ὅ τι δὲ τουτέων ἔσται
or of-the same relapses what — and of-these will-be

μάλιστα, σκεπτέον ἐξ ἄλλων. Λέγειν τὰ προγενόμενα·
most one-must-consider from others To-tell the things-past
γιγνώσκειν τὰ παρεόντα· προλέγειν τὰ ἐσόμενα· μελετᾶν
to-know the present to-foretell the things-to-be to-practice
ταῦτα· ἀσκέειν, περὶ τὰ νουσήματα, δύο, ὠφελέειν, ἢ μὴ
these to-train about the illnesses two(-things) to-help or not
βλάπτειν. Ἡ τέχνη διὰ τριῶν, τὸ νούσημα, ὁ νοσέων, καὶ
to-harm The art through three the illness the patient and
ὁ ἰητρὸς· ὁ ἰητρὸς, ὑπηρέτης τῆς τέχνης· ὑπεναντιοῦσθαι
the physician the physician servant of-the art to-oppose
τῷ νουσήματι τὸν νοσεῦντα μετὰ τοῦ ἰητροῦ χρή.
the illness the patient with the physician must
Τὰ περὶ κεφαλὴν καὶ τράχηλον ἀλγήματα, καὶ βάρεα μετ' 6
The about head and neck pains and heavinesses with
ὀδύνης, ἄνευ πυρετῶν, καὶ ἐν πυρετοῖσιν· φρενιτικοῖσι μὲν
pain without fevers and in fevers to-phrenitics indeed
σπασμοὶ, καὶ ἰώδεα ἐπανεμέουσιν, ἔνιοι ταχυθάνατοι
convulsions and verdigris(-matter) they-vomit-up some quick-dying
τουτέων· ἐν καύσοισι δὲ καὶ τοῖσιν ἄλλοισι πυρετοῖσιν,
of-these in ardent-fevers and also the other fevers
οἷσι μὲν τραχήλου πόνος καὶ κροτάφων βάρος καὶ
to-whom indeed of-neck pain and of-temples heaviness and
σκοτώδεα περὶ τὰς ὄψιας, καὶ ὑποχονδρίου ξύντασις οὐ
dimness about the eyes and of-hypochondrium tension not
μετ' ὀδύνης γίγνεται, τουτέοισιν αἱμορῥαγέει διὰ ῥινῶν·
with pain happens to-these it-hemorrhages through nostrils
οἷσι δὲ βάρεα μὲν ὅλης τῆς κεφαλῆς, καρδιωγμοὶ δὲ
to-whom and heavinesses indeed of-whole the head heartburns but
καὶ ἀσώδεές εἰσιν, ἐπανεμέουσι χολώδεα καὶ φλεγματώδεα·
and nauseous they-are they-vomit-up bilious and phlegmatic
τὸ πουλὺ δὲ παιδίοισιν ἐν τοῖσι τοιούτοισιν, οἱ σπασμοὶ
for-the most and to-children in the such the convulsions

μάλιστα· γυναιξὶ δὲ καὶ ταῦτα, καὶ ἀπὸ ὑστερέων πόνοι·
most to-women and both these and from wombs pains
πρεσβυτέροισι δὲ καὶ ὅσοισιν ἤδη τὸ θερμὸν κρατέεται,
to-older but and to-whom already the heat is-overpowered
παραπληκτικὰ, ἢ μανικὰ, ἢ στερήσιες ὀφθαλμῶν.
paralytic(-attacks) or maniac(-attacks) or losses of-eyes

ΚΑΤΑΣΤΑΣΙΣ ΤΡΙΤΗ

III · THE THIRD CONSTITUTION

In a year of northerly winds and drought, with a hot and rainless summer, paraplegias came in winter and ardent fevers in spring, and those who bled freely from the nose were saved. From the autumn equinox the phrenitic fevers killed most of those they took, chiefly young men who were smooth, pale, and black-haired. Fewer women fell ill than men, and fewer died, though many died after hard labors; the menses or a nosebleed saved them. Crises fell chiefly on the sixth, seventh, and eleventh days, with relapses at fixed intervals, and the swellings beside the ears turned to the bladder.

7 Ἐν Θάσῳ, πρὸ ἀρκτούρου ὀλίγον, καὶ ἐπ' ἀρκτούρου, ὕδατα
In Thasos before Arcturus a-little and at Arcturus rains
πουλλὰ, μεγάλα ἐν βορείοισιν. Περὶ δὲ ἰσημερίην καὶ μέχρι
many great in northerly(-winds) About and equinox and until
πληϊάδος, νότια ὕσματα ὀλίγα· χειμὼν βόρειος αὐχμοί·
Pleiad southerly showers few winter northerly droughts
ψύχεα· πνεύματα μεγάλα· χιόνες. Περὶ δὲ ἰσημερίην, χειμῶνες
colds winds great snows About and equinox storms
μέγιστοι· ἦρ βόρειον· αὐχμοί· ὕσματα ὀλίγα, ψύχεα. Περὶ
greatest spring northerly droughts showers few colds About
δὲ ἡλίου τροπὰς θερινὰς, ὕδατα ὀλίγα, μεγάλα ψύχεα
and of-sun turnings summer rains few great colds

μέχρι κυνὸς ἐπλησίασεν· μετὰ δὲ κύνα, μέχρις ἀρκτούρου
until Dog it-drew-near after and Dog until Arcturus
θέρος θερμὸν, καύματα μεγάλα, καὶ οὐκ ἐκ προσαγωγῆς,
summer hot heats great and not by gradual-approach
ἀλλὰ ξυνεχέα, καὶ βίαια· ὕδωρ οὐκ ἐγένετο· ἐτησίαι
but continuous and violent rain not came etesians
ἔπνευσαν· περὶ ἀρκτοῦρον, ὕσματα νότια μέχρις ἰσημερίης.
blew about Arcturus showers southerly until equinox
Ἐν τῇ καταστάσει ταύτῃ, κατὰ χειμῶνα μὲν ἤρξαντο 8
In the constitution this in winter indeed began
παραπληγίαι, καὶ πολλοῖσιν ἐγίγνοντο, καί τινες αὐτέων
paraplegias and to-many happened and some of-them
ἔθνησκον διὰ ταχέων· καὶ γὰρ ἄλλως τὸ νούσημα
died through quickness and for otherwise the illness
ἐπίδημον ἦν· τὰ δ' ἄλλα διετέλεον ἄνοσοι. Πρωΐ δὲ τοῦ
epidemic was the but other-things they-continued free-of-illness Early and of-the
ἦρος ἤρξαντο καῦσοι, καὶ διετέλεον μέχρις ἰσημερίης διὰ
spring began ardent-fevers and continued until equinox through
τὸ θέρος. Ὅσοι μὲν οὖν ἦρος καὶ θέρεος ἀρξαμένου
the summer As-many-as indeed then of-spring and of-summer having-begun
αὐτίκα νοσέειν ἤρξαντο, οἱ πλεῖστοι διεσώζοντο· ὀλίγοι δέ
at-once to-be-ill began the most were-saved few but
τινες ἔθνησκον. Ἤδη δὲ τοῦ φθινοπώρου καὶ τῶν ὑσμάτων
some died Already and of-the autumn and the rains
γενομένων, θανατώδεες ἦσαν, καὶ πλείους ἀπώλλυντο. Ἦν
having-come deadly they-were and more perished Were
δὲ τὰ παθήματα τῶν καύσων, οἷσι μὲν καλῶς καὶ
and the sufferings of-the ardent-fevers to-whom indeed well and
δαψιλέως ἐκ ῥινῶν αἱμορῥαγῆσαι, διὰ τουτέου μάλιστα
abundantly from nostrils to-hemorrhage through this most
σώζεσθαι· καὶ οὐδένα οἶδα, εἰ καλῶς αἱμορῥαγήσειεν,
to-be-saved and none I-know if well he-hemorrhaged

ἐν τῇ καταστάσει ταύτῃ ἀποθανόντα· Φιλίσκῳ γὰρ καὶ
in the constitution this having-died to-Philiscus for and
Ἐπαμίνωνι καὶ Σιληνῷ τεταρταίῳ καὶ πεμπταίῳ σμικρὸν
Epaminon and Silenus on-the-fourth and on-the-fifth a-little
ἀπὸ ῥινῶν ἔσταξε, καὶ ἀπέθανον. Οἱ μὲν οὖν πλεῖστοι τῶν
from nostrils dripped and they-died The indeed then most of-those
νοσησάντων περὶ κρίσιν ἐπερρίγεον, καὶ μάλιστα οἷσι
having-fallen-ill about crisis had-rigors and most to-whom
μὴ αἱμορρραγίαι· ἐπερρίγεον δὲ καὶ οὗτοι καὶ ἐφίδρουν.
not hemorrhages had-rigors and also these and sweated
Ἔστι δ' οἷσιν ἴκτεροι ἑκταίοισιν, ἀλλὰ τούτοισιν ἢ
There-are and to-whom jaundices on-the-sixth but to-these either
κατὰ κύστιν κάθαρσις, ἢ κοιλίη ἐκταραχθεῖσα ὠφέλησεν, ἢ
by bladder purging or belly disturbed helped or
δαψιλὴς αἱμορρραγίη· οἷον Ἡρακλείδης, ὃς κατέκειτο παρὰ
abundant hemorrhage such-as Heraclides who lay-sick beside
Ἀριστοκύδει· καίτοι τουτέῳ καὶ ἐκ ῥινῶν ᾑμορρράγησε,
Aristocydes and-yet to-him both from nostrils it-hemorrhaged
καὶ ἡ κοιλίη ἐπεταράχθη, καὶ τὰ κατὰ κύστιν ἐκαθήρατο,
and the belly was-disturbed and the by bladder was-purged
ἐκρίθη εἰκοσταῖος· οὐχ οἷον ὁ Φαναγόρεω οἰκέτης,
he-reached-crisis on-the-twentieth not such-as the of-Phanagoras servant
ᾧ οὐδὲν τουτέων ἐγένετο, ἀπέθανεν. Αἱμορρράγίαι δὲ
to-whom none of-these happened he-died Hemorrhages and
τοῖσι πλείστοισι, μάλιστα δὲ μειρακίοισι, καὶ ἀκμάζουσιν·
to-the most most and to-lads and to-those-in-prime
καὶ ἔθνησκον πλεῖστοι τοιουτέων, οἷσι μὴ αἱμορρράγῆσαι
and died most of-such to-whom not to-hemorrhage
ἐγένετο· πρεσβυτέροισι δὲ ἐς ἰκτέρους, ἢ κοιλίαι
happened to-older and into jaundices or bowels
ταραχώδεες, οἷον Βίωνι, τῷ παρὰ Σιληνὸν κατακειμένῳ·
disturbed such-as to-Bion the beside Silenus lying-sick

ἐπεδήμησαν δὲ καὶ δυσεντερίαι κατὰ θέρος· καί τισι
were-epidemic and also dysenteries in summer and to-some
τῶν διανοσησάντων, οἷσι καὶ αἱμορῥαγίαι ἐγένοντο,
of-those having-been-ill to-whom also hemorrhages happened
ἐς δυσεντεριώδεα ἐτελεύτησεν· οἷον τοῦ Ἐράτωνος τῷ
into dysentery it-ended such-as of-the Eraton to-the
παιδί, καὶ Μύλλῳ, πολλῆς αἱμορῥαγίης γενομένης, ἐς
boy and to-Myllus much hemorrhage having-happened into
δυσεντεριώδεα κατέστη· περιεγένοντο. Πολλοῖσι μὲν οὖν
dysentery it-settled they-survived To-many indeed then
μάλιστα ὁ χυμὸς οὗτος ἐπεπόλασεν· ἐπεὶ καὶ οἷσι περὶ
most the humor this came-to-the-surface since even to-whom about
κρίσιν οὐχ ἡμορῥάγησεν, ἀλλὰ παρὰ τὰ ὦτα ἐπαναστάντα
crisis not it-hemorrhaged but beside the ears having-risen-up
ἠφανίσθη, τούτων δὲ ἀφανισθέντων παρὰ τὸν κενεῶνα
vanished these and having-vanished beside the flank
βάρος τὸν ἀριστερὸν, καὶ ἐς ἄκρον ἰσχίον, ἀλγήματος μετὰ
heaviness the left and to top hip pain after
κρίσιν γενομένου, καὶ οὔρων λεπτῶν διεξιόντων, αἱμορῥαγέειν
crisis having-arisen and urines thin passing to-hemorrhage
σμικρὰ ἤρξατο περὶ τετάρτην καὶ εἰκοστὴν, καὶ ἐγένοντο
slightly he-began about fourth and twentieth and happened
ἐς αἱμορῥαγίην ἀποστάσιες· Ἀντιφῶντι τῷ Κριτοβούλου
into hemorrhage abscessions to-Antiphon the of-Critobulus
ἐπεπαύσατο, καὶ ἐκρίθη τελέως περὶ τεσσαρακοστήν.
it-stopped and reached-crisis completely about fortieth
Γυναῖκες δὲ ἐνόσησαν μὲν πουλλαὶ, ἐλάσσους δὲ ἢ ἄνδρες,
Women and fell-ill indeed many fewer but than men
καὶ ἔθνησκον ἧσσους· ἐδυστόκεον δὲ πλεῖσται, καὶ μετὰ
and died fewer had-hard-labors and most and after
τοὺς τόκους ἐπενόσεον, καὶ ἔθνησκον αὗται μάλιστα, οἷον
the births fell-ill-besides and died these most such-as

Τελεβόλου θυγάτηρ ἀπέθανεν ἑκταίη ἐκ τόκου. Τῇσι μὲν
of-Telebolus daughter died on-the-sixth from birth To-the indeed
οὖν πλείστῃσιν ἐν τοῖσι πυρετοῖσι γυναικεῖα ἐπεφαίνετο,
then most in the fevers menses appeared
καὶ παρθένοισι πολλῇσι τότε πρῶτον ἐγένετο· ἔστι δ' ὅτε
and to-maidens many then first it-happened it-is and when
καὶ ἐκ ῥινῶν, καὶ τὰ γυναικεῖα τῇσιν αὐτῇσιν ἐπεφαίνετο·
both from nostrils and the menses to-the same appeared
οἷον τῇ Δαϊθαρσέως θυγατρὶ παρθένῳ ἐπεφάνη τότε
such-as to-the of-Daïtharses daughter maiden appeared then
πρῶτον, καὶ ἐκ ῥινῶν λαῦρον ἐῤῥύη· καὶ οὐδεμίην οἶδα
first and from nostrils violently it-flowed and none I-know
ἀποθανοῦσαν, ἧσι τουτέων τι καλῶς γένοιτο· ἧσι δὲ
having-died to-whom of-these any well happened to-whom but
ξυνεκύρησεν ἐν γαστρὶ ἐχούσῃσι νοσῆσαι, πᾶσαι ἀπέφθειραν,
it-befell in belly having to-fall-ill all miscarried
ἅς καὶ ἐγὼ οἶδα. Οὖρα δὲ τοῖσι πλείστοισιν, εὔχροα
whom also I know Urines and to-the most well-colored
μὲν, λεπτὰ δὲ, καὶ ὑποστάσιας ὀλίγας ἔχοντα· κοιλίαι
indeed thin but and sediments few having bowels
δὲ ταραχώδεες τοῖσι πλείστοισι, διαχωρήμασι λεπτοῖσι
and disturbed to-the most with-stools thin
καὶ χολώδεσιν· πολλοῖσι δὲ, τῶν ἄλλων κεκριμένων,
and bilious to-many and of-the other-things having-reached-crisis
ἐς δυσεντερίας ἐτελεύτα, οἷον Ξενοφάνει καὶ Κριτίᾳ.
into dysenteries it-ended such-as to-Xenophanes and to-Critias
Οὖρα δὲ ὑδατώδεα πολλὰ, καθαρὰ, καὶ λεπτὰ, καὶ
Urines and watery copious clear and thin and
μετὰ κρίσιν, καὶ ὑποστάσιος καλῆς γενομένης, καὶ τῶν
after crisis and sediment fine having-happened and the
ἄλλων καλῶς κεκριμένων, ἀναμνήσομαι οἷσιν ἐγένετο,
other-things well having-reached-crisis I-shall-recall to-whom it-happened

Βίωνι ὃς κατέκειτο παρὰ Σιληνὸν, Κρατίῃ τῇ παρὰ
to-Bion who lay-sick beside Silenus to-Cratia the from
Ξενοφάνεος, Ἀρέτωνος παιδὶ, Μνησιστράτου γυναικί· μετὰ
Xenophanes' of-Areton to-the-boy of-Mnesistratus to-the-wife after
δὲ, δυσεντεριώδεες ἐγένοντο οὗτοι πάντες· ἦρά γε
and dysenteric became these all whether at-least
ὅτι οὔρησαν ὑδατώδεα, σκεπτέον. Περὶ δὲ ἀρκτοῦρον,
because they-urinated watery-things one-must-consider About and Arcturus
ἑνδεκαταίοισι πουλλοῖσιν ἔκρινε, καὶ τουτέοισιν οὔθ' αἱ
on-the-eleventh to-many it-reached-crisis and to-these neither the
κατὰ λόγον γιγνόμεναι ὑποστροφαὶ ὑπέστρεφον· ἦσαν
according-to rule happening relapses returned were
δὲ κωματώδεες περὶ τὸν χρόνον τοῦτον, πλείω δὲ παιδία,
and comatose about the time this more and children
καὶ ἔθνησκον ἥκιστα οὗτοι πάντων.
and died least these of-all
Περὶ δὲ ἰσημερίην καὶ μέχρι πληϊάδος καὶ ὑπὸ χειμῶνα, 9
About and equinox and until Pleiad and toward winter
παρείποντο μὲν οἱ καῦσοι· ἀτὰρ καὶ φρενιτικοὶ πλεῖστοι
continued indeed the ardent-fevers but also phrenitics most
τηνικαῦτα ἐγένοντο, καὶ ἔθνησκον τουτέων οἱ πλεῖστοι·
at-that-time arose and died of-these the most
ἐγένοντο δὲ καὶ κατὰ θέρος ὀλίγοι. Τοῖσι μὲν οὖν
arose and also in summer few To-the indeed then
καυσώδεσιν ἀρχομένοισιν ἐπεσήμαινεν, οἷσι τὰ ὀλέθρια
ardent(-cases) beginning it-gave-signs to-whom the fatal-things
ξυνέπιπτεν· αὐτίκα γὰρ ἀρχομένοισι πυρετὸς ὀξὺς, ἐπερρίγεον
befell at-once for beginning fever acute they-had-rigors
σμικρά· ἄγρυπνοι, ἀδήμονες, διψώδεες, ἀσώδεες· σμικρὰ
slightly sleepless anxious thirsty nauseous slightly
ἐφίδρουν, περὶ μέτωπον καὶ κληῖδας, οὐδεὶς δι' ὅλου·
they-sweated about forehead and collarbones none through whole

πουλλὰ παρέλεγον· φόβοι, δυσθυμίαι, ἄκρεα περίψυχρα,
much they-raved fears despondencies extremities very-cold
πόδες ἄκροι, μάλιστα δὲ τὰ περὶ χεῖρας· οἱ παροξυσμοὶ ἐν
feet at-the-tips most and the about hands the exacerbations on
ἀρτίῃσι· τοῖσι δὲ πλείστοισι τεταρταίοισιν οἱ πόνοι μέγιστοι,
even(-days) to-the and most on-the-fourth the pains greatest
καὶ ἱδρὼς ἐπὶ πλεῖστον ὑπόψυχρος, καὶ ἄκρεα οὐκ ἔτι
and sweat for-the most-part coldish and extremities not longer
ἐθερμαίνοντο, ἀλλ᾽ ἦσαν πελιδνὰ καὶ ψυχρά· καὶ οὐδ᾽ ἐδίψων
were-warmed but were livid and cold and nor were-thirsty
ἔτι· ἐπὶ τούτοισιν οὖρα μέλανα, ὀλίγα, λεπτά· καὶ κοιλίαι
longer upon these urines black scanty thin and bowels
ἐφίσταντο· οὐδ᾽ ἡμορῥάγησεν ἐκ ῥινῶν οὐδενὶ, οἷσι ταῦτα
were-arrested nor it-hemorrhaged from nostrils to-none to-whom these
ξυμπίπτοι, ἀλλὰ σμικρὰ ἔσταξεν· οὐδὲ ἐς ὑποστροφὴν
befell but slightly it-dripped nor into relapse
οὐδενὶ τουτέων ἦλθεν, ἀλλ᾽ ἑκταῖοι ἀπέθνησκον, ξὺν ἱδρῶτι.
to-none of-these it-came but on-the-sixth they-died with sweat
Τοῖσι δὲ φρενιτικοῖσιν οὐ ξυνέπιπτε μὲν τὰ ὑπογεγραμμένα
To-the and phrenitics not befell indeed the described
πάντα· ἐκρίνετο δὲ τουτέοισιν, ὡς ἐπὶ τὸ πουλὺ
all it-reached-crisis and to-these as for the most
ἑνδεκαταίοισιν· ἔστι δ᾽ οἷσι καὶ εἰκοσταίοισιν, οἷσιν
on-the-eleventh there-are and to-whom also on-the-twentieth to-whom
εὐθὺς οὐκ ἐξ ἀρχῆς ἡ φρενῖτις ἤρξατο περὶ τρίτην ἢ
straightaway not from beginning the phrenitis began about third or
τετάρτην ἡμέρην, ἀλλὰ μετρίως ἔχουσιν ἐν τῷ πρώτῳ χρόνῳ,
fourth day but moderately being in the first time
περὶ τὴν ἑβδόμην ἐς ὀξύτητα τὸ νούσημα μετέπεσεν. Πλῆθος
about the seventh into acuteness the illness changed Multitude
μὲν οὖν τῶν νουσημάτων ἐγένετο· ἐκ δὲ τῶν καμνόντων
indeed then of-the illnesses arose of and the sick

ἀπέθνησκον μάλιστα μειράκια, νέοι, ἀκμάζοντες, λεῖοι,
died most lads young-men in-their-prime smooth
ὑπολευκοχρῶτες, ἰθύτριχες, μελανότριχες, μελανόφθαλμοι,
fair-skinned straight-haired black-haired black-eyed
οἱ εἰκῇ καὶ ἐπὶ τὸ ῥᾴθυμον βεβιωκότες, ἰσχνόφωνοι,
those at-random and toward the easy having-lived thin-voiced
τρηχύφωνοι, τραυλοὶ, ὀργίλοι· καὶ γυναῖκες πλεῖσται ἐκ
rough-voiced lisping irascible and women most of
τουτέου τοῦ εἴδεος ἀπέθνησκον. Ἐν δὲ τῇ καταστάσει ταύτῃ
this the type died In and the constitution this
ἐπὶ σημείων μάλιστα τεσσάρων διεσώζοντο· οἷσι γὰρ ἦν
on signs most four they-were-saved to-whom for it-was
ἢ διὰ ῥινῶν αἱμορῥαγῆσαι, ἢ κατὰ κύστιν οὖρα πουλλὰ,
either through nostrils to-hemorrhage or by bladder urines copious
καὶ πουλλὴν ὑπόστασιν καὶ καλὴν ἔχοντα ἔλθοι, ἢ κατὰ
and much sediment and fine having came or by
κοιλίην ταραχώδεα, χολώδεα, ἐπικαίρως, ἢ δυσεντερικοὶ
belly disturbed(-stools) bilious timely or dysenteric
γενοίατο· πολλοῖσι δὲ ξυνέπιπτε μὴ ἐφ᾽ ἑνὸς κρίνεσθαι τῶν
they-became to-many and it-befell not on one to-reach-crisis of-the
ὑπογεγραμμένων σημείων, ἀλλὰ διεξιέναι διὰ πάντων
described signs but to-go-through through all
τοῖσι πλείστοισι, καὶ δοκέειν μὲν ἔχειν ὀχληροτέρως·
to-the most and to-seem indeed to-be more-troublesomely
διεσώζοντο δὲ πάντες, οἷσι ταῦτα ξυνεμπίπτοι.
they-were-saved but all to-whom these befell-together
Γυναιξὶ δὲ καὶ παρθένοισι ξυνέπιπτε μὲν καὶ τὰ
To-women but and maidens befell indeed also the
ὑπογεγραμμένα σημεῖα πάντα· ᾗσι δὲ ἢ τουτέων
described signs all to-whom but either of-these
τι καλῶς γένοιτο, ἢ τὰ γυναικεῖα δαψιλέως ἐπιφανείη,
any well happened or the menses abundantly appeared

διὰ τουτέων ἐσώζοντο, καὶ ἔκρινε, καὶ οὐδεμίην οἶδα
through these they-were-saved and it-reached-crisis and none I-know
ἀπολομένην, ἦσι τουτέων τι καλῶς γένοιτο· Φίλωνος γὰρ
having-perished to-whom of-these any well happened of-Philo for
τῇ θυγατρὶ ἐκ ῥινῶν λαῦρον ἐῤῥύη, ἑβδομαίη δὲ ἐοῦσα
to-the daughter from nostrils violently it-flowed on-the-seventh and being
ἐδείπνησεν ἀκαιροτέρως, ἀπέθανεν. Οἷσιν ἐν πυρετοῖσιν
she-dined rather-unseasonably she-died To-whom in fevers
ὀξέσι, μᾶλλον δὲ καυσώδεσιν, ἀέκουσι δάκρυα παραῤῥεῖ,
acute more and ardent unwilling tears flow-down
τούτοισιν ἀπὸ ῥινῶν αἱμορῥαγίην προσδέχεσθαι, ἢν καὶ
to-these from nostrils hemorrhage to-expect if also
τἄλλα μὴ ὀλεθρίως ἔχωσιν· ἐπεὶ τοῖσί γε φλαύρως
the-rest not fatally they-are since to-those at-least badly
ἔχουσιν, οὐχ αἱμορῥαγίην, ἀλλὰ θάνατον σημαίνει. Τὰ
being not hemorrhage but death it-signifies The
παρὰ τὰ ὦτα ἐν πυρετοῖσιν ἐπαιρόμενα μετ' ὀδύνης, ἔστιν
beside the ears in fevers rising with pain there-are
οἷσιν ἐκλείποντος τοῦ πυρετοῦ κρισίμως οὔτε καθίστατο,
to-whom ceasing the fever critically neither subsided
οὔτε ἐξεπύει, τουτέοισι διάῤῥοια χολωδέων, ἢ δυσεντερίη,
nor suppurated to-these diarrhea of-bilious(-matter) or dysentery
ἢ παχέων οὔρων ὑπόστασις γενομένη, ἔλυσεν, οἷον
or of-thick urines sediment happening resolved such-as
Ἑρμίππῳ τῷ Κλαζομενίῳ. Τὰ δὲ περὶ τὰς κρίσιας, ἐξ
to-Hermippus the Clazomenian The and about the crises from
ὧν καὶ διεγιγνώσκομεν, ἢ ὅμοια ἢ ἀνόμοια· οἷον οἱ δύο
which also we-distinguished either alike or unlike such-as the two
ἀδελφεοὶ, οἳ ἤρξαντο ὁμοῦ τὴν αὐτὴν ὥρην· κατέκειντο
brothers who began together the same hour they-lay-sick
παρὰ τὸ θέατρον Ἐπιγένεος ἀδελφεοί· τουτέων τῷ
beside the theater of-Epigenes brothers of-these to-the

πρεσβυτέρῳ ἔκρινεν ἕκτῃ· τῷ δὲ νεωτέρῳ, ἑβδόμῃ·
elder it-reached-crisis on-the-sixth to-the and younger on-the-seventh
ὑπέστρεψεν ἀμφοτέροισιν ὁμοῦ τὴν αὐτὴν ὥρην, καὶ
it-relapsed to-both together the same hour and
διέλιπεν ἡμέρας πέντε· ἐκ δὲ τῆς ὑποστροφῆς, ἐκρίθη
it-intermitted days five from and the relapse it-reached-crisis
ἀμφοτέροισιν ὁμοῦ τὸ ξύμπαν ἑπτακαιδεκαταίοισιν.
to-both together the whole on-the-seventeenth
Ἔκρινε δὲ τοῖσι πλείστοισιν ἑκταίοισι, διέλιπεν ἕξ·
It-reached-crisis and to-the most on-the-sixth it-intermitted six
ἐκ δὲ τῶν ὑποστροφέων, ἔκρινε πεμπταίοισιν. Οἷσι
from and the relapses it-reached-crisis on-the-fifth To-whom
δὲ ἔκρινεν ἑβδομαίοισι, διέλιπεν ἑπτά· ἐκ δὲ τῆς
and it-reached-crisis on-the-seventh it-intermitted seven from and the
ὑποστροφῆς, ἔκρινεν τρίτῃ. Οἷσι δὲ ἔκρινεν
relapse it-reached-crisis on-the-third To-whom and it-reached-crisis
ἑβδομαίοισι, διαλιπόντας τρεῖς, ἔκρινεν ἑβδόμῃ. Οἷσι
on-the-seventh having-intermitted three it-reached-crisis on-the-seventh To-whom
δὲ ἔκρινεν ἑκταίοισι, διαλιπόντας ἓξ, ἐλάμβανε τρισίν·
and it-reached-crisis on-the-sixth having-intermitted six it-seized three
διέλιπε μίαν, μίαν ἐλάμβανεν, ἔκρινεν, οἷον Εὐάγοντι
it-intermitted one one it-seized it-reached-crisis such-as to-Euagon
τῷ Δαϊθάρσεος. Οἷσι δὲ ἔκρινεν ἑκταίοισι, διέλιπεν
the of-Daïtharses To-whom and it-reached-crisis on-the-sixth it-intermitted
ἑπτά· ἐκ δὲ τῆς ὑποστροφῆς, ἔκρινε τετάρτῃ, οἷον τῇ
seven from and the relapse it-reached-crisis on-the-fourth such-as to-the
Ἀγλαΐδου θυγατρί. Οἱ μὲν οὖν πλεῖστοι τῶν νοσησάντων,
of-Aglaïdas daughter The indeed then most of-those having-fallen-ill
ἐν τῇ καταστάσει ταύτῃ, τούτῳ τῷ τρόπῳ διενόσησαν· καὶ
in the constitution this in-this the manner were-ill and
οὐδένα οἶδα τῶν περιγενομένων ᾧτινι οὐχ ὑπέστρεψαν
none I-know of-those surviving to-whom not returned

αἱ κατὰ λόγον ὑποστροφαὶ γενόμεναι· καὶ διεσώζοντο
the according-to rule relapses happening and were-saved
πάντες οὓς ἐγὼ οἶδα, οἷσιν αἱ ὑποστροφαὶ διὰ τοῦ εἴδεος
all whom I know to-whom the relapses through the type
τούτου γενοίατο· οὐδὲ τῶν διανοσησάντων διὰ τούτου τοῦ
this happened nor of-those having-been-ill through this the
τρόπου οὐδενὶ οἶδα ὑποστροφὴν γενομένην πάλιν. Ἔθνησκον
manner to-none I-know relapse happening again Died
δὲ ἐν τοῖσι νουσήμασι τούτοισιν οἱ πλεῖστοι, ἑκταῖοι, οἷον
and in the illnesses these the most on-the-sixth such-as
Ἐπαμινώνδας, καὶ Σιληνὸς, καὶ Φιλίσκος ὁ Ἀνταγόρεω.
Epaminondas and Silenus and Philiscus the of-Antagoras
Οἷσι δὲ τὰ παρὰ τὰ ὦτα γενοίατο, ἔκρινε
To-whom and the(-swellings) beside the ears arose it-reached-crisis
μὲν εἰκοσταίοισι, κατέσβη δὲ πᾶσι, καὶ οὐκ ἐξεπύησεν,
indeed on-the-twentieth it-was-quenched and in-all and not it-suppurated
ἀλλ' ἐπὶ κύστιν ἐτράπετο· Κρατιστώνακτι, ὃς παρὰ
but to bladder it-turned to-Cratistonax who beside
Ἡρακλείῳ ᾤκει, καὶ Σκύμνου τοῦ γναφέως θεραπαίνῃ,
the-Heracleum lived and of-Scymnus the fuller to-the-maidservant
ἐξεπύησεν, ἀπέθανον. Οἷσι δ' ἔκρινεν ἑβδομαίοισι,
it-suppurated they-died To-whom and it-reached-crisis on-the-seventh
διέλιπεν ἐννέα, ὑπέστρεψεν, ἔκρινεν ἐκ τῆς ὑποστροφῆς
it-intermitted nine it-relapsed it-reached-crisis from the relapse
τεταρταίοισι, Παντακλεῖ, ὃς ᾤκει παρὰ Διονύσιον. Οἷσι
on-the-fourth to-Pantacles who lived beside the-Dionysium To-whom
δ' ἔκρινεν ἑβδομαίοισι, διέλιπεν ἕξ· ὑποστροφή· ἐκ
and it-reached-crisis on-the-seventh it-intermitted six relapse from
δὲ τῆς ὑποστροφῆς ἔκρινεν ἑβδομαίοισι, Φανοκρίτῳ, ὃς
and the relapse it-reached-crisis on-the-seventh to-Phanocritus who
κατέκειτο παρὰ Γνάθωνι τῷ γραφεῖ. Ὑπὸ δὲ χειμῶνα περὶ
lay-sick beside Gnathon the painter Toward and winter about

ἡλίου τροπὰς χειμερινὰς, καὶ μέχρις ἰσημερίης, παρέμενον
of-sun turnings wintry and until equinox continued
μὲν καὶ οἱ καῦσοι καὶ τὰ φρενιτικὰ, καὶ ἔθνησκον πολλοί.
indeed both the ardent-fevers and the phrenitic(-cases) and died many
Αἱ μέντοι κρίσιες μετέπεσον, καὶ ἐκρίνετο τοῖσι πλείστοισιν
The however crises changed and it-reached-crisis to-the most
ἐξ ἀρχῆς πεμπταίοισι, διέλιπε τέσσαρας, ὑπέστρεψεν·
from beginning on-the-fifth it-intermitted four it-relapsed
ἐκ δὲ τῆς ὑποστροφῆς, ἔκρινε πεμπταίοισι, τὸ ξύμπαν
from and the relapse it-reached-crisis on-the-fifth the whole
τεσσαρεσκαιδεκαταίοισιν· ἔκρινε δὲ παιδίοισιν οὕτω
on-the-fourteenth it-reached-crisis and to-children so
τοῖσι πλείστοισιν, ἀτὰρ καὶ πρεσβυτέροισιν. Ἔστι δ' οἷσιν
to-the most but also to-older There-are and to-whom
ἔκρινεν ἑνδεκαταίοισιν· ὑποστροφὴ τεσσαρεσκαιδεκάτῃ·
it-reached-crisis on-the-eleventh relapse on-the-fourteenth
ἔκρινε τελείως εἰκοστῇ· εἰ δέ τινες ἐπερρίγεον
it-reached-crisis completely on-the-twentieth if and some had-rigors
περὶ τὴν εἰκοστὴν, τουτέοισιν ἔκρινε τεσσαρακοστῇ.
about the twentieth to-these it-reached-crisis on-the-fortieth
Ἐπερρίγεον δ' οἱ πλεῖστοι περὶ κρίσιν τὴν ἐξ ἀρχῆς· οἱ
Had-rigors and the most about crisis the from beginning those
δ' ἐπιῤῥιγώσαντες ἐξ ἀρχῆς περὶ κρίσιν, καὶ ἐν τῇσιν
and having-had-rigors from beginning about crisis also in the
ὑποστροφῇσιν ἅμα κρίσει. Ἐπερρίγεον δ' ἐλάχιστοι μὲν
relapses with crisis Had-rigors and fewest indeed
τοῦ ἦρος, θέρεος πλείους, φθινοπώρου ἔτι πλείους, ὑπὸ
in-the spring in-summer more in-autumn still more toward
δὲ χειμῶνα πουλὺ πλεῖστοι· αἱ δ' αἱμορῥαγίαι ὑπέληγον.
and winter by-far most the but hemorrhages abated

ΤΜΗΜΑ ΤΡΙΤΟΝ

IV · THE SIGNS AND THE FEVERS

The physician judges a disease from human nature in general and each patient's own, from the disease, the patient, the treatment and the one who gives it, the season and the place, the patient's habits, regimen, and age, his speech, silence, sleep, and dreams, and his stools, urines, sputa, and vomits. Of the fevers, the continuous is the most deadly and the quartan the safest, but the quintan is the worst of all. Each fever has its own course, and the diet must follow it. Fevers exacerbated on even days reach crisis on even days by fixed periods, the others on odd, and a crisis outside them signals a relapse.

10 Τὰ δὲ περὶ τὰ νουσήματα, ἐξ ὧν διαγιγνώσκομεν,
The and about the illnesses from which we-distinguish
μαθόντες ἐκ τῆς κοινῆς φύσιος ἁπάντων, καὶ τῆς ἰδίης
having-learned from the common nature of-all and the particular
ἑκάστου· ἐκ τοῦ νουσήματος· ἐκ τοῦ νοσέοντος· ἐκ τῶν
of-each from the illness from the patient from the
προσφερομένων· ἐκ τοῦ προσφέροντος, ἐπὶ τὸ ῥᾷον γὰρ
things-administered from the one-administering toward the easier for
καὶ χαλεπώτερον ἐκ τούτου· ἐκ τῆς καταστάσιος ὅλης,
and harder from this from the constitution whole
καὶ κατὰ μέρεα τῶν οὐρανίων καὶ χώρης ἑκάστης· ἐκ
and by parts of-the heavenly-things and of-region each from
τοῦ ἔθεος· ἐκ τῆς διαίτης· ἐκ τῶν ἐπιτηδευμάτων· ἐκ
the custom from the regimen from the pursuits from
τῆς ἡλικίης ἑκάστου· λόγοισι· τρόποισι· σιγῇ· διανοήμασιν·
the age of-each by-words by-manners by-silence by-thoughts
ὕπνοισιν, οὐχ ὕπνοισιν· ἐνυπνίοισιν οἵοισι καὶ ὅτε· τιλμοῖσι·
by-sleeps not by-sleeps by-dreams what-kind and when by-pluckings
κνησμοῖσι· δακρύοισιν· ἐκ τῶν παροξυσμῶν· διαχωρήμασιν·
by-itchings by-tears from the exacerbations by-stools

οὔροισι· πτυάλοισιν· ἐμέτοισι· καὶ ὅσαι ἐξ οἵων ἐς οἷα
by-urines by-sputa by-vomits and how-many from what into what
διαδοχαὶ νουσημάτων, καὶ ἀποστάσιες ἐπὶ τὸ ὀλέθριον
successions of-illnesses and abscessions toward the fatal
καὶ κρίσιμον· ἱδρώς· ψύξις· ῥῖγος· βήξ· πταρμοί· λυγμοί·
and critical sweat chill rigor cough sneezes hiccups
πνεύματα· ἐρεύξιες· φῦσαι, σιγώδεες, ψοφώδεες· αἱμορῥαγίαι,
breathings belchings winds silent noisy hemorrhages
αἱμορῥοΐδες· ἐκ τούτων καὶ ὅσα διὰ τούτων σκεπτέον.
hemorrhoids from these and whatever through these one-must-consider
Πυρετοὶ, οἱ μὲν ξυνεχέες, οἱ δὲ ἡμέρην ἔχουσι, νύκτα 11
Fevers the indeed continuous the and by-day hold by-night
διαλείπουσι, νύκτα ἔχουσιν, ἡμέρην διαλείπουσι· ἡμιτριταῖοι,
intermit by-night hold by-day intermit semitertians
τριταῖοι, τεταρταῖοι, πεμπταῖοι, ἑβδομαῖοι, ἐναταῖοι. Εἰσὶ
tertians quartans quintans septans nonans Are
δὲ ὀξύταται μὲν καὶ μέγισται καὶ χαλεπώταται νοῦσοι,
and most-acute indeed and greatest and hardest diseases
καὶ θανατωδέσταται, ἐν τῷ ξυνεχεῖ πυρετῷ. Ἀσφαλέστατος
and most-deadly in the continuous fever Safest
δὲ πάντων, καὶ ῥᾳϊστος, καὶ μακρότατος ὁ τεταρταῖος·
and of-all and easiest and longest the quartan
οὐ γὰρ μοῦνον αὐτὸς ἀφ' ἑωυτοῦ τοιοῦτός ἐστιν, ἀλλὰ καὶ
not for only itself from itself such is but also
νουσημάτων μεγάλων ἄλλων ῥύεται. Ἐν δὲ τῷ ἡμιτριταίῳ
from-illnesses great other it-rescues In and the semitertian
καλεομένῳ ξυμπίπτει μὲν καὶ ὀξέα νουσήματα γίγνεσθαι,
called it-befalls indeed also acute illnesses to-arise
καί ἐστι τῶν λοιπῶν οὗτος θανατωδέστατος· ἀτὰρ
and is of-the rest this most-deadly but
καὶ φθινώδεες, καὶ ὅσοι ἄλλα μακρότερα νουσήματα
also consumptives and as-many-as other longer illnesses

νοσέουσιν, ἐπὶ τούτῳ μάλιστα νοσέουσιν. Νυκτερινὸς οὐ
suffer upon this most fall-ill Nightly not
λίην θανατώδης, μακρὸς δέ· ἡμερινὸς μακρότερος· ἔστι
very deadly long but daily longer there-are
δὲ οἷσι ῥέπει καὶ ἐπὶ τὸ φθινῶδες. Ἑβδομαῖος μακρὸς,
and to-whom it-inclines also toward the consumptive Septan long
οὐ θανατώδης· ἐναταῖος μακρότερος, καὶ οὐ θανατώδης.
not deadly nonan longer and not deadly
Τριταῖος ἀκριβὴς, ταχυκρίσιμος, καὶ οὐ θανατώδης. Ὁ
Tertian exact quick-to-crisis and not deadly The
δέ γε πεμπταῖος, πάντων μὲν κάκιστος· καὶ γὰρ πρὸ
but at-least quintan of-all indeed worst and for before
φθίσιος, καὶ ἤδη φθινεῦσιν ἐπιγενόμενος, κτείνει.
consumption and already to-those-wasting supervening it-kills
Εἰσὶ δὲ τρόποι καὶ καταστάσιες, καὶ παροξυσμοὶ τουτέων
There-are and manners and constitutions and exacerbations of-these
ἑκάστου τῶν πυρετῶν· αὐτίκα γὰρ ξυνεχής ἐστιν οἷσιν
each of-the fevers for-example for continuous it-is to-whom
ἀρχόμενος ἀνθέει καὶ ἀκμάζει μάλιστα, καὶ ἀνάγει ἐπὶ τὸ
beginning it-flowers and peaks most and leads to the
χαλεπώτατον, περὶ δὲ κρίσιν καὶ ἅμα κρίσει ἀπολεπτύνεται·
hardest about and crisis and with crisis is-thinned
ἔστι δ' οἷσιν ἄρχεται μαλακός τε καὶ ὑποβρύχιος,
there-are and to-whom it-begins soft both and submerged
ἐπαναδιδοῖ δὲ καὶ παροξύνεται καθ' ἡμέρην ἑκάστην, περὶ
it-increases but and is-exacerbated by day each about
δὲ κρίσιν καὶ ἅμα κρίσει, ἅλις ἐξέλαμψεν· ἔστι δ'
and crisis and with crisis abundantly it-blazed-out there-are and
οἷσιν ἀρχόμενος πρηέως ἐπιδιδοῖ καὶ παροξύνεται, καὶ
to-whom beginning gently it-advances and is-exacerbated and
μέχρι τινὸς ἀκμάσας, πάλιν ὑφίησι μέχρι κρίσιος, καὶ
until some(-point) having-peaked again it-abates until crisis and

περὶ κρίσιν. Ξυμπίπτει δὲ ταῦτα γίγνεσθαι ἐπὶ παντὸς
about crisis It-befalls and these to-happen in every
πυρετοῦ, καὶ παντὸς νουσήματος. Δεῖ δὲ τὰ διαιτήματα,
fever and every illness One-must and the regimens
σκοπεύμενον ἐκ τουτέων, προσφέρειν. Πολλὰ δὲ καὶ ἄλλα
considering from these to-administer Many and also other
ἐπίκαιρα σημεῖα τούτοισίν ἐστιν ἠδελφισμένα, περὶ ὧν τὰ
important signs to-these are akin about which some
μέν που γέγραπται, τὰ δὲ γεγράψεται· πρὸς ἃ δεῖ
indeed somewhere have-been-written others and will-be-written toward which one-must
διαλογιζόμενον, δοκιμάζειν καὶ σκοπέεσθαι τίνι τουτέων
reckoning to-test and to-consider to-whom of-these
ὀξὺ καὶ θανατῶδες ἢ περιεστικὸν, καὶ τίνι μακρὸν καὶ
acute and deadly or survivable and to-whom long and
θανατῶδες ἢ περιεστικὸν, καὶ τίνι προσαρτέον, ἢ οὔ,
deadly or survivable and to-whom one-must-feed or not
καὶ πότε, καὶ πόσον, καὶ τί τὸ προσφερόμενον ἔσται.
and when and how-much and what the administered will-be
Τὰ δὲ παροξυνόμενα ἐν ἀρτίῃσι, κρίνεται ἐν ἀρτίῃσιν· ὧν 12
The and exacerbated on even(-days) reach-crisis on even(-days) of-which
δὲ οἱ παροξυσμοὶ ἐν περισσῇσι, κρίνεται ἐν περισσῇσιν.
and the exacerbations on odd(-days) reach-crisis on odd(-days)
Ἔστι δὲ πρώτη περίοδος τῶν ἐν τῇσιν ἀρτίῃσι κρινόντων,
Is and first period of-those on the even(-days) reaching-crisis
τετάρτη, ἕκτη, ὀγδόη, δεκάτη, τεσσαρεσκαιδεκάτη εἰκοστὴ,
fourth sixth eighth tenth fourteenth twentieth
τριακοστὴ, τεσσαρακοστὴ, ἑξηκοστὴ, ὀγδοηκοστὴ, ἑκατοστή·
thirtieth fortieth sixtieth eightieth hundredth
τῶν δὲ ἐν τῇσι περισσῇσι κρινόντων περίοδος πρώτη,
of-those and on the odd(-days) reaching-crisis period first
τρίτη, πέμπτη, ἑβδόμη, ἐνάτη, ἑνδεκάτη, ἑπτακαιδεκάτη,
third fifth seventh ninth eleventh seventeenth

εἰκοστὴ πρώτη, εἰκοστὴ ἑβδόμη, τριακοστὴ πρώτη. Εἰδέναι
twenty first twenty seventh thirty first To-know
δὲ χρὴ, ὅτι, ἢν ἄλλως κριθῇ ἔξω τῶν ὑπογεγραμμένων,
and one-must that if otherwise it-reach-crisis outside the described
ἐσομένας ὑποστροφὰς σημαίνοιτο, γένοιτο δ' ἂν καὶ
coming relapses it-would-be-signified there-would-be and — also
ὀλέθρια. Δεῖ δὲ προσέχειν τὸν νόον, καὶ εἰδέναι ἐν τοῖσι
fatal(-ones) One-must and to-apply the mind and to-know in the
χρόνοισι τούτοισι, τὰς κρίσιας ἐσομένας ἐπὶ σωτηρίην, ἢ
times these the crises going-to-be toward safety or
ὄλεθρον, ἢ ῥοπὰς ἐπὶ τὸ ἄμεινον, ἢ τὸ χεῖρον. Πλανῆτες
destruction or turns toward the better or the worse Wandering
δὲ πυρετοὶ, καὶ τεταρταῖοι, καὶ πεμπταῖοι, καὶ ἑβδομαῖοι,
and fevers and quartans and quintans and septans
καὶ ἐναταῖοι, ἐν ἧσι περιόδοισι κρίνονται, σκεπτέον.
and nonans in which periods they-reach-crisis one-must-consider

ΑΡΡΩΣΤΟΙ ΤΕΣΣΑΡΕΣΚΑΙΔΕΚΑ

V · FOURTEEN PATIENTS

The day-by-day histories of fourteen patients in Thasos, Philiscus and Silenus among them, with fever, urine, stools, delirium, and sweats: seven die and seven reach crisis, several after relapses.

13 Ἄῤῥωστος πρῶτος.
Patient first
Φιλίσκος ᾤκει παρὰ τὸ τεῖχος, κατεκλίθη· τῇ πρώτῃ
Philiscus lived beside the wall took-to-bed on-the first(-day)
πυρετὸς ὀξύς· ἴδρωσεν· ἐς νύκτα, ἐπιπόνως. Δευτέρῃ,
fever acute he-sweated toward night painfully On-the-second

πάντα παρωξύνθη· ὀψὲ δὲ ἀπὸ κλυσματίου καλῶς διῆλθε·
all was-exacerbated late but from small-enema well he-passed(-stool)
νύκτα δι᾽ ἡσυχίης. Τρίτῃ, πρωΐ, καὶ μέχρι μέσου ἡμέρης,
night in quiet On-the-third early and until middle of-day
ἔδοξε γενέσθαι ἀπύρετος· πρὸς δείλην δὲ πυρετὸς ὀξὺς, μετὰ
he-seemed to-become fever-free toward afternoon but fever acute with
ἱδρῶτος· διψώδης· γλῶσσα ἐπεξηραίνετο· μέλανα οὔρησεν·
sweat thirsty tongue became-parched black-things he-urinated
νύκτα δυσφόρως· οὐκ ἐκοιμήθη· πάντα παρέκρουσε. Τετάρτῃ,
night uncomfortable not he-slept all he-wandered On-the-fourth
πάντα παρωξύνθη· οὖρα μέλανα· νύκτα εὐφορωτέρην·
all was-exacerbated urines black night more-comfortable
οὖρα εὐχρούστερα. Πέμπτῃ, περὶ μέσον ἡμέρης, σμικρὸν
urines better-colored On-the-fifth about middle of-day a-little
ἀπὸ ῥινῶν ἔσταξεν ἄκρητον· οὖρα δὲ ποικίλα, ἔχοντα
from nostrils dripped unmixed(-blood) urines and various having
ἐναιωρήματα στρογγύλα, γονοειδέα, διεσπαρμένα, οὐχ ἵδρυτο·
suspended-matter round semen-like scattered not settled
προσθεμένῳ δὲ βάλανον, φυσώδεα σμικρὰ διῆλθεν· νύκτα
to-him-having-applied and suppository windy-things small passed night
ἐπιπόνως· ὕπνοι σμικροί· λόγοι, λῆρος· ἄκρεα πάντοθεν
painfully sleeps short words raving extremities all-over
ψυχρὰ, καὶ οὐκ ἔτι ἐπαναθερμαινόμενα· οὔρησε μέλανα·
cold and not any-more warming-again he-urinated black
ἐκοιμήθη σμικρὰ πρὸς ἡμέρην· ἄφωνος· ἵδρωσε ψυχρόν·
he-slept a-little toward day speechless he-sweated cold
ἄκρεα πελιδνά· περὶ δὲ μέσον ἡμέρης, ἑκταῖος ἀπέθανεν.
extremities livid about and middle of-day on-the-sixth he-died
Τουτέῳ πνεῦμα διὰ τέλεος, ὥσπερ ἀνακαλουμένῳ ἀραιὸν,
To-him breath through end as-it-were of-one-recollecting rare

μέγα· σπλὴν ἐπήρθη περιφερεῖ κυρτώματι· ἱδρῶτες ψυχροὶ
large spleen was-raised in-round swelling sweats cold
διὰ τέλεος· οἱ παροξυσμοὶ ἐν ἀρτίῃσιν.
through end the exacerbations on even(-days)
Ἄῤῥωστος δεύτερος.
Patient second
Σιληνὸς ᾤκει ἐπὶ τοῦ Πλαταμῶνος πλησίον τῶν Εὐαλκίδου·
Silenus lived on the Platamon near the of-Eualcidas
ἐκ κόπων, καὶ ποτῶν, καὶ γυμνασίων ἀκαίρων, πῦρ
from fatigues and drinks and exercises unseasonable fever
ἔλαβεν· ἤρξατο δὲ πονέειν ὀσφὺν, καὶ κεφαλῆς εἶχε βάρος,
took(-him) he-began and to-ache in-the-loins and of-head he-had heaviness
καὶ τραχήλου ἦν ξύντασις. Ἀπὸ δὲ κοιλίης τῇ πρώτῃ,
and of-neck was tension From and belly on-the first
χολώδεα, ἄκρητα, ἔπαφρα, κατακορέα, πολλὰ διῆλθεν·
bilious unmixed frothy deep-colored copious passed
οὖρα μέλανα, μέλαιναν τὴν ὑπόστασιν ἔχοντα· διψώδης·
urines black black the sediment having thirsty
γλῶσσα ἐπίξηρος· νυκτὸς οὐδὲν ἐκοιμήθη. Δευτέρῃ,
tongue dryish by-night not-at-all he-slept On-the-second
πυρετὸς ὀξύς· διαχωρήματα πλείω, λεπτότερα, ἔπαφρα·
fever acute stools more thinner frothy
οὖρα μέλανα· νύκτα δυσφόρως· σμικρὰ παρέκρουσεν.
urines black night uncomfortable slightly he-wandered
Τρίτῃ, πάντα παρωξύνθη· ὑποχονδρίου ξύντασις ἐξ ἀμφοῖν
On-the-third all was-exacerbated of-hypochondrium tension on both(-sides)
παραμήκης πρὸς ὀμφαλὸν, ὑπολάπαρος· διαχωρήματα
elongated toward navel softish stools
λεπτὰ, ὑπομέλανα· οὖρα θολερὰ, ὑπομέλανα· νυκτὸς οὐδὲν
thin blackish urines turbid blackish by-night not-at-all
ἐκοιμήθη· λόγοι πολλοὶ, γέλως, ᾠδή· κατέχειν οὐκ ἠδύνατο.
he-slept words many laughter song to-restrain not he-could

Τετάρτῃ, διὰ τῶν αὐτῶν. Πέμπτῃ, διαχωρήματα ἄκρητα,
On-the-fourth through the same On-the-fifth stools unmixed
χολώδεα, λεῖα, λιπαρά· οὖρα λεπτὰ, διαφανέα· σμικρὰ
bilious smooth greasy urines thin transparent slightly
κατενόει. Ἕκτῃ, περὶ κεφαλὴν σμικρὰ ἐφίδρωσεν· ἄκρεα
he-was-lucid On-the-sixth about head slightly he-sweated extremities
ψυχρὰ, πελιδνά· πουλὺς βληστρισμός· ἀπὸ κοιλίης οὐδὲν
cold livid much tossing from belly nothing
διῆλθεν· οὖρα ἐπέστη· πυρετὸς ὀξύς. Ἑβδόμῃ, ἄφωνος·
passed urines stopped fever acute On-the-seventh speechless
ἄκρεα οὐκ ἔτι ἀνεθερμαίνετο· οὔρησεν οὐδέν.
extremities not any-more were-warmed he-urinated nothing
Ὀγδόῃ, ἵδρωσε δι᾽ ὅλου ψυχρόν· ἐξανθήματα μετὰ
On-the-eighth he-sweated through whole cold eruptions with
ἱδρῶτος ἐρυθρὰ, στρογγύλα, σμικρὰ, οἷον ἴονθοι, παρέμενεν,
sweat red round small such-as pimples they-remained
οὐκ ἀφίστατο· ἀπὸ δὲ κοιλίης ἐρεθισμῷ σμικρῷ κόπρανα
not they-went-away from and belly with-stimulus slight feces
λεπτὰ, οἷα ἄπεπτα, πολλὰ διῄει μετὰ πόνου· οὔρει
thin as unconcocted copious passed with pain he-urinated
μετὰ ὀδύνης δακνώδεα· ἄκρεα σμικρὰ ἀνεθερμαίνετο·
with pain biting(-urine) extremities slightly were-warmed
ὕπνοι λεπτοὶ, κωματώδεες· ἄφωνος· οὖρα λεπτὰ, διαφανέα.
sleeps light comatose speechless urines thin transparent
Ἐνάτῃ, διὰ τῶν αὐτῶν. Δεκάτῃ, ποτὰ οὐκ ἐδέχετο·
On-the-ninth through the same On-the-tenth drinks not he-took
κωματώδης· οἱ δὲ ὕπνοι λεπτοί· ἀπὸ δὲ κοιλίης ὅμοια·
comatose the and sleeps light from and belly similar
οὔρησεν ἀθρόον ὑπόπαχυ· κειμένῳ ὑπόστασις κριμνώδης,
he-urinated in-quantity thickish to-it-standing sediment like-coarse-meal
λευκή· ἄκρεα πάλιν ψυχρά. Ἑνδεκάτῃ, ἀπέθανεν. Ἐξ
white extremities again cold On-the-eleventh he-died From

ἀρχῆς τουτέῳ καὶ διὰ τέλεος, πνεῦμα ἀραιὸν, μέγα·
beginning to-him and through end breath rare large
ὑποχονδρίου παλμὸς ξυνεχής· ἡλικίη, ὡς περὶ ἔτεα εἴκοσιν.
of-hypochondrium throbbing continuous age as about years twenty
Ἄῤῥωστος τρίτος.
Patient third
Ἡροφῶντι πυρετὸς ὀξύς· ἀπὸ κοιλίης ὀλίγα, τεινεσμώδεα
To-Herophon fever acute from belly scanty tenesmic(-stools)
κατ᾽ ἀρχάς· μετὰ δὲ, λεπτὰ διῄει χολώδεα, ὑπόσυχνα·
at beginnings after and thin passed bilious rather-frequent
ὕπνοι οὐκ ἐνῆσαν· οὖρα μέλανα, λεπτά. Πέμπτῃ, πρωΐ
sleeps not were-present urines black thin On-the-fifth early
κώφωσις· παρωξύνθη πάντα· σπλὴν ἐπήρθη· ὑποχονδρίου
deafness was-exacerbated all spleen was-raised of-hypochondrium
ξύντασις· ἀπὸ κοιλίης ὀλίγα, μέλανα διῆλθεν· παρεφρόνησεν.
tension from belly scanty black passed he-was-delirious
Ἕκτῃ, ἐλήρει· ἐς νύκτα ἱδρώς· ψύξις· λῆρος παρέμενεν.
On-the-sixth he-raved toward night sweat chill raving continued
Ἑβδόμῃ, περιέψυκτο· διψώδης παρέκρουεν· νύκτα κατενόει·
On-the-seventh he-was-chilled thirsty he-wandered night he-was-lucid
κατεκοιμήθη. Ὀγδόῃ ἐπύρεσσεν· σπλὴν ἐμειοῦτο· κατενόει
he-slept On-the-eighth he-was-feverish spleen diminished he-was-lucid
πάντα· ἤλγησε τὸ πρῶτον κατὰ βουβῶνα, σπληνὸς κατ᾽
all he-had-pain the first in groin of-spleen in
ἴξιν· ἔπειτα ἐπόνει ἐς ἀμφοτέρας κνήμας· νύκτα εὐφόρως·
line then he-ached in both shins night comfortable
οὖρα εὐχρούστερα· ὑπόστασιν εἶχε σμικρήν. Ἐνάτῃ
urines better-colored sediment had small On-the-ninth
ἵδρωσεν· ἐκρίθη· διέλιπεν. Πέμπτῃ ὑπέστρεψεν· αὐτίκα
he-sweated he-reached-crisis it-intermitted On-the-fifth it-relapsed at-once
δὲ σπλὴν ἐπήρθη· πυρετὸς ὀξύς· κώφωσις πάλιν. Μετὰ δὲ
and spleen was-raised fever acute deafness again After and

τὴν ὑποστροφὴν τρίτῃ, σπλὴν ἐμειοῦτο· κώφωσις ἦσσον·
the relapse on-the-third spleen diminished deafness less
σκέλεα ἐπωδύνως· νύκτα ἵδρωσεν· ἐκρίθη ἑπτακαιδεκάτῃ·
legs painfully night he-sweated reached-crisis on-the-seventeenth
οὐδὲ παρέκρουσεν ἐπὶ τῇ ὑποστροφῇ.
nor he-wandered in the relapse

Ἄῤῥωστος τέταρτος.
Patient fourth

Ἐν Θάσῳ Φιλίνου γυναῖκα, θυγατέρα τεκοῦσαν, κατὰ
In Thasos of-Philinus wife a-daughter having-borne according-to
φύσιν καθάρσιος γενομένης, καὶ τἆλλα κούφως διάγουσαν,
nature purging having-happened and the-rest lightly passing
τεσσαρεσκαιδεκαταίην ἐοῦσαν μετὰ τὸν τόκον, πῦρ ἔλαβε
on-the-fourteenth being after the birth fever took
μετὰ ῥίγεος· ἤλγεε δὲ ἀρχομένη καρδίην, καὶ ὑποχόνδριον
with rigor she-had-pain and beginning at-heart and hypochondrium
δεξιόν· γυναικείων πόνοι· κάθαρσις ἐπαύσατο. Προσθεμένῃ
right of-the-privates pains purging stopped To-her-having-applied
δὲ, ταῦτα μὲν ἐκουφίσθη, κεφαλῆς δὲ καὶ τραχήλου καὶ
and these indeed were-relieved of-head but and of-neck and
ὀσφύος πόνοι παρέμενον· ὕπνοι οὐκ ἐνῆσαν· ἄκρεα ψυχρά·
of-loins pains remained sleeps not were-present extremities cold
διψώδης· κοιλίη ξυνεκαύθη· σμικρὰ διήει· οὖρα λεπτὰ,
thirsty belly was-burned slight passed urines thin
ἄχροα κατ᾽ ἀρχάς. Ἑκταίη ἐς νύκτα παρέκρουσε πολλὰ,
colorless at beginnings On-the-sixth toward night she-wandered much
καὶ πάλιν κατενόει. Ἑβδόμῃ διψώδης· διαχωρήματα
and again was-lucid On-the-seventh thirsty stools
χολώδεα, κατακορέα. Ὀγδόῃ ἐπερῥίγωσεν· πυρετὸς ὀξύς·
bilious deep-colored On-the-eighth she-had-a-rigor fever acute
σπασμοὶ πολλοὶ μετὰ πόνου· πολλὰ παρέλεγεν· ἐξανίστατο
convulsions many with pain much she-raved she-got-up

βάλανον προσθεμένη, πολλὰ διῆλθε μετὰ περιῤῥόου
suppository having-applied copious passed with flux
χολώδεος· ὕπνοι οὐκ ἐνῆσαν. Ἐνάτῃ σπασμοί. Δεκάτῃ
bilious sleeps not were-present On-the-ninth convulsions On-the-tenth
σμικρὰ κατενόει. Ἑνδεκάτῃ ἐκοιμήθη· πάντων ἀνεμνήσθη·
slightly was-lucid On-the-eleventh slept all she-remembered
ταχὺ δὲ πάλιν παρέκρουσεν· οὖρει δὲ μετὰ σπασμῶν
quickly and again wandered she-urinated and with convulsions
ἀθρόον πουλὺ, ὀλιγάκις ἀναμιμνησκόντων, παχὺ, λευκὸν,
in-quantity much seldom those-reminding thick white
οἷον γίγνεται ἐκ τῶν καθισταμένων ὅταν ἀναταραχθῇ
such-as happens from the settling(-urines) when it-is-stirred-up
κείμενον πουλὺν χρόνον· οὐ καθίστατο· χρῶμα καὶ πάχος
standing long time not it-settled color and thickness
ἴκελον, οἷον γίγνεται ὑποζυγίου, τοιαῦτα οὖρει,
like such-as happens of-a-beast-of-burden such she-urinated
οἷα κἀγὼ εἶδον. Περὶ δὲ τεσσαρεσκαιδεκάτην ἐούσῃ,
as I-too saw About and fourteenth to-her-being
παλμοὶ δι᾽ ὅλου τοῦ σώματος· λόγοι πουλλοί· σμικρὰ
throbbings through whole the body words many slightly
κατενόει· διὰ ταχέων δὲ πάλιν παρέκρουσεν. Περὶ δὲ
she-was-lucid through quickness and again she-wandered About and
ἑπτακαιδεκάτην ἐοῦσα, ἦν ἄφωνος· εἰκοστῇ ἀπέθανεν.
seventeenth being she-was speechless on-the-twentieth she-died

Ἄῤῥωστος πέμπτος.
Patient fifth

Ἐπικράτεος γυναῖκα, ἣ κατέκειτο παρὰ Ἀρχιγέτην, περὶ
Of-Epicrates wife who lay-sick beside Archigetes about
τόκον ἤδη ἐοῦσαν, ῥῖγος ἔλαβεν ἰσχυρῶς, οὐκ ἐθερμάνθη
birth already being rigor took strongly not she-was-warmed
ὡς ἔλεγον· καὶ τῇ ὑστεραίῃ τὰ αὐτά. Τρίτῃ δὲ ἔτεκε
as they-said and on-the next-day the same On-the-third and she-bore

θυγατέρα, καὶ τἄλλα πάντα κατὰ λόγον ἦλθεν. Δευτέρῃ
a-daughter and the-rest all according-to rule went On-the-second
μετὰ τόκον, ἔλαβε πυρετὸς ὀξύς· καρδίης πόνος καὶ
after birth took fever acute of-heart pain and
γυναικείων· προσθεμένῃ δὲ, ταῦτα μὲν ἐκουφίσθη· κεφαλῆς
of-privates to-her-having-applied and these indeed were-relieved of-head
δὲ καὶ τραχήλου καὶ ὀσφύος πόνος· ὕπνοι οὐκ ἐνῆσαν·
but and of-neck and of-loins pain sleeps not were-present
ἀπὸ δὲ κοιλίης ὀλίγα, χολώδεα, λεπτὰ διῄει ἄκρητα·
from and belly scanty bilious thin passed unmixed
οὖρα λεπτὰ, ὑπομέλανα. Ἀφ' ἧς δὲ ἔλαβε πῦρ, ἐς
urines thin blackish From which and took fever toward
νύκτα ἑκταίῃ παρέκρουσεν. Ἑβδόμῃ πάντα παρωξύνθη·
night on-the-sixth she-wandered On-the-seventh all was-exacerbated
ἄγρυπνος· παρέκρουσεν· διψώδης· διαχωρήματα χολώδεα,
sleepless she-wandered thirsty stools bilious
κατακορέα. Ὀγδόῃ ἐπερῥίγωσεν· ἐκοιμήθη πλείω. Ἐνάτῃ
deep-colored On-the-eighth she-had-a-rigor she-slept more On-the-ninth
διὰ τῶν αὐτῶν. Δεκάτῃ, σκέλεα ἐπιπόνως ἤλγεε· καρδίης
through the same On-the-tenth legs painfully she-ached of-heart
πάλιν ὀδύνη· καρηβαρίη· οὐ παρέκρουσεν· ἐκοιμᾶτο μᾶλλον·
again pain heaviness-of-head not she-wandered she-slept more
κοιλίη ἐπέστη. Ἑνδεκάτῃ οὔρησεν εὐχροώτερα, συχνὴν
belly stopped On-the-eleventh she-urinated better-colored much
ὑπόστασιν ἔχοντα· διῆγε κουφότερον. Τεσσαρεσκαιδεκάτῃ,
sediment having she-passed more-lightly On-the-fourteenth
ἐπερῥίγωσεν· πυρετὸς ὀξύς. Πεντεκαιδεκάτῃ, ἤμεσε
she-had-a-rigor fever acute On-the-fifteenth she-vomited
χολώδεα, ξανθὰ, ὑπόσυχνα· ἵδρωσεν· ἄπυρος· ἐς νύκτα
bilious yellow rather-frequent she-sweated fever-free toward night
δὲ πυρετὸς ὀξύς· οὖρα πάχος ἔχοντα· ὑπόστασις λευκή.
but fever acute urines thickness having sediment white

Ἑκκαιδεκάτῃ, παρωξύνθη· νύκτα δυσφόρως· οὐχ ὕπνωσεν·
On-the-sixteenth was-exacerbated night uncomfortable not she-slept
παρέκρουσεν. Ὀκτωκαιδεκάτῃ διψώδης· γλῶσσα ἐπεκαύθη·
she-wandered On-the-eighteenth thirsty tongue was-parched
οὐχ ὕπνωσεν· παρέκρουσε πουλλά· σκέλεα ἐπωδύνως εἶχεν.
not she-slept she-wandered much legs painfully she-had
Περὶ δὲ εἰκοστὴν, πρωΐ σμικρὰ ἐπερρίγωσεν· κωματώδης· δι᾽
About and twentieth early slightly she-had-a-rigor comatose in
ἡσυχίης ὕπνωσεν· ἤμεσε χολώδεα ὀλίγα, μέλανα· ἐς νύκτα
quiet she-slept she-vomited bilious scanty black toward night
κώφωσις. Περὶ δὲ πρώτην καὶ εἰκοστὴν, πλευροῦ ἀριστεροῦ
deafness About and first and twentieth of-side left
βάρος δι᾽ ὅλου μετ᾽ ὀδύνης· σμικρὰ ἐπέβησσεν· οὖρα δὲ
heaviness through whole with pain slightly she-coughed urines and
πάχος ἔχοντα, θολερὰ, ὑπέρυθρα· κείμενα οὐ καθίστατο·
thickness having turbid reddish standing not settled
τὰ δ᾽ ἄλλα κουφοτέρως· οὐκ ἄπυρος αὖθις· ἐξ ἀρχῆς
the but other-things more-lightly not fever-free again from beginning
φάρυγγα ἐπωδύνως· ἔρευθος· κίων ἀνεσπασμένος· ῥεῦμα
throat painfully redness uvula drawn-up flux
δριμὺ, δακνῶδες, ἁλμυρῶδες διὰ τέλεος παρέμενεν. Περὶ
acrid biting salty through end remained About
δὲ εἰκοστὴν ἑβδόμην, ἄπυρος, οὔροισιν ὑπόστασις· πλευρὸν
and twenty seventh fever-free in-urines sediment side
ἤλγεεν. Περὶ δὲ πρώτην καὶ τριακοστὴν, πῦρ ἐλάβετο·
ached About and first and thirtieth fever seized
κοιλίη χολώδεσιν ὑπεταράχθη· ἤμεσε τῇ τεσσαρακοστῇ
belly with-bilious(-stools) was-disturbed she-vomited on-the fortieth
ὀλίγα χολώδεα. Ἐκρίθη τελέως ἄπυρος τῇ ὀγδοηκοστῇ.
scanty bilious She-reached-crisis completely fever-free on-the eightieth

Ἄῤῥωστος ἕκτος.

Patient sixth

Κλεονακτίδην, ὃς κατέκειτο ἐπάνω τοῦ Ἡρακλείου, πῦρ

Cleonactides who lay-sick above the Heracleum fever

ἔλαβε πεπλανημένως· ἤλγεε δὲ κεφαλὴν ἐξ ἀρχῆς, καὶ

took erratically he-ached and in-head from beginning and

πλευρὸν ἀριστερόν· καὶ τῶν ἄλλων πόνοι, κοπιώδεα

side left and of-the other(-parts) pains of-fatigue

τρόπον· οἱ πυρετοὶ παροξυνόμενοι, ἄλλοτε ἀλλοίως,

manner the fevers exacerbated at-one-time differently

ἀτάκτως· ἱδρῶτες, ὁτὲ μὲν, ὁτὲ δ' οὔ· τὰ μὲν πλεῖστα

irregularly sweats at-times indeed at-times and not the indeed most

ἐπεσήμαινον οἱ παροξυσμοὶ ἐν κρισίμοισι μᾶλλον. Περὶ δὲ

showed the exacerbations on critical(-days) more About and

εἰκοστὴν τετάρτην, χεῖρας ἄκρας ἐψύχετο, ἤμεσε χολώδεα,

twenty fourth hands at-the-tips he-was-chilled he-vomited bilious

ξανθὰ, ὑπόσυχνα, μετ' ὀλίγον δὲ ἰώδεα· πάντων

yellow rather-frequent after a-little and verdigris-colored of-all

ἐκουφίσθη. Περὶ δὲ τριακοστὴν ἐόντι, ἤρξατο ἀπὸ ῥινῶν

he-was-relieved About and thirtieth to-him-being he-began from nostrils

αἱμορῥαγέειν ἐξ ἀμφοτέρων, καὶ ταῦτα πεπλανημένως

to-hemorrhage from both and these erratically

κατ' ὀλίγον μέχρι κρίσιος· οὐκ ἀπόσιτος δὲ, οὐδὲ διψώδης

by little until crisis not without-appetite and nor thirsty

παρὰ πάντα τὸν χρόνον, οὐδὲ ἄγρυπνος· οὖρα δὲ λεπτὰ,

through all the time nor sleepless urines and thin

οὐκ ἄχροα. Περὶ δὲ τεσσαρακοστὴν ἐὼν, οὔρησεν ὑπέρυθρα,

not colorless About and fortieth being he-urinated reddish

ὑπόστασιν πολλὴν ἐρυθρὴν ἔχοντα· ἐκουφίσθη· μετὰ δὲ,

sediment much red having he-was-relieved after and

ποικίλως τὰ τῶν οὔρων, ὁτὲ μὲν ὑπόστασιν εἶχεν, ὁτὲ

variously the of-the urines at-times indeed sediment it-had at-times

δὲ οὔ. Ἑξηκοστῇ οὔροισιν ὑπόστασις πολλὴ, καὶ λευκὴ, καὶ
and not On-the-sixtieth in-urines sediment much and white and
λείη· ξυνέδωκε πάντα· πυρετοὶ διέλιπον· οὖρα λεπτὰ μὲν,
smooth abated all fevers intermitted urines thin indeed
εὔχροα δέ. Ἑβδομηκοστῇ ἄπυρος, διέλιπεν ἡμέρας δέκα.
well-colored but On-the-seventieth fever-free it-intermitted days ten
Ὀγδοηκοστῇ ἐπεῤῥίγωσε· πυρετὸς ὀξὺς ἔλαβεν· ἵδρωσε
On-the-eightieth he-had-a-rigor fever acute took he-sweated
πολλῷ· οὔροισιν ὑπόστασις ἐρυθρὴ, λείη· τελείως ἐκρίθη.
much in-urines sediment red smooth completely he-reached-crisis
Ἄῤῥωστος ἕβδομος.
Patient seventh
Μέτωνα πῦρ ἔλαβεν· ὀσφύος βάρος ἐπώδυνον. Δευτέρῃ
Meton fever took of-loins heaviness painful On-the-second
ὕδωρ πιόντι ὑπόσυχνον, ἀπὸ κοιλίης καλῶς διῆλθεν.
water to-him-having-drunk rather-much from belly well passed
Τρίτῃ κεφαλῆς βάρος· διαχωρήματα λεπτὰ, χολώδεα,
On-the-third of-head heaviness stools thin bilious
ὑπέρυθρα. Τετάρτῃ πάντα παρωξύνθη· ἐῤῥύη ἀπὸ δεξιοῦ
reddish On-the-fourth all was-exacerbated flowed from right
μυκτῆρος αἷμα δὶς ὀλίγον· νύκτα δυσφόρως· διαχωρήματα
nostril blood twice a-little night uncomfortable stools
ὅμοια τῇ τρίτῃ· οὖρα ὑπομέλανα· εἶχεν ἐναιώρημα ὑπόμελαν
like to-the third urines blackish had suspended-matter blackish
ἐὸν, διεσπασμένον, οὐχ ἱδρύετο. Πέμπτῃ ἐῤῥύη λαῦρον ἐξ
being scattered not it-settled On-the-fifth flowed violently from
ἀριστεροῦ ἄκρητον· ἵδρωσεν· ἐκρίθη. Μετὰ δὲ κρίσιν,
left unmixed he-sweated he-reached-crisis After and crisis
ἄγρυπνος· παρέλεγεν· οὖρα λεπτὰ, ὑπομέλανα· λουτροῖσιν
sleepless he-raved urines thin blackish baths

ἐχρήσατο κατὰ κεφαλῆς· ἐκοιμήθη· κατενόει. Τούτῳ οὐχ
he-used over head he-slept he-was-lucid To-him not
ὑπέστρεψεν, ἀλλ᾽ ᾑμορῥάγεε πολλάκις μετὰ κρίσιν.
it-relapsed but it-hemorrhaged often after crisis
Ἄῤῥωστος ὄγδοος.
Patient eighth
Ἐρασινὸν, ὃς ᾤκει παρὰ Βοώτου χαράδρην, πῦρ ἔλαβε
Erasinus who lived beside of-Bootes ravine fever took
μετὰ δεῖπνον· νύκτα ταραχώδης. Ἡμέρην τὴν πρώτην δι᾽
after dinner night disturbed Day the first in
ἡσυχίης, νύκτα ἐπιπόνως. Δευτέρῃ πάντα παρωξύνθη· ἐς
quiet night painfully On-the-second all was-exacerbated toward
νύκτα παρέκρουσεν. Τρίτῃ ἐπιπόνως· παρέκρουσε πολλά.
night he-wandered On-the-third painfully he-wandered much
Τετάρτῃ δυσφορώτατα· ἐς δὲ τὴν νύκτα οὐδὲν ἐκοιμήθη·
On-the-fourth most-uncomfortably toward and the night not-at-all he-slept
ἐνύπνια καὶ λογισμοί· ἔπειτα χείρω, μεγάλα καὶ ἐπίκαιρα,
dreams and reasonings then worse great and grave
φόβος, δυσφορίη. Πέμπτῃ πρωῒ κατήρτητο, καὶ κατενόει
fear distress On-the-fifth early he-was-composed and was-lucid
πάντα· πουλὺ δὲ πρὸ μέσου ἡμέρης ἐξεμάνη· κατέχειν οὐκ
all long but before middle of-day he-went-mad to-restrain not
ἠδύνατο· ἄκρεα ψυχρὰ, ὑποπέλια· οὖρα ὑπέστη· ἀπέθανε
he-could extremities cold somewhat-livid urines stopped he-died
περὶ ἡλίου δυσμάς. Τούτῳ οἱ πυρετοὶ διὰ τέλεος ξὺν
about of-sun setting To-him the fevers through end with
ἱδρῶτι· ὑποχόνδρια μετέωρα· ξύντασις μετ᾽ ὀδύνης· οὖρα
sweat hypochondria raised tension with pain urines
δὲ μέλανα, ἔχοντα ἐναιωρήματα στρογγύλα, οὐχ ἱδρύετο·
and black having suspended-matter round not it-settled

ἀπὸ δὲ κοιλίης κόπρανα διῄει· δίψα διὰ τέλεος, οὐ λίην·
from and belly feces passed thirst through end not much
σπασμοὶ δὲ πουλλοὶ ξὺν ἱδρῶτι, περὶ θάνατον.
convulsions but many with sweat about death
Ἀῤῥωστος ἔνατος.
Patient ninth
Κρίτωνι ἐν Θάσῳ, ποδὸς ὀδύνη ἤρξατο ἰσχυρὴ ἀπὸ δακτύλου
To-Crito in Thasos of-foot pain began strong from toe
τοῦ μεγάλου ὀρθοστάδην περιόντι. Κατεκλίθη αὐθημερόν·
the big upright to-him-walking-about He-took-to-bed same-day
φρικώδης, ἀσώδης, σμικρὰ ὑποθερμαινόμενος· νύκτα
shivering nauseous slightly feverish night
παρεφρόνησεν. Δευτέρῃ, οἴδημα δι᾽ ὅλου τοῦ ποδὸς, καὶ
he-was-delirious On-the-second swelling through whole the foot and
περὶ σφυρὸν ὑπέρυθρον μετὰ ξυντάσιος· φλυκταινίδια μέλανα·
about ankle reddish with tension small-blisters black
πυρετὸς ὀξύς· ἐξεμάνη· ἀπὸ δὲ κοιλίης ἄκρητα, χολώδεα,
fever acute he-went-mad from and belly unmixed bilious
ὑπόσυχνα διῆλθεν· ἀπέθανεν ἀπὸ τῆς ἀρχῆς δευτεραῖος.
rather-frequent passed he-died from the beginning on-the-second
Ἀῤῥωστος δέκατος.
Patient tenth
Τὸν Κλαζομένιον, ὃς κατέκειτο παρὰ τὸ Φρυνιχίδεω
The Clazomenian who lay-sick beside the of-Phrynichides
φρέαρ, πῦρ ἔλαβεν. Ἤλγεε δὲ κεφαλὴν, τράχηλον, ὀσφὺν
well fever took He-ached and in-head neck loins
ἐξ ἀρχῆς· αὐτίκα δὲ κώφωσις· ὕπνοι οὐκ ἐνῆσαν· πυρετὸς
from beginning at-once and deafness sleeps not were-present fever
ὀξὺς ἔλαβεν· ὑποχόνδριον ἐπῆρτο μετ᾽ ὄγκου· οὐ λίην
acute took hypochondrium was-raised with swelling not much
ξύντασις· γλῶσσα ξηρή. Τετάρτῃ ἐς νύκτα παρεφρόνησεν.
tension tongue dry On-the-fourth toward night he-was-delirious

Πέμπτῃ ἐπιπόνως. Ἕκτῃ πάντα παρωξύνθη. Περὶ δὲ
On-the-fifth painfully On-the-sixth all was-exacerbated About and
ἑνδεκάτην, σμικρὰ ἐνέδωκεν· ἀπὸ δὲ κοιλίης ἐξ ἀρχῆς
eleventh slightly it-abated from and belly from beginning
καὶ μέχρι τεσσαρεσκαιδεκάτην λεπτὰ, πουλλὰ, ὑδατόχροα
and until fourteenth thin copious water-colored
διῄει· εὐφόρως τὰ περὶ διαχώρησιν διῆγεν· ἔπειτα κοιλίη
passed comfortably the about evacuation he-passed then belly
ἐπέστη. Οὖρα διὰ τέλεος, λεπτὰ μὲν, εὔχροα δὲ· καὶ
stopped Urines through end thin indeed well-colored but and
πολὺ εἶχεν ἐναιώρημα ὑποδιεσπασμένον· οὐχ ἱδρύετο. Περὶ
much had suspended-matter somewhat-scattered not it-settled About
δὲ ἕκτην καὶ δεκάτην, οὔρησεν ὀλίγῳ παχύτερα· εἶχε
and sixth and tenth he-urinated by-little thicker it-had
σμικρὴν ὑπόστασιν· ἐκούφισεν ὀλίγῳ· κατενόει μᾶλλον.
small sediment it-relieved by-little he-was-lucid more
Ἑπτακαιδεκάτῃ δὲ, πάλιν λεπτά· παρὰ δὲ τὰ οὔατα
On-the-seventeenth and again thin beside and the ears
ἀμφότερα ἐπήρθη ξὺν ὀδύνῃ· ὕπνοι οὐκ ἐνῆσαν· παρελήρει·
both were-raised with pain sleeps not were-present he-raved
σκέλεα ἐπωδύνως εἶχεν. Εἰκοστῇ, ἄπυρος, ἐκρίθη· οὐχ
legs painfully he-had On-the-twentieth fever-free reached-crisis not
ἵδρωσε· πάντα κατενόει. Περὶ δὲ εἰκοστὴν ἑβδόμην ἰσχίου
he-sweated all he-was-lucid About and twenty seventh of-hip
ὀδύνη δεξιοῦ ἰσχυρῶς· διὰ ταχέων ἐπαύσατο. Τὰ δὲ
pain right strongly through quickness stopped The and
παρὰ τὰ οὔατα οὔτε καθίστατο, οὔτε ἐξεπύει, ἤλγεε δέ.
beside the ears neither subsided nor suppurated it-ached but
Περὶ δὲ τὴν πρώτην καὶ τριακοστὴν διάῤῥοια πολλοῖσιν
About and the first and thirtieth diarrhea with-copious
ὑδατώδεσι μετὰ δυσεντεριωδέων· οὖρα παχέα οὔρει·
watery with dysenteric urines thick he-urinated

κατέστη τὰ παρὰ τὰ ὦτα. Περὶ δὲ τὴν τεσσαρακοστὴν
subsided the beside the ears About and the fortieth
ὀφθαλμὸν δεξιὸν ἤλγεεν· ἀμβλύτερα ἑώρα, κατέστη.
eye right he-ached more-dimly he-saw it-subsided
Ἀρρώστος ἑνδέκατος.
Patient eleventh
Τὴν Δρομεάδεω γυναῖκα, θυγατέρα τεκοῦσαν, καὶ τῶν ἄλλων
The of-Dromeades wife a-daughter having-borne and the other
πάντων γενομένων κατὰ λόγον, δευτεραίην ἐοῦσαν, ῥῖγος
all having-happened according-to rule on-the-second being rigor
ἔλαβε, πυρετὸς ὀξύς. Ἤρξατο δὲ πονέειν τὴν πρώτην, περὶ
took fever acute She-began and to-ache on-the first about
ὑποχόνδριον· ἀσώδης, φρικώδης, ἀλύουσα, καὶ τὰς ἐχομένας
hypochondrium nauseous shivering restless and the following
οὐχ ὕπνωσεν· πνεῦμα ἀραιὸν, μέγα, αὐτίκα ἀνεσπασμένον.
not she-slept breath rare large at-once drawn-up
Δευτέρῃ ἀφ' ἧς ἐῤῥίγωσεν, ἀπὸ κοιλίης καλῶς κόπρανα
On-the-second from which she-had-the-rigor from belly well feces
διῆλθεν· οὖρα παχέα, λευκὰ, θολερὰ, οἷα γίγνεται ἐκ τῶν
passed urines thick white turbid such-as happen from the
καθισταμένων, ὅταν ἀναταραχθῇ κείμενα χρόνον πουλύν·
settling(-urines) when it-is-stirred-up standing time long
οὐ καθίστατο· νύκτα οὐκ ἐκοιμήθη. Τρίτῃ περὶ μέσον
not it-settled night not she-slept On-the-third about middle
ἡμέρης ἐπεῤῥίγωσεν· πυρετὸς ὀξύς· οὖρα ὅμοια· ὑποχονδρίου
of-day she-had-a-rigor fever acute urines like of-hypochondrium
πόνος· ἀσώδης· νύκτα δυσφόρως· οὐκ ἐκοιμήθη· ἴδρωσε
pain nauseous night uncomfortable not she-slept she-sweated
δι' ὅλου ὑπόψυχρα ταχὺ δὲ πάλιν ἀνεθερμάνθη. Τετάρτῃ,
through whole coldish quickly but again she-was-warmed On-the-fourth
περὶ μὲν ὑποχόνδριον σμικρὰ ἐκουφίσθη· κεφαλῆς δὲ
about indeed hypochondrium slightly she-was-relieved of-head but

βάρος μετ᾽ ὀδύνης· ὑπεκαρώθη· ἔσταξε σμικρὰ ἀπὸ ῥινῶν·
heaviness with pain she-was-drowsy dripped a-little from nostrils
γλῶσσα ἐπίξηρος· διψώδης· οὖρα λεπτὰ, ἐλαιώδεα· σμικρὰ
tongue dryish thirsty urines thin oily a-little
ἐκοιμήθη. Πέμπτῃ διψώδης, ἀσώδης· οὖρα ὅμοια· ἀπὸ
she-slept On-the-fifth thirsty nauseous urines like from
κοιλίης οὐδέν· περὶ δὲ μέσον ἡμέρης, πολλὰ παρέκρουσε,
belly nothing about and middle of-day much she-wandered
καὶ πάλιν ταχὺ σμικρὰ κατενόει· ἀνισταμένη ὑπεκαρώθη·
and again quickly slightly she-was-lucid rising she-was-drowsy
ψύξις σμικρά· νυκτὸς ἐκοιμήθη· παρέκρουσεν. Ἕκτῃ
chill slight by-night she-slept she-wandered On-the-sixth
πρωῒ ἐπερρίγωσε, ταχὺ δὲ διεθερμάνθη· ἵδρωσε δι᾽ ὅλου·
early she-had-a-rigor quickly but she-was-warmed she-sweated through whole
ἄκρεα ψυχρά· παρέκρουσεν· πνεῦμα μέγα, ἀραιόν· μετ᾽
extremities cold she-wandered breath large rare after
ὀλίγον σπασμοὶ ἀπὸ κεφαλῆς ἤρξαντο· ταχὺ ἀπέθανεν.
a-little convulsions from head began quickly she-died
Ἄῤῥωστος δωδέκατος.
Patient twelfth
Ἄνθρωπος θερμαινόμενος ἐδείπνησε, καὶ ἔπιε πλέον·
A-man being-heated dined and drank more
ἤμεσε πάντα νυκτός· πυρετὸς ὀξύς· ὑποχονδρίου δεξιοῦ
he-vomited all by-night fever acute of-hypochondrium right
πόνος· φλεγμονὴ ὑπολάπαρος ἐκ τοῦ ἔσω μέρεος· νύκτα
pain inflammation softish from the inner part night
δυσφόρως· οὖρα δὲ κατ᾽ ἀρχὰς πάχος ἔχοντα, ἐρυθρὰ,
uncomfortable urines and at beginnings thickness having red
κείμενα οὐ καθίστατο· γλῶσσα ἐπίξηρος, οὐ λίην διψώδης.
standing not settled tongue dryish not very thirsty
Τετάρτῃ πυρετὸς ὀξύς· πόνοι πάντων. Πέμπτῃ, οὔρησε
On-the-fourth fever acute pains of-all On-the-fifth he-urinated

λεῖον, ἐλαιῶδες πουλύ· πυρετὸς ὀξύς. Ἕκτῃ, δείλης
smooth oily copious fever acute On-the-sixth in-the-afternoon
πουλλὰ παρέκρουσεν, οὐδὲ ἐς νύκτα ἐκοιμήθη. Ἑβδόμῃ
much he-wandered nor toward night he-slept On-the-seventh
πάντα παρωξύνθη· οὖρα ὅμοια· λόγοι πουλλοί· κατέχειν
all was-exacerbated urines like words many to-restrain
οὐκ ἠδύνατο· ἀπὸ δὲ κοιλίης ἐρεθισμῷ ὑγρὰ ταραχώδεα
not he-could from and belly with-stimulus liquid disturbed
διῆλθε μετὰ ἑλμίνθων· νύκτα ὁμοίως ἐπιπόνως. Πρωΐ δὲ
passed with worms night likewise painfully Early and
ἐῤῥίγωσεν· πυρετὸς ὀξύς· ἵδρωσε θερμῷ· ἄπυρος ἔδοξε
he-had-a-rigor fever acute he-sweated hot fever-free he-seemed
γενέσθαι· οὐ πουλὺ ἐκοιμήθη· ἐξ ὕπνου, ψύξις· πτυαλισμός·
to-become not much he-slept from sleep chill spitting
δείλης πουλλὰ παρέκρουσεν· μετ᾽ ὀλίγον δὲ ἤμεσε
in-the-afternoon much he-wandered after a-little and he-vomited
μέλανα, ὀλίγα, χολώδεα. Ἐνάτῃ ψύξις· παρελήρει
black scanty bilious On-the-ninth chill he-raved
πουλλά· οὐχ ὕπνωσεν. Δεκάτῃ, σκέλεα ἐπωδύνως· πάντα
much not he-slept On-the-tenth legs painfully all
παρωξύνθη· παρελήρει. Ἑνδεκάτῃ ἀπέθανεν.
was-exacerbated he-raved On-the-eleventh he-died
Ἄῤῥωστος τρισκαιδέκατος.
Patient thirteenth
Γυναῖκα, ἣ κατέκειτο ἐν ἀκτῇ, τρίμηνον πρὸς ἑωυτὴν
A-woman who lay-sick on the-shore three-months in herself
ἔχουσαν, πῦρ ἔλαβεν· αὐτίκα δὲ ἤρξατο πονέειν ὀσφύν.
having fever took at-once and she-began to-ache in-loins
Τρίτῃ πόνος τραχήλου, κεφαλῆς, κατὰ κληῖδα, χεῖρα
On-the-third pain of-neck of-head at collarbone hand
δεξιήν· διὰ ταχέων δὲ γλῶσσα ἠφώνει· δεξιὴν χεῖρα
right through quickness and tongue was-voiceless right hand

παρελύθη μετὰ σπασμοῦ, παραπληκτικὸν τρόπον· παρελήρει
was-paralyzed with convulsion paralytic manner she-raved
πάντα· νύκτα δυσφόρως· οὐκ ἐκοιμήθη· κοιλίη ἐπεταράχθη,
all night uncomfortable not she-slept belly was-disturbed
χολώδεσιν, ἀκρήτοισιν, ὀλίγοισιν. Τετάρτῃ γλῶσσα ἀσαφὴς
with-bilious unmixed scanty On-the-fourth tongue indistinct
ἦν, ἐλύθη· σπασμοὶ τῶν αὐτῶν, πόνοι πάντων παρέμενον·
was was-loosed convulsions of-the same pains of-all remained
κατὰ ὑποχόνδριον ἔπαρμα ξὺν ὀδύνῃ· οὐκ ἐκοιμᾶτο·
at hypochondrium swelling with pain not she-slept
παρέκρουσε πάντα· κοιλίη ταραχώδης· οὖρα λεπτὰ,
she-wandered all belly disturbed urines thin
οὐκ εὔχροα. Πέμπτῃ, πυρετὸς ὀξύς· ὑποχονδρίου πόνος·
not well-colored On-the-fifth fever acute of-hypochondrium pain
παρέκρουσε πάντα· διαχωρήματα χολώδεα· ἐς νύκτα
she-wandered all stools bilious toward night
ἵδρωσεν, ἄπυρος. Ἕκτῃ, κατενόει· πάντων ἐκουφίσθη·
she-sweated fever-free On-the-sixth she-was-lucid of-all she-was-relieved
περὶ δὲ κληῖδα ἀριστερὴν πόνος παρέμενεν· διψώδης· οὖρα
about but collarbone left pain remained thirsty urines
λεπτά· οὐκ ἐκοιμήθη. Ἑβδόμῃ, τρόμος· ὑπεκαρώθη· σμικρὰ
thin not she-slept On-the-seventh trembling she-was-drowsy slightly
παρέκρουσεν· ἀλγήματα κατὰ κληῖδα καὶ βραχίονα ἀριστερὸν
she-wandered pains at collarbone and arm left
παρέμενεν· τὰ δ' ἄλλα διεκούφισεν· πάντα κατενόει. Τρεῖς
remained the but other-things were-relieved all she-was-lucid Three
δὲ διέλιπεν, ἄπυρος. Ἐνδεκάτῃ ὑπέστρεψεν· ἐπερρίγωσεν·
and she-intermitted fever-free On-the-eleventh it-relapsed she-had-a-rigor
πῦρ ἔλαβεν. Περὶ δὲ τεσσαρεσκαιδεκάτην, ἤμεσε χολώδεα,
fever took About and fourteenth she-vomited bilious
ξανθὰ, ὑπόσυχνα· ἵδρωσεν· ἄπυρος, ἐκρίθη.
yellow rather-frequent she-sweated fever-free she-reached-crisis

Ἄῤῥωστος τεσσαρεσκαιδέκατος.

Patient fourteenth

Μελιδίῃ, ἣ κατέκειτο παρὰ τὸ τῆς Ἥρης ἱερὸν, ἤρξατο

To-Melidia who lay-sick beside the of-the Hera temple began

κεφαλῆς καὶ τραχήλου καὶ στήθεος πόνος ἰσχυρός. Αὐτίκα δὲ

of-head and of-neck and of-chest pain strong At-once and

πυρετὸς ὀξὺς ἔλαβεν· γυναικεῖα δὲ σμικρὰ ἐπεφαίνετο· πόνοι

fever acute took menses and slight appeared pains

τουτέων πάντων ξυνεχέες. Ἕκτῃ κωματώδης, ἀσώδης,

of-these all continuous On-the-sixth comatose nauseous

φρικώδης· ἐρύθημα ἐπὶ γνάθων· σμικρὰ παρέκρουσεν.

shivering redness on cheeks slightly she-wandered

Ἑβδόμῃ ἵδρωσεν· πυρετὸς διέλιπεν· οἱ πόνοι παρέμενον.

On-the-seventh she-sweated fever intermitted the pains remained

Ὑπέστρεψεν· ὕπνοι σμικροί· οὖρα διὰ τέλεος, εὔχροα

It-relapsed sleeps short urines through end well-colored

μὲν, λεπτὰ δέ· διαχωρήματα λεπτὰ, χολώδεα, δακνώδεα,

indeed thin but stools thin bilious biting

κάρτα ὀλίγα, μέλανα, δυσώδεα διῆλθεν· οὔροισιν ὑπόστασις

very scanty black foul-smelling passed in-urines sediment

λευκὴ, λείη· ἵδρωσεν· ἐκρίθη τελέως ἑνδεκαταίη.

white smooth she-sweated she-reached-crisis completely on-the-eleventh

ΕΠΙΔΗΜΙΩΝ ΤΟ ΤΡΙΤΟΝ. ΤΜΗΜΑ ΠΡΩΤΟΝ

VI · TWELVE PATIENTS

This section gives twelve patients of the third book, among them Pythion by the temple of Earth, Hermocrates by the new wall, a woman with quinsy, a lad of the Liars' Market, and women after childbirth or miscarriage. Each history is set down day by day. Three recover, Pythion, the man in Dealces' garden, and Chaerion; the other nine die, between the fifth and the twenty-seventh day. Seven histories close with the ancient sigla that sum them up, and some with a one-word diagnosis, such as quinsy, ardent fever, or phrenitis.

Ἄῤῥωστος πρῶτος. 1

Patient first

Πυθίων, ὃς ᾤκει παρὰ Γῆς ἱερόν· ἤρξατο τρόμος ἀπὸ

Pythion who lived beside of-Earth temple began trembling from

χειρῶν τῇ πρώτῃ· πυρετὸς ὀξύς· λῆρος. Δευτέρῃ, πάντα

hands on-the first fever acute raving On-the-second all

παρωξύνθη. Τρίτῃ τὰ αὐτά. Τετάρτῃ, ἀπὸ κοιλίης ὀλίγα,

was-exacerbated On-the-third the same On-the-fourth from belly scanty

ἄκρητα, χολώδεα, διῆλθεν. Πέμπτῃ, πάντα παρωξύνθη·

unmixed bilious passed On-the-fifth all was-exacerbated

τρόμοι παρέμενον· ὕπνοι λεπτοί· κοιλίη ἔστη. Ἕκτῃ,

tremblings remained sleeps light belly stopped On-the-sixth

πτύελα ποικίλα, ὑπέρυθρα. Ἑβδόμῃ, στόμα παρειρύσθη.

sputa various reddish On-the-seventh mouth was-drawn-aside

Ὀγδόῃ, πάντα παρωξύνθη· τρόμοι δὲ πάλιν παρέμενον·

On-the-eighth all was-exacerbated tremblings and again remained

οὖρα δὲ καταρχὰς μὲν καὶ μέχρι τῆς ὀγδόης, λεπτὰ, ἄχροα·

urines and at-first indeed and until the eighth thin colorless

ἐναιώρημα εἶχον ἐπινέφελον. Δεκάτῃ ἵδρωσεν· πτύελα

suspended-matter had cloudy On-the-tenth he-sweated sputa

ὑποπέπονα· ἐκρίθη· οὖρα ὑπόλεπτα περὶ κρίσιν. Μετὰ

somewhat-ripe he-reached-crisis urines thinnish about crisis After

δὲ κρίσιν, τεσσαράκοντα ἡμέρῃσιν ὕστερον, ἐμπύημα περὶ
and crisis forty days later suppuration about
ἕδρην· καὶ στραγγουριώδης ἐγένετο ἀπόστασις. ⸗ΠΟΥΜΥ.
anus and strangurious occurred abscession (sigla:recovered)
Ἄῤῥωστος δεύτερος.
Patient second
Ἑρμοκράτην, ὃς κατέκειτο παρὰ τὸ καινὸν τεῖχος, πῦρ
Hermocrates who lay-sick beside the new wall fever
ἔλαβεν. Ἤρξατο δὲ ἀλγέειν κεφαλὴν, ὀσφύν· ὑποχονδρίου
took He-began and to-ache in-head loins of-hypochondrium
ἔντασις λαπαρῶς· γλῶσσα δὲ ἀρχομένῳ ἐπεκαύθη·
tension slackly tongue and to-him-beginning was-parched
κώφωσις αὐτίκα· ὕπνοι οὐκ ἐνῆσαν· διψώδης οὐ λίην· οὖρα
deafness at-once sleeps not were-present thirsty not very urines
παχέα, ἐρυθρά· κείμενα οὐ καθίστατο· ἀπὸ δὲ κοιλίης οὐκ
thick red standing not settled from and belly not
ὀλίγα ξυγκεκαυμένα διήει. Πέμπτῃ, οὔρησε λεπτὰ, εἶχεν
scanty burnt passed On-the-fifth he-urinated thin it-had
ἐναιώρημα, οὐχ ἵδρυτο· ἐς νύκτα παρέκρουσεν. Ἕκτῃ
suspended-matter not settled toward night he-wandered On-the-sixth
ἰκτεριώδης· πάντα παρωξύνθη· οὐ κατενόει. Ἑβδόμῃ
jaundiced all was-exacerbated not he-was-lucid On-the-seventh
δυσφόρως· οὖρα λεπτὰ, ὅμοια· τὰς ἑπομένας παραπλησίως.
uncomfortable urines thin like the following similarly
Περὶ δὲ ἑνδεκάτην ἐόντι, πάντα ἔδοξε κουφισθῆναι. Κῶμα
About and eleventh to-him-being all seemed to-be-relieved Coma
ἤρξατο· οὔρει παχύτερα, ὑπέρυθρα, κάτω λεπτά· οὐ
began he-urinated thicker reddish below thin not
καθίστατο· ἡσυχῇ κατενόει. Τεσσαρεσκαιδεκάτῃ, ἄπυρος· οὐχ
settled quietly he-was-lucid On-the-fourteenth fever-free not
ἵδρωσεν· ἐκοιμήθη· κατενόει πάντα· οὖρα παραπλήσια. Περὶ
he-sweated he-slept he-was-lucid all urines similar About

δὲ ἑπτακαιδεκάτην ἐόντι, ὑπέστρεψεν· ἐθερμάνθη. Τὰς
and seventeenth to-him-being it-relapsed he-grew-hot The
ἑπομένας, πυρετὸς ὀξύς· οὖρα λεπτά· παρέκρουσεν. Πάλιν δὲ
following fever acute urines thin he-wandered Again and
εἰκοστῇ ἐκρίθη· ἄπυρος· οὐχ ἵδρωσεν· ἀπόσιτος παρὰ
on-the-twentieth he-reached-crisis fever-free not he-sweated without-appetite through
πάντα τὸν χρόνον· κατενόει πάντα· διαλέγεσθαι οὐκ ἠδύνατο·
all the time he-was-lucid all to-converse not he-could
γλῶσσα ἐπίξηρος· οὐκ ἐδίψη· κατεκοιμᾶτο σμικρὰ,
tongue dryish not he-was-thirsty he-slept a-little
κωματώδης. Περὶ δὲ εἰκοστὴν καὶ τετάρτην, ἐπεθερμάνθη·
comatose About and twentieth and fourth he-grew-hot
κοιλίη ὑγρὴ, πολλοῖσι λεπτοῖσι ῥέουσα· καὶ τὰς ἑπομένας,
belly loose with-copious thin flowing and the following
πυρετὸς ὀξύς· γλῶσσα ξυνεκαύθη. Ἑβδόμῃ καὶ εἰκοστῇ,
fever acute tongue was-parched On-the-seventh and twentieth
ἀπέθανεν. Τούτῳ κώφωσις διὰ τέλεος παρέμενεν· οὖρα
he-died To-him deafness through end remained urines
ἢ παχέα καὶ ἐρυθρὰ, οὐ καθιστάμενα, ἢ λεπτὰ καὶ ἄχροα,
either thick and red not settling or thin and colorless
καὶ ἐναιώρημα ἔχοντα· γεύεσθαι οὐκ ἠδύνατο. ϡΕΔΚΖΘ.
and suspended-matter having to-taste not he-could (sigla:died)

Ἄῤῥωστος τρίτος.

Patient third

Ὁ κατακείμενος ἐν τῷ Δεάλκεος κήπῳ, κεφαλῆς βάρος,
The lying-sick in the of-Dealces garden of-head heaviness
καὶ κρόταφον δεξιὸν ἐπώδυνον εἶχε χρόνον πουλύν· μετὰ δὲ
and temple right painful had time long with and
προφάσιος, πῦρ ἔλαβεν· κατεκλίθη. Δευτέρῃ ἐξ ἀριστεροῦ
cause fever took he-took-to-bed On-the-second from left
ὀλίγον ἄκρητον ἐῤῥύη αἷμα· ἀπὸ δὲ κοιλίης κόπρανα καλῶς
a-little unmixed flowed blood from and belly feces well

διῆλθεν· οὖρα λεπτὰ, ποικίλα, ἐναιωρήματα ἔχοντα σμικρὰ,
passed urines thin various suspended-matter having small
οἷον κρίμνα, γονοειδέα. Τρίτῃ, πυρετὸς ὀξύς· διαχωρήματα
like coarse-meal semen-like On-the-third fever acute stools
μέλανα, λεπτὰ, ἔπαφρα· ὑπόστασις πελιδνὴ διαχωρήμασιν·
black thin frothy sediment livid in-stools
ὑπεκαροῦτο· ἐδυσφόρει περὶ τὰς ἀναστάσιας· οὔροισιν
he-was-drowsy he-was-distressed about the risings in-urines
ὑπόστασις, πελιδνὴ, ὑπόγλισχρος. Τετάρτῃ, ἤμεσε χολώδεα,
sediment livid stickyish On-the-fourth he-vomited bilious
ξανθὰ, ὀλίγα· διαλιπὼν ὀλίγον, ἰώδεα· ἐξ ἀριστεροῦ
yellow scanty having-paused a-little verdigris-colored from left
ὀλίγον, ἄκρητον ἐῤῥύη· διαχωρήματα ὅμοια· οὖρα ὅμοια·
a-little unmixed flowed stools like urines like
ἐφίδρωσε περὶ κεφαλὴν καὶ κληῖδας· σπλὴν ἐπήρθη· μηροῦ
he-sweated about head and collarbones spleen swelled of-thigh
ὀδύνη κατ᾽ ἴξιν· ὑποχονδρίου δεξιοῦ ξύντασις ὑπολάπαρος·
pain in line of-hypochondrium right tension softish
νυκτὸς οὐκ ἐκοιμήθη· παρέκρουσε σμικρά. Πέμπτῃ,
by-night not he-slept he-wandered slightly On-the-fifth
διαχωρήματα πλείω, μέλανα, ἔπαφρα· ὑπόστασις μέλαινα
stools more black frothy sediment black
διαχωρήμασιν· νύκτα οὐχ ὕπνωσεν· παρέκρουσεν. Ἕκτῃ,
in-stools night not he-slept he-wandered On-the-sixth
διαχωρήματα μέλανα, λιπαρὰ, γλίσχρα, δυσώδεα· ὕπνωσεν·
stools black greasy sticky foul-smelling he-slept
κατενόει μᾶλλον. Ἑβδόμῃ, γλῶσσα ἐπίξηρος· διψώδης·
he-was-lucid more On-the-seventh tongue dryish thirsty
οὐκ ἐκοιμήθη· παρέκρουσεν· οὖρα λεπτὰ, οὐκ εὔχροα.
not he-slept he-wandered urines thin not well-colored

Ὀγδόῃ, διαχωρήματα μέλανα, ὀλίγα, ξυνεστηκότα·
On-the-eighth stools black scanty formed
ὕπνωσεν· κατενόει· διψώδης οὐ λίην. Ἐνάτῃ, ἐπερρίγωσεν·
he-slept he-was-lucid thirsty not very On-the-ninth he-had-a-rigor
πυρετὸς ὀξύς· ἵδρωσεν· ψύξις· παρέκρουσε, δεξιῷ
fever acute he-sweated chill he-wandered with-right(-eye)
ἴλλαινεν· γλῶσσα ἐπίξηρος· διψώδης· ἄγρυπνος. Δεκάτῃ,
he-squinted tongue dryish thirsty sleepless On-the-tenth
περὶ τὰ αὐτά. Ἑνδεκάτῃ, κατενόει πάντα· ἄπυρος· ὕπνωσεν·
about the same On-the-eleventh he-was-lucid all fever-free he-slept
οὖρα λεπτὰ, περὶ κρίσιν. Δύο διέλιπεν ἄπυρος· ὑπέστρεψε
urines thin about crisis Two he-intermitted fever-free it-relapsed
τεσσαρεσκαιδεκάτῃ· αὐτίκα δὲ νύκτα οὐκ ἐκοιμήθη, πάντα
on-the-fourteenth at-once and night not he-slept all
παρέκρουσεν. Πεντεκαιδεκάτῃ, οὖρον θολερὸν, οἷον ἐκ τῶν
he-wandered On-the-fifteenth urine turbid such-as from the
καθεστηκότων γίγνεται, ὅταν ἀναταραχθῇ· πυρετὸς ὀξύς·
settled(-urines) happens when it-is-stirred-up fever acute
πάντα παρέκρουσεν· οὐκ ἐκοιμήθη· γούνατα καὶ κνήμας
all he-wandered not he-slept knees and shins
ἐπώδυνα εἶχεν· ἀπὸ δὲ κοιλίης βάλανον προσθεμένῳ,
painful he-had from and belly suppository to-him-having-applied
μέλανα κόπρανα διῆλθεν. Ἑκκαιδεκάτῃ, οὖρα λεπτὰ, εἶχεν
black feces passed On-the-sixteenth urines thin it-had
ἐναιώρημα ἐπινέφελον· παρέκρουσεν. Ἑπτακαιδεκάτῃ, πρωΐ
suspended-matter cloudy he-wandered On-the-seventeenth early
ἄκρεα ψυχρά· περιεστέλλετο· πυρετὸς ὀξύς· ἵδρωσε δι᾽
extremities cold he-was-wrapped-up fever acute he-sweated through
ὅλου· ἐκουφίσθη· κατενόει μᾶλλον· οὐκ ἄπυρος· διψώδης·
whole he-was-relieved he-was-lucid more not fever-free thirsty
ἤμεσε χολώδεα, ξανθὰ, ὀλίγα· ἀπὸ δὲ κοιλίης κόπρανα
he-vomited bilious yellow scanty from and belly feces

διῆλθε, μετ᾽ ὀλίγον δὲ μέλανα, ὀλίγα, λεπτά· οὖρα λεπτὰ,
passed after a-little and black scanty thin urines thin
οὐκ εὔχροα. Ὀκτωκαιδεκάτῃ, οὐ κατενόει· κωματώδης.
not well-colored On-the-eighteenth not he-was-lucid comatose
Ἐννεακαιδεκάτῃ, διὰ τῶν αὐτῶν. Εἰκοστῇ, ὕπνωσεν·
On-the-nineteenth through the same On-the-twentieth he-slept
κατενόει πάντα· ἵδρωσεν· ἄπυρος· οὐκ ἐδίψη· οὖρα δὲ
he-was-lucid all he-sweated fever-free not he-was-thirsty urines and
λεπτά. Εἰκοστῇ πρώτῃ, σμικρὰ παρέκρουσεν· ὑπεδίψη·
thin On-the-twenty first slightly he-wandered he-was-thirstyish
ὑποχονδρίου πόνος, καὶ περὶ ὀμφαλὸν παλμὸς διὰ τέλεος.
of-hypochondrium pain and about navel throbbing through end
Εἰκοστῇ τετάρτῃ, οὔροισιν ὑπόστασις· κατενόει πάντα.
On-the-twenty fourth in-urines sediment he-was-lucid all
Εἰκοστῇ ἑβδόμῃ, ἰσχίου δεξιοῦ ὀδύνη· οὖρα λεπτὰ, καὶ
On-the-twenty seventh of-hip right pain urines thin and
εἶχον ὑπόστασιν· τὰ δ᾽ ἄλλα εἶχεν ἐπιεικέστατα. Περὶ
had sediment the but other-things were most-tolerable About
δὲ εἰκοστὴν ἐνάτην, ὀφθαλμοῦ δεξιοῦ ὀδύνη· οὖρα λεπτά.
and twentieth ninth of-eye right pain urines thin
Τεσσαρακοστῇ, διεχώρησε φλεγματώδεα, λευκὰ, ὑπόσυχνα·
On-the-fortieth he-passed phlegmy white rather-frequent
ἵδρωσε πολλῷ δι᾽ ὅλου· τελέως ἐκρίθη. ⸗ΚΔΟΔΜΥ.
he-sweated much through whole completely he-reached-crisis (sigla:recovered)
Ἄῤῥωστος τέταρτος.
Patient fourth
Ἐν Θάσῳ, Φιλίστης κεφαλὴν ἐπόνεε χρόνον πουλύν·
In Thasos Philistes in-head ached time long
καί ποτε καὶ ὑποκαρωθεὶς, κατεκλίθη· ἐκ δὲ πότων
and once also having-become-drowsy took-to-bed from and drinking-bouts
πυρετῶν ξυνεχέων γενομένων, ὁ πόνος παρωξύνθη· νυκτὸς
fevers continuous having-arisen the pain was-exacerbated by-night

ἐπεθερμάνθη τὸ πρῶτον. Τῇ πρώτῃ, ἤμεσε χολώδεα,
he-grew-hot the first On-the first he-vomited bilious
ὀλίγα, ξανθὰ τὸ πρῶτον, μετὰ δὲ, ἰώδεα πλείω·
scanty yellow the first after and verdigris-colored more
ἀπὸ δὲ κοιλίης κόπρανα διῆλθεν· νύκτα δυσφόρως.
from and belly feces passed night uncomfortable
Δευτέρῃ, κώφωσις· πυρετὸς ὀξύς· ὑποχόνδριον δεξιὸν
On-the-second deafness fever acute hypochondrium right
ξυνετάθη· ἔῤῥεπεν ἐς τὰ ἔσω· οὖρα λεπτὰ, διαφανέα,
was-tensed it-inclined to the inside urines thin transparent
εἶχεν ἐναιώρημα γονοειδὲς, σμικρόν· ἐξεμάνη περὶ μέσον
had suspended-matter semen-like small he-went-mad about middle
ἡμέρης. Τρίτῃ δυσφόρως. Τετάρτῃ σπασμοί· παρωξύνθη
of-day On-the-third uncomfortable On-the-fourth convulsions was-exacerbated
πάντα. Πέμπτῃ, πρωΐ ἀπέθανεν. ϡΦΔΕΘ.
all On-the-fifth early he-died (sigla:died)

Ἄῤῥωστος πέμπτος.
Patient fifth

Χαιρίωνα, ὃς κατέκειτο παρὰ Δημαινέτῳ, ἐκ ποτοῦ πῦρ
Chaerion who lay-sick beside Demaenetus from drinking fever
ἔλαβεν· αὐτίκα δὲ κεφαλῆς βάρος ἐπώδυνον· οὐκ ἐκοιμᾶτο·
took at-once and of-head heaviness painful not he-slept
κοιλίη ταραχώδης, λεπτοῖσιν, ὑποχολώδεσιν. Τρίτῃ,
belly disturbed with-thin somewhat-bilious(-stools) On-the-third
πυρετὸς ὀξύς· κεφαλῆς τρόμος, μάλιστα δὲ χείλεος τοῦ
fever acute of-head trembling most and of-lip the
κάτω· μετ᾽ ὀλίγον δὲ, ῥῖγος· σπασμοί· πάντα παρέκρουσεν·
lower after a-little and rigor convulsions all he-wandered
νύκτα δυσφόρως. Τετάρτῃ, δι᾽ ἡσυχίης· σμικρὰ ἐκοιμήθη·
night uncomfortable On-the-fourth in quiet a-little he-slept
παρέλεγεν. Πέμπτῃ, ἐπιπόνως· πάντα παρωξύνθη· λῆρος·
he-raved On-the-fifth painfully all was-exacerbated raving

νύκτα δυσφόρως· οὐκ ἐκοιμήθη. Ἕκτῃ, διὰ τῶν αὐτῶν.
night uncomfortable not he-slept On-the-sixth through the same
Ἑβδόμῃ, ἐπερρίγωσεν· πυρετὸς ὀξύς· ἵδρωσε δι᾽ ὅλου·
On-the-seventh he-had-a-rigor fever acute he-sweated through whole
ἐκρίθη. Τούτῳ διατελέως ἀπὸ κοιλίης διαχωρήματα
he-reached-crisis To-him throughout from belly stools
χολώδεα, ὀλίγα, ἄκρητα· οὖρα λεπτὰ, εὔχροα, ἐναιώρημα
bilious scanty unmixed urines thin well-colored suspended-matter
ἐπινέφελον ἔχοντα. Περὶ ὀγδόην, οὔρησεν εὐχροώτερα, ἔχοντα
cloudy having About eighth he-urinated better-colored having
ὑπόστασιν λευκὴν, ὀλίγην· κατενόει· ἀπύρετος· διέλιπεν.
sediment white scanty he-was-lucid fever-free he-intermitted
Ἐνάτῃ, ὑπέστρεψεν. Περὶ δὲ τεσσαρεσκαιδεκάτην, πυρετὸς
On-the-ninth it-relapsed About and fourteenth fever
ὀξύς. Ἐκκαιδεκάτῃ, ἤμεσε χολώδεα, ξανθὰ, ὑπόσυχνα.
acute On-the-sixteenth he-vomited bilious yellow rather-frequent
Ἑπτακαιδεκάτῃ, ἐπερρίγωσεν· πυρετὸς ὀξύς· ἵδρωσεν·
On-the-seventeenth he-had-a-rigor fever acute he-sweated
ἄπυρος· ἐκρίθη· οὖρα μετὰ ὑποστροφὴν καὶ κρίσιν, εὔχροα,
fever-free he-reached-crisis urines after relapse and crisis well-colored
ὑπόστασιν ἔχοντα· οὐδὲ παρέκρουσεν ἐν τῇ ὑποστροφῇ.
sediment having nor he-wandered in the relapse
Ὀκτωκαιδεκάτῃ, ἐθερμαίνετο σμικρά· ἐπεδίψη· οὖρα
On-the-eighteenth he-was-hot slightly he-became-thirsty urines
λεπτά· ἐναιώρημα ἐπινέφελον· σμικρὰ παρέκρουσεν. Περὶ
thin suspended-matter cloudy slightly he-wandered About
ἐννεακαιδεκάτην, ἄπυρος· τράχηλον ἐπωδύνως εἶχεν· οὔροισιν
nineteenth fever-free neck painfully he-had in-urines
ὑπόστασις. Τελέως ἐκρίθη εἰκοστῇ. ϡΧΠΔΟΥΚΥ.
sediment Completely he-reached-crisis on-the-twentieth (sigla:recovered)

Ἄῤῥωστος ἕκτος.

Patient sixth

Τὴν Εὐρυάνακτος θυγατέρα, παρθένον, πῦρ ἔλαβεν. Ἦν δὲ

The of-Euryanax daughter maiden fever took She-was and

ἄδιψος διατελέως· γεύματα οὐ προσεδέχετο. Ἀπὸ δὲ κοιλίης

thirstless throughout foods not she-accepted From and belly

σμικρὰ διήει· οὖρα λεπτὰ, ὀλίγα, οὐκ εὔχροα. Ἀρχομένου δὲ

small passed urines thin scanty not well-colored Beginning and

τοῦ πυρετοῦ, περὶ ἕδρην ἐπόνεεν. Ἑκταίη δὲ ἐοῦσα, ἄπυρος·

the fever about anus she-ached On-the-sixth and being fever-free

οὐχ ἵδρωσεν· ἐκρίθη· τὸ δὲ περὶ τὴν ἕδρην, σμικρὰ

not she-sweated she-reached-crisis the and about the anus slightly

ἐξεπύησεν, ἐῤῥάγη ἅμα κρίσει. Μετὰ δὲ κρίσιν, ἑβδομαίη

suppurated it-burst with crisis After and crisis on-the-seventh

ἐοῦσα, ἐῤῥίγωσε, σμικρὰ ἐπεθερμάνθη, ἵδρωσεν. Μετὰ

being she-had-a-rigor slightly she-grew-hot she-sweated After

δὲ κρίσιν ὀγδοαίη ἐοῦσα, ἐῤῥίγωσεν οὐ πολλά· ὕστερον

and crisis on-the-eighth being she-had-a-rigor not much later

δὲ ἄκρεα ψυχρὰ αἰεί. Περὶ δεκάτην, μετὰ τὸν ἱδρῶτα

and extremities cold always About tenth after the sweat

τὸν γενόμενον, παρέκρουσε, καὶ πάλιν ταχὺ κατενόει·

the occurring she-wandered and again quickly was-lucid

ἔλεγον δὲ γευσαμένην βότρυος, ταῦτα παθεῖν. Διαλιποῦσα

they-said and having-tasted grape these to-suffer Having-intermitted

δὲ δωδεκάτῃ, πάλιν πουλλὰ παρελήρει· κοιλίη ἐταράχθη

and on-the-twelfth again much she-raved belly was-disturbed

χολώδεσιν, ὀλίγοισιν, ἀκρήτοισι, λεπτοῖσι, δακνώδεσιν·

with-bilious scanty unmixed thin biting

πυκνὰ ἀνίστατο. Ἀφ’ ἧς δὲ παρέκρουσε τὸ ὕστερον,

often she-rose From which and she-wandered the later

ἀπέθανεν ἑβδόμῃ. Αὕτη, ἀρχομένου τοῦ νουσήματος,

she-died on-the-seventh She beginning the illness

ἤλγεε φάρυγγα, καὶ διατέλεος ἔρευθος εἶχεν· γαργαρεὼν
ached in-throat and throughout redness had uvula
ἀνεσπασμένος· ῥεύματα πουλλὰ, σμικρὰ, δριμέα· ἔβησσε
drawn-up fluxes many small acrid she-coughed
πέπονα, οὐδὲν ἀνῆγεν· ἀπόσιτος πάντων παρὰ πάντα τὸν
ripe nothing brought-up without-appetite for-all through all the
χρόνον, οὐδ' ἐπεθύμησεν οὐδενός· ἄδιψος, οὐδ' ἔπινεν οὐδὲν
time nor she-desired anything thirstless nor drank anything
ἄξιον λόγου· σιγῶσα, οὐδὲν διελέγετο· δυσθυμίη· ἀνελπίστως
worth of-mention silent nothing she-conversed despondency hopelessly
ἑωυτῆς εἶχεν. Ἦν δέ τι καὶ ξυγγενικὸν, φθινῶδες.
of-herself she-had There-was and some also inherited consumptive(-taint)
Ἀῤῥωστος ἕβδομος.
Patient seventh
Ἡ κυναγχικὴ, ἡ παρὰ τὰ Ἀριστιῶνος, ᾗ πρῶτον
The quinsy-woman the beside the of-Aristion to-whom first
ἀπὸ γλώσσης ἤρξατο· ἀσαφὴς φωνή· γλῶσσα ἐρυθρή·
from tongue it-began indistinct voice tongue red
ἐπεξηράνθη. Τῇ πρώτῃ, φρικώδης· ἐπεθερμάνθη. Τρίτῃ,
was-parched On-the first shivering she-grew-hot On-the-third
ῥῖγος· πυρετὸς ὀξύς· οἴδημα ὑπέρυθρον, σκληρὸν, τραχήλου
rigor fever acute swelling reddish hard of-neck
καὶ στήθεος ἐξ ἀμφοτέρων· ἄκρεα ψυχρὰ, πελιδνά·
and of-chest on both(-sides) extremities cold livid
πνεῦμα μετέωρον· ποτὸν διὰ ῥινῶν ἐχεῖτο· καταπίνειν
breath high drink through nostrils poured to-swallow
οὐκ ἠδύνατο· διαχωρήματα καὶ οὖρα ἐπέστη. Τετάρτῃ,
not she-could stools and urines stopped On-the-fourth
πάντα παρωξύνθη. Πέμπτῃ, ἀπέθανε, κυναγχική. ⍉ΔΕΕΘ.
all was-exacerbated On-the-fifth she-died quinsy (sigla:died)

Ἄῤῥωστος ὄγδοος.

Patient eighth

Τὸ μειράκιον, ὃ κατέκειτο ἐπὶ ψευδέων ἀγορῇ, πῦρ ἔλαβεν

The lad who lay-sick at of-liars market fever took

ἐκ κόπων, καὶ πόνων, καὶ δρόμων παρὰ τὸ ἔθος. Τῇ

from fatigues and labors and runnings against the custom On-the

πρώτῃ, κοιλίη ταραχώδης, χολώδεσι, λεπτοῖσι, πολλοῖσιν·

first belly disturbed with-bilious thin copious

οὖρα λεπτὰ, ὑπομέλανα· οὐχ ὕπνωσεν· διψώδης. Δευτέρῃ,

urines thin blackish not he-slept thirsty On-the-second

πάντα παρωξύνθη· διαχωρήματα πλείω, ἀκαιρότερα·

all was-exacerbated stools more more-unseasonable

οὐχ ὕπνωσεν· τὰ τῆς γνώμης ταραχώδεα· σμικρὰ

not he-slept the of-the mind disturbed slightly

ὑφίδρωσεν. Τρίτῃ, δυσφόρως· διψώδης· ἀσώδης· πουλὺς

he-sweated-lightly On-the-third uncomfortable thirsty nauseous much

βληστρισμός· ἀπορίη· παρέκρουσεν· ἄκρεα πελιδνὰ, καὶ

tossing distress he-wandered extremities livid and

ψυχρά· ὑποχονδρίου ἔντασις ὑπολάπαρος ἐξ ἀμφοτέρων.

cold of-hypochondrium tension softish on both(-sides)

Τετάρτῃ, οὐχ ὕπνωσεν· ἐπὶ τὸ χεῖρον. Ἑβδόμῃ, ἀπέθανεν.

On-the-fourth not he-slept toward the worse On-the-seventh he-died

Ἡλικίην περὶ ἔτεα εἴκοσιν. ϡΞΖΘ. Ὀξύ.

Age about years twenty (sigla:died) Acute

Ἄῤῥωστος ἔνατος.

Patient ninth

Ἡ παρὰ Τισαμένου γυνὴ κατέκειτο, ᾗ τὰ εἰλεώδεα

The from Tisamenus' woman lay-sick to-whom the ileus-like(-pains)

δυσφόρως ὥρμησεν. Ἔμετοι πολλοί· ποτὸν κατέχειν οὐκ

distressingly set-in Vomitings many drink to-keep-down not

ἠδύνατο. Πόνοι περὶ ὑποχόνδρια· καὶ ἐν τοῖσι κάτω

she-could Pains about hypochondria and in the lower(-parts)

κατὰ κοιλίην, πόνοι· στρόφοι ξυνεχέες· οὐ διψώδης·
in belly pains gripings continuous not thirsty
ἐπεθερμαίνετο. Ἄκρεα ψυχρὰ διὰ τέλεος· ἀσώδης·
she-grew-hot Extremities cold through end nauseous
ἄγρυπνος· οὖρα ὀλίγα, λεπτά· διαχωρήματα ὠμὰ, λεπτὰ,
sleepless urines scanty thin stools raw thin
ὀλίγα· ὠφελέειν οὐδὲν ἠδύνατο· ἀπέθανεν.
scanty to-help nothing could she-died
Ἀῤῥώστος δέκατος.
Patient tenth
Γυναῖκα ἐξ ἀποφθορῆς νηπίου, τῶν περὶ Παντιμίδην,
A-woman from miscarriage of-infant of-those about Pantimides
τῇ πρώτῃ πῦρ ἔλαβεν· γλῶσσα ἐπίξηρος· διψώδης·
on-the first fever took tongue dryish thirsty
ἀσώδης· ἄγρυπνος· κοιλίη ταραχώδης λεπτοῖσι, πολλοῖσιν,
nauseous sleepless belly disturbed with-thin copious
ὠμοῖσιν. Δευτέρῃ, ἐπερῥίγωσεν· πυρετὸς ὀξὺς· ἀπὸ κοιλίης
raw On-the-second she-had-a-rigor fever acute from belly
πουλλά· οὐχ ὕπνωσεν. Τρίτῃ, μείζους οἱ πόνοι. Τετάρτῃ,
copious not she-slept On-the-third greater the pains On-the-fourth
παρέκρουσεν. Ἑβδόμῃ, ἀπέθανεν. Κοιλίη διὰ παντὸς
she-wandered On-the-seventh she-died Belly through all
ὑγρὴ διαχωρήμασι πολλοῖσι, λεπτοῖσιν, ὠμοῖσιν· οὖρα
loose with-stools copious thin raw urines
ὀλίγα, λεπτά. Καῦσος.
scanty thin Ardent-fever
Ἀῤῥώστος ἑνδέκατος.
Patient eleventh
Ἑτέρην ἐξ ἀποφθορῆς περὶ πεντάμηνον, Οἰκέτεω γυναῖκα,
Another from miscarriage about five-months of-Oecetes wife
πῦρ ἔλαβεν· ἀρχομένη, κωματώδης ἦν, καὶ ἄγρυπνος
fever took beginning comatose she-was and sleepless

πάλιν· ὀσφύος ὀδύνη· κεφαλῆς βάρος. Δευτέρῃ, κοιλίη
again of-loins pain of-head heaviness On-the-second belly
ἐπεταράχθη, ὀλίγοισι, λεπτοῖσιν, ἀκρήτοισι τὸ πρῶτον.
was-disturbed with-scanty thin unmixed the first
Τρίτῃ, πλείω, χείρω· νυκτὸς οὐκ ἐκοιμήθη. Τετάρτῃ,
On-the-third more worse by-night not she-slept On-the-fourth
παρέκρουσεν· φόβοι, δυσθυμίαι· δεξιῷ ἴλλαινεν· ἵδρωσε
she-wandered fears despondencies with-right(-eye) she-squinted she-sweated
περὶ κεφαλὴν ὀλίγῳ ψυχρῷ· ἄκρεα ψυχρά. Πέμπτῃ, πάντα
about head with-scanty cold extremities cold On-the-fifth all
παρωξύνθη· πολλὰ παρέλεγε, καὶ πάλιν ταχὺ κατενόει·
was-exacerbated much she-raved and again quickly was-lucid
ἄδιψος· ἄγρυπνος· κοιλίη πουλλοῖσιν ἀκαίροισι διὰ τέλεος·
thirstless sleepless belly with-copious untimely through end
οὖρα ὀλίγα, λεπτὰ, ὑπομέλανα· ἄκρεα ψυχρὰ, ὑποπέλιδνα.
urines scanty thin blackish extremities cold somewhat-livid
Ἕκτῃ, διὰ τῶν αὐτῶν. Ἑβδόμῃ, ἀπέθανεν. Φρενῖτις.
On-the-sixth through the same On-the-seventh she-died Phrenitis
Ἀῤῥωστος δωδέκατος.
Patient twelfth
Γυναῖκα, ἥτις κατέκειτο ἐπὶ ψευδέων ἀγορῇ, τότε τεκοῦσαν
A-woman who lay-sick at of-liars market then having-borne
πρῶτον ἐπιπόνως ἄρσεν, πῦρ ἔλαβεν. Αὐτίκα ἀρχομένη,
first painfully a-male fever took At-once beginning
διψώδης, ἀσώδης, καρδίην ὑπήλγεε· γλῶσσα ἐπίξηρος·
thirsty nauseous at-heart she-ached-slightly tongue dryish
κοιλίη ἐπεταράχθη, λεπτοῖσιν, ὀλίγοισιν· οὐχ ὕπνωσεν.
belly was-disturbed with-thin scanty not she-slept
Δευτέρῃ, σμικρὰ ἐπερῥίγωσεν· πυρετὸς ὀξύς· σμικρὰ περὶ
On-the-second slightly she-had-a-rigor fever acute slightly about
κεφαλὴν ἵδρωσε ψυχρῷ. Τρίτῃ, ἐπιπόνως· ἀπὸ κοιλίης
head she-sweated cold On-the-third painfully from belly

ὠμὰ, λεπτὰ, πουλλὰ διῄει. Τετάρτῃ, ἐπερῥίγωσεν· πάντα
raw thin copious passed On-the-fourth she-had-a-rigor all
παρωξύνθη· ἄγρυπνος. Πέμπτῃ, ἐπιπόνως. Ἕκτῃ, διὰ
was-exacerbated sleepless On-the-fifth painfully On-the-sixth through
τῶν αὐτῶν· ἀπὸ κοιλίης ἦλθεν ὑγρὰ, πουλλά. Ἑβδόμῃ,
the same from belly came liquid copious On-the-seventh
ἐπερῥίγωσεν· πυρετὸς ὀξύς· δίψα πουλλή· βληστρισμός·
she-had-a-rigor fever acute thirst much tossing
περὶ δείλην, ἵδρωσε δι᾽ ὅλου ψυχρῷ· ψύξις· ἄκρεα
about afternoon she-sweated through whole cold chill extremities
ψυχρά· οὐκ ἔτι ἀνεθερμαίνετο· καὶ πάλιν ἐς νύκτα
cold not any-more were-warmed and again toward night
ἐπερῥίγωσεν· ἄκρεα οὐκ ἀνεθερμαίνετο οὐχ ὕπνωσεν·
she-had-a-rigor extremities not were-warmed not she-slept
σμικρὰ παρέκρουσε, καὶ πάλιν ταχὺ κατενόει. Ὀγδόῃ,
slightly she-wandered and again quickly was-lucid On-the-eighth
περὶ μέσον ἡμέρης ἀνεθερμάνθη· διψώδης· κωματώδης·
about middle of-day she-grew-warm thirsty comatose
ἀσώδης· ἤμεσε χολώδεα, σμικρὰ, ὑπόξανθα· νύκτα
nauseous she-vomited bilious small yellowish night
δυσφόρως· οὐκ ἐκοιμήθη· οὔρησε πουλὺ, ἀθρόον, οὐκ
uncomfortable not she-slept she-urinated much in-quantity not
εἰδυῖα. Ἐνάτῃ, ξυνέδωκε πάντα· κωματώδης· πρὸς δείλην,
knowing On-the-ninth abated all comatose toward afternoon
σμικρὰ ἐπερῥίγωσεν· ἤμεσε σμικρὰ, χολώδεα. Δεκάτῃ,
slightly she-had-a-rigor she-vomited small bilious On-the-tenth
ῥῖγος· πυρετὸς παρωξύνθη· οὐχ ὕπνωσεν οὐδέν· πρωΐ,
rigor fever was-exacerbated not she-slept at-all early
οὔρησε πουλὺ, ὑπόστασιν ἔχον· ἄκρεα ἀνεθερμάνθη.
she-urinated much sediment having extremities were-warmed
Ἑνδεκάτῃ, ἤμεσεν ἰώδεα, χολώδεα· ἐπερῥίγωσεν οὐ
On-the-eleventh she-vomited verdigris-colored bilious she-had-a-rigor not

μετὰ πουλύ· καὶ πάλιν, ἄκρεα ψυχρά· ἐς δείλην, ῥῖγος·
after long and again extremities cold toward afternoon rigor
ἱδρὼς ψυχρός· ἤμεσε πουλλά· νύκτα, ἐπιπόνως. Δωδεκάτῃ,
sweat cold she-vomited much night painfully On-the-twelfth
ἤμεσε πουλλὰ, μέλανα, δυσώδεα· λυγμὸς πουλύς· δίψος
she-vomited much black foul-smelling hiccup much thirst
ἐπιπόνως. Τρισκαιδεκάτῃ, μέλανα, δυσώδεα, πουλλὰ ἤμεσεν·
painfully On-the-thirteenth black foul-smelling much she-vomited
ῥῖγος· περὶ δὲ μέσον ἡμέρης ἄφωνος. Τεσσαρεσκαιδεκάτῃ,
rigor about and middle of-day speechless On-the-fourteenth
αἷμα διὰ ῥινῶν· ἀπέθανεν. Ταύτῃ διὰ τέλεος, κοιλίη
blood through nostrils she-died To-her through end belly
ὑγρὴ· φρικώδης. Ἡλικίη, περὶ ἔτεα ἑπτακαίδεκα. Καῦσος.
loose shivering Age about years seventeen Ardent-fever

ΤΜΗΜΑ ΤΡΙΤΟΝ

VII · THE PESTILENTIAL CONSTITUTION

After a year of drought came a southerly, rainy, and windless year, and early in its spring a malignant erysipelas spread over the whole body and ate away flesh, sinews, and bones. Sore throats, aphthous mouths, carbuncles, and ophthalmias came with it. The ardent and phrenitic fevers were comatose and deadly, and the bowels carried off most of the sick. Consumption was the greatest evil, and it took chiefly the smooth, pale, and freckled. Spring was the most fatal season, summer the mildest, and in autumn many died again. Much of the art lies in judging these things rightly.

2 Κατάστασις.

Constitution

Ἔτος νότιον, ἔπομβρον· ἄπνοια διὰ τέλεος. Αὐχμῶν
Year southerly rainy calm through end Droughts
δὲ γενομένων τοὺς ὑπόπροσθεν χρόνους ἐπ᾽ ἐνιαυτὸν, ἐν
and having-been the preceding times for a-year in
νοτίοισι περὶ ἀρκτοῦρον ὕδατα πουλλά. Φθινόπωρον
southerly(-winds) about Arcturus rains many Autumn
σκιῶδες, ἐπινέφελον· ὑδάτων πλήθεα. Χειμὼν νότιος, ὑγρὸς,
overcast cloudy of-rains abundance Winter southerly wet
μαλακός. Μετὰ δὲ ἡλίου τροπὰς ὕστερον πολλῷ, πλησίον
mild After and of-sun turnings later by-much near
ἰσημερίης, ὀπισθοχειμῶνες· καὶ ἤδη περὶ ἰσημερίην,
equinox late-winter-storms and already about equinox
βόρεια, χιονώδεα, οὐ πουλὺν χρόνον. Ἦρ πάλιν
northerly(-winds) snowy not long time Spring again
νότιον, ἄπνοον· ὕδατα πουλλὰ διὰ τέλεος μέχρι κυνός.
southerly windless rains many through end until Dog
Θέρος αἴθριον, θερμόν· πνίγεα μεγάλα· ἐτησίαι σμικρὰ
Summer clear hot stifling-heats great etesians slight

διεσπασμένως ἔπνευσαν· πάλιν δὲ περὶ ἀρκτοῦρον ἐν
scatteredly blew again and about Arcturus in
βορείοισιν ὕδατα πουλλά. Γενομένου δὲ τοῦ ἔτεος νοτίου,
northerly(-winds) rains many Having-been and the year southerly
καὶ ὑγροῦ, καὶ μαλθακοῦ, κατὰ μὲν τὸν χειμῶνα διῆγον
and wet and mild in indeed the winter they-passed
ὑγιηρῶς, πλὴν τῶν φθινωδέων, περὶ ὧν γεγράψεται.
healthily except the consumptive about whom it-shall-be-written
Πρωῒ δὲ τοῦ ἦρος ἅμα τοῖσι γενομένοισι ψύχεσιν, 3
Early and in-the spring with the occurring colds
ἐρυσιπέλατα πολλὰ, τοῖσι μὲν μετὰ προφάσιος, τοῖσι δ’
erysipelases many to-some indeed with cause to-some and
οὔ· κακοήθεα· πολλοὺς ἔκτεινεν· πολλοὶ φάρυγγας ἐπόνησαν·
not malignant many killed many in-throats suffered
φωναὶ κακούμεναι· καῦσοι· φρενιτικοί· στόματα ἀφθώδεα·
voices impaired ardent-fevers phrenitic(-cases) mouths aphthous
αἰδοίοισι φύματα· ὀφθαλμίαι· ἄνθρακες· κοιλίαι ταραχώδεες·
on-privates growths ophthalmias carbuncles bowels disturbed
ἀπόσιτοι· διψώδεες, οἱ μὲν, οἱ δ’ οὔ· οὖρα ταραχώδεα,
without-appetite thirsty some indeed some and not urines disturbed
πουλλὰ, κακά· κωματώδεες ἐπὶ πουλὺ, καὶ πάλιν ἄγρυπνον·
copious bad comatose for long and again sleepless
ἀκρισίαι πουλλαί· δύσκριτα· ὕδρωπες· φθινώδεες πουλλοί·
lacks-of-crisis many difficult-crises dropsies consumptives many
τὰ μὲν ἐπιδημήσαντα νουσήματα, ταῦτα. Ἑκάστου δὲ τῶν
the indeed being-epidemic illnesses these Of-each and of-the
ὑπογεγραμμένων εἰδέων ἦσαν οἱ κάμνοντες, καὶ ἔθνησκον
described types were the sick and died
πουλλοί. Ξυνέπιπτε δὲ ἐφ’ ἑκάστοισι τουτέων, ὧδε.
many It-befell and in each of-these thus

4 Πολλοῖσι μὲν τὸ ἐρυσίπελας μετὰ προφάσιος, ἐπὶ τοῖσι
To-many indeed the erysipelas with cause upon the
τυχοῦσι, καὶ πάνυ ἐπὶ σμικροῖσι τρωματίοισιν, ἐφ᾽ ὅλῳ
chance(-ones) and quite upon small little-wounds over whole
τῷ σώματι, μάλιστα δὲ τοῖσι περὶ ἑξήκοντα ἔτεα, καὶ
the body most and to-those about sixty years and
περὶ κεφαλὴν, εἰ καὶ σμικρὸν ἀμεληθείη, πολλοῖσι δὲ καὶ
about head if even slightly it-were-neglected to-many and even
ἐν θεραπείῃ ἐοῦσιν· μεγάλαι φλεγμοναὶ ἐγίγνοντο, καὶ τὸ
in treatment being great inflammations arose and the
ἐρυσίπελας πουλὺ ταχὺ πάντοθεν ἐπενέμετο. Τοῖσι μὲν οὖν
erysipelas much quickly on-all-sides spread To-the indeed then
πλείστοισιν αὐτέων ἀποστάσιες ἐς ἐμπυήματα ξυνέπιπτον·
most of-them abscessions into suppurations befell
σαρκῶν, καὶ νεύρων, καὶ ὀστέων ἐκπτώσιες μεγάλαι. Ἦν δὲ
of-flesh and of-sinews and of-bones fallings-away great Was and
καὶ τὸ ῥεῦμα τὸ ξυνιστάμενον οὐ πύῳ ἴκελον, ἀλλὰ σηπεδών
also the flux the forming not to-pus like but putrefaction
τις ἄλλη, καὶ ῥεῦμα πουλὺ καὶ ποικίλον. Οἷσι μὲν οὖν
some other and flux much and various To-whom indeed then
περὶ κεφαλὴν τουτέων τι ξυμπίπτοι γίγνεσθαι, μαδήσιές
about head of-these anything befell to-happen balding
τε ὅλης τῆς κεφαλῆς ἐγίνοντο καὶ τοῦ γενείου, καὶ ὀστέων
both of-whole the head happened and of-the chin and of-bones
ψιλώματα καὶ ἐκπτώσιες, καὶ πουλλὰ ῥεύματα· ἐν πυρετοῖσί
barings and fallings-away and many fluxes in fevers
τε ταῦτα, καὶ ἄνευ πυρετῶν. Ἦν δὲ ταῦτα φοβερώτερα ἢ
both these and without fevers Were and these more-frightening than
κακίω· οἷσι γὰρ ἐς ἐμπύημα ὁ τῶν τοιούτων ἀφίκοιτο
worse to-whom for into suppuration the of-the such came
πεπασμὸς, οἱ πλεῖστοι τουτέων ἐσώζοντο· οἷσι δὲ ἡ μὲν
ripening the most of-these were-saved to-whom but the indeed

φλεγμονὴ καὶ τὸ ἐρυσίπελας ἀπέλθοι, τοιαύτην δὲ ἀπόστασιν
inflammation and the erysipelas went-away such but abscession
μηδεμίην ποιήσαιτο, τουτέων ἀπώλλυντο πουλλοί.
none made of-these perished many
Ὁμοίως δὲ καὶ ὅποι ἄλλῃ τοῦ σώματος πλανηθείη,
Likewise and also wherever elsewhere of-the body it-wandered
ξυνέπιπτε ταῦτα· πολλοῖσι μὲν γὰρ βραχίων, καὶ πῆχυς ὅλος
befell these to-many indeed for upper-arm and forearm whole
περιερρύη· οἷσι δὲ ἐπὶ τὰ πλευρὰ, ταῦτα ἐκακοῦτο, ἢ
flowed-off to-whom and at the sides these were-damaged either
τῶν ἔμπροσθέν τι ἢ τῶν ὄπισθεν· οἷσι δὲ ὅλος ὁ μηρὸς,
of-the front some or of-the back to-whom and whole the thigh
ἢ τὰ περικνήμια ἐψιλοῦτο, καὶ ποὺς ὅλος. Ἦν δὲ πάντων
or the shin(-flesh) was-laid-bare and foot whole Was and of-all
χαλεπώτατον τῶν τοιούτων, ὅ τι περὶ ἤβην καὶ αἰδοῖα
hardest of-the such what — about pubes and privates
γένοιτο. Τὰ μὲν περὶ ἕλκεα καὶ μετὰ προφάσιος τοιαῦτα·
happened The-things indeed about wounds and with cause such
πολλοῖσι δὲ ἐν πυρετοῖσι, καὶ πρὸ πυρετοῦ, καὶ ἐπὶ πυρετοῖσι
to-many and in fevers and before fever and upon fevers
ξυνέπιπτεν. Ἦν δὲ καὶ τούτων ὅσα μὲν ἀπόστασιν
it-befell Was and also of-these whatever indeed abscession
ποιήσαιτο διὰ τοῦ ἐκπυῆσαι, ἢ κατὰ κοιλίην ταραχή τις
made through the suppurating or in belly disturbance some
ἐπίκαιρος, ἢ χρηστῶν οὔρων διάδοσις γένοιτο, διὰ τούτων
timely or of-good urines passage happened through these
λελύσθαι· οἷσι δὲ μηδὲν τούτων ξυμπίπτοι, ἀσήμως δὲ
to-have-been-resolved to-whom but none of-these befell without-sign and
ἀφανιζομένων, θανατώδεα γίνεσθαι. Πουλὺ μὲν οὖν τοῖσι
vanishing deadly to-become Much indeed then to-the

πλείστοισι ξυνέπιπτε τὰ περὶ τὸ ἐρυσίπελας τοῦ ἦρος·
most befell the-things about the erysipelas in-the spring
παρείπετο δὲ καὶ διὰ τοῦ θέρεος, καὶ ὑπὸ φθινόπωρον.
it-continued and also through the summer and into autumn
5 Πολλὴ δὲ ταραχή τισι, καὶ τὰ περὶ φάρυγγα φύματα,
Much and trouble to-some also the-things about throat growths
καὶ φλεγμοναὶ γλώσσης, καὶ τὰ παρ᾽ ὀδόντας ἀποστήματα·
and inflammations of-tongue and the beside teeth abscesses
φωναί τε πολλοῖσιν ἐπεσήμαινον, κακούμεναι καὶ
voices and to-many gave-signs impaired and
κατίλλουσαι, πρῶτον μὲν τοῖσι φθινώδεσιν ἀρχομένοισιν,
failing first indeed to-the consumptives beginning
ἀτὰρ καὶ τοῖσι καυσώδεσι, καὶ τοῖσι φρενιτικοῖσιν.
but also to-the ardent(-cases) and to-the phrenitics
6 Ἤρξαντο μὲν οὖν οἱ καῦσοι καὶ τὰ φρενιτικὰ πρωΐ τοῦ
Began indeed then the ardent-fevers and the phrenitic(-cases) early in-the
ἦρος, μετὰ τὰ γενόμενα ψύχεα· καὶ πλεῖστοι τηνικαῦτα
spring after the occurring colds and most at-that-time
διενόσησαν· ὀξέα δὲ τούτοισι καὶ θανατώδεα ξυνέπιπτεν. Ἦν
were-ill acute and to-these and deadly it-befell Was
δὲ ἡ κατάστασις τῶν γενομένων καύσων ὧδε· ἀρχόμενοι
and the constitution of-the occurring ardent-fevers thus beginning
κωματώδεες, ἀσώδεες, φρικώδεες· πυρετὸς οὐκ ὀξύς· οὐ
comatose nauseous shivering fever not acute not
διψώδεες λίην· οὐ παράληροι· ἀπὸ ῥινῶν ἔσταζε σμικρά·
thirsty very not delirious from nostrils it-dripped slightly
οἱ παροξυσμοὶ τοῖσι πλείστοισιν, ἐν ἀρτίῃσι, περὶ δὲ τοὺς
the exacerbations to-the most on even(-days) about and the
παροξυσμοὺς λήθη καὶ ἄφεσις καὶ ἀφωνίη· ἄκρεά τε
exacerbations forgetfulness and prostration and speechlessness extremities and
τούτοισιν, αἰεὶ μὲν ψυχρότερα ποδῶν καὶ χειρῶν, πουλὺ δὲ
to-these always indeed colder of-feet and of-hands much but

περὶ τοὺς παροξυσμοὺς μάλιστα· πάλιν τε βραδέως καὶ οὐ
about the exacerbations most again and slowly and not
καλῶς ἀνεθερμαίνοντο, καὶ πάλιν κατενόουν καὶ διελέγοντο·
well they-were-warmed and again they-were-lucid and conversed
κατεῖχε δὲ ἢ τὸ κῶμα ξυνεχὲς, οὐχ ὑπνῶδες, ἢ μετὰ
held and either the coma continuous not sleepy or with
πόνων ἄγρυπνοι· κοιλίαι ταραχώδεες τοῖσι πλείστοισι
pains sleepless bowels disturbed to-the most
τούτων, διαχωρήμασιν ὠμοῖσι, λεπτοῖσι, πουλλοῖσιν· οὖρα
of-these with-stools raw thin copious urines
πολλὰ, λεπτὰ, κρίσιμον οὐδὲ χρηστὸν οὐδὲν ἔχοντα· οὐδὲ
copious thin critical nor good anything having nor
ἄλλο κρίσιμον οὐδὲν τοῖσιν οὕτως ἔχουσιν ἐπεφαίνετο·
other critical anything to-those so being appeared
οὔτε γὰρ ἡμορῥάγει καλῶς, οὔτε τις ἄλλη τῶν εἰθισμένων
neither for they-hemorrhaged well nor any other of-the customary
ἀπόστασις ἐγίνετο κρίσιμος· ἔθνησκόν τε ἕκαστος, ὡς
abscession happened critical died and each as
τύχοι, πεπλανημένως, τὰ πολλὰ περὶ τὰς κρίσιας, ἐκ
it-chanced erratically for-the most about the crises from
πολλοῦ δέ τινες ἄφωνοι, ἱδρῶντες πουλλοί. Τοῖσι μὲν
long and some speechless sweating many To-those indeed
οὖν ὀλεθρίως ἔχουσι ξυνέπιπτε ταῦτα· παραπλήσια δὲ
then fatally being befell these similar and
καὶ τοῖσι φρενιτικοῖσιν· ἄδιψοι δὲ πάνυ οὗτοι ἦσαν· οὐδ᾽
also to-the phrenitics thirstless and quite these were nor
ἐξεμάνη τῶν φρενιτικῶν οὐδεὶς, ὥσπερ ἐπ᾽ ἄλλοισιν, ἀλλ᾽
went-mad of-the phrenitics any as in others but
ἄλλῃ τινὶ καταφορῇ κακῇ, νωθρῇ, βαρέως ἀπώλλυντο.
other some lethargy bad torpid heavily they-perished

7 Ἦσαν δὲ καὶ ἄλλοι πυρετοὶ περὶ ὧν γεγράψεται.
There-were and also other fevers about which it-shall-be-written
Στόματα πολλοῖσιν ἀφθώδεα, ἑλκώδεα. Ῥεύματα περὶ
Mouths to-many aphthous ulcerous Fluxes about
αἰδοῖα πολλὰ, ἑλκώματα, φύματα ἔξωθεν, ἔσωθεν· τὰ περὶ
privates many ulcerations growths outside inside the about
βουβῶνας. Ὀφθαλμίαι ὑγραὶ, μακροχρόνιαι, μετὰ πόνων·
groins Ophthalmias wet long-lasting with pains
ἐπιφύσιες βλεφάρων ἔξωθεν, ἔσωθεν, πολλῶν φθείροντα
growths of-eyelids outside inside of-many destroying
τὰς ὄψιας, ἃ σῦκα ἐπονομάζουσιν. Ἐφύετο δὲ καὶ ἐπὶ
the sight which figs they-call Grew and also on
τῶν ἄλλων ἑλκέων πολλὰ, καὶ ἐν αἰδοίοισιν. Ἄνθρακες
the other sores many and on privates Carbuncles
πολλοὶ κατὰ θέρος, καὶ ἄλλα, ἃ σὴψ καλέεται·
many in summer and others which putrefaction is-called
ἐκθύματα μεγάλα· ἕρπητες πολλοῖσι μεγάλοι.
eruptions large herpes to-many large

8 Τὰ δὲ κατὰ κοιλίην πολλοῖσι πολλὰ καὶ βλαβερὰ
The and in belly to-many many and harmful
ξυνέβαινεν. Πρῶτον μὲν τεινεσμοὶ πολλοῖσιν ἐπιπόνως,
happened First indeed tenesmus to-many painfully
πλείστοισι δὲ παιδίοισι, καὶ πᾶσιν ὅσα πρὸ ἥβης,
most and to-children and to-all as-many-as before puberty
καὶ ἀπώλλυντο τὰ πλεῖστα τούτων· λειεντερικοὶ πουλλοί·
and perished the most of-these lienteric(-cases) many
δυσεντερικοὶ, οὐδ' οὗτοι λίην ἐπιπόνως. Τὰ δὲ χολώδεα,
dysenteric(-cases) not-even these very painfully The and bilious
καὶ λιπαρὰ, καὶ λεπτὰ, καὶ ὑδατώδεα· πολλοῖσι μὲν αὐτὸ
and greasy and thin and watery to-many indeed itself
τὸ νούσημα ἐς τοῦτο κατέσκηψεν· ἄνευ τε πυρετῶν, καὶ ἐν
the illness into this settled without both fevers and in

πυρετοῖσιν· μετὰ πόνων στρόφοι, καὶ ἀνειλήσιες κακοήθεες·
fevers with pains gripings and colics malignant
τῶν πολλῶν ἐνόντων τε καὶ ἐπισχόντων, διέξοδοι· τά
of-the much being-within both and held-back passages the
τε διεξιόντα πόνους οὐ λύοντα, τοῖσί τε προσφερομένοισι
and passing pains not resolving to-the and things-administered
δυσκόλως ὑπακούοντα· καὶ γὰρ αἱ καθάρσιες τοὺς πλείστους
with-difficulty responding and for the purgings the most
προσέβλαπτον. Τῶν δὲ οὕτως ἐχόντων πολλοὶ μὲν ὀξέως
harmed-besides Of-those and so being many indeed quickly
ἀπώλλυντο, πολλοῖσι δὲ καὶ μακρότερα διῆγεν. Ὡς δ' ἐν
perished to-many and also longer it-lasted As and in
κεφαλαίῳ εἰρῆσθαι, πάντες, καὶ οἱ τὰ μακρὰ νοσέοντες
sum to-be-said all both those the long(-illnesses) suffering
καὶ οἱ τὰ ὀξέα, ἐκ τῶν κατὰ κοιλίην ἀπέθνησκον
and those the acute from the in belly died
μάλιστα· πάντας γὰρ κοιλίη ξυναπήνεγκεν.
most all for belly carried-off
Ἀπόσιτοι δὲ πάντες μὲν ἐγένοντο καὶ ἐπὶ πᾶσι τοῖσι 9
Without-appetite and all indeed became and in all the
προγεγραμμένοισιν, ὡς ἐγὼ οὐδὲ πώποτε ἐνέτυχον, πολὺ
before-written as I not-even ever met much
δὲ μάλιστα οὗτοι, καὶ οἱ ἐκ τούτων, καὶ ἐκ τῶν
but most these and those from these and from the
ἄλλων δὲ οἳ καὶ ὀλεθρίως ἔχοιεν. Διψώδεες οἱ μὲν, οἱ
others and who also fatally were Thirsty some indeed some
δὲ οὔ· τῶν δ' ἐν πυρετοῖσι καὶ τοῖσιν ἄλλοισιν οὐδεὶς
and not of-those and in fevers and the others none
ἀκαίρως, ἀλλ' ἦν κατὰ ποτὸν διαιτῇν ὡς ἤθελες.
unseasonably but it-was in drink to-diet as you-wished

10 Οὖρα δὲ, πολλὰ μὲν τὰ διεξιόντα ἦν οὐκ ἐκ τῶν
Urines and copious indeed the passing were not from the
προσφερομένων ποτῶν, ἀλλὰ πολλὸν ὑπερβάλλοντα· πολλὴ
administered drinks but much exceeding much
δέ τις καὶ τῶν οὔρων κακότης ἦν τῶν ἀπιόντων· οὔτε
and some also of-the urines badness was of-the passing neither
γὰρ πάχος, οὔτε πεπασμοὺς, οὔτε καθάρσιας χρηστὰς
for thickness nor ripenings nor purgings good
εἶχεν· ἐπὶ πολλοῖσι γὰρ αἱ κατὰ κύστιν καθάρσιες,
they-had in many for the by bladder purgings
χρηστὰι γιγνόμεναι, ἀγαθόν· ἐσήμαινον δὲ τοῖσι πλείστοισι
good happening good they-signified but to-the most
ξύντηξιν, καὶ ταραχὴν, καὶ πόνους, καὶ ἀκρισίας.
wasting and disturbance and pains and lacks-of-crisis

11 Κωματώδεες δὲ μάλιστα οἱ φρενιτικοὶ, καὶ οἱ καυσώδεες
Comatose and most the phrenitics and the ardent(-cases)
ἦσαν· ἀτὰρ καὶ ἐπὶ τοῖσιν ἄλλοισι νουσήμασι πᾶσι τοῖσι
were but also in the other illnesses all the
μεγίστοισιν, ὅ τι μετὰ πυρετοῦ γίγνοιτο· διὰ παντὸς
greatest what — with fever happened through all
δὲ τοῖσι πλείστοισιν ἢ βαρὺ κῶμα παρείπετο, ἢ μικροὺς
and to-the most either heavy coma accompanied or short
καὶ λεπτοὺς ὕπνους κοιμᾶσθαι.
and light sleeps to-sleep

12 Πολλὰ δὲ καὶ ἄλλα πυρετῶν ἐπεδήμησεν εἴδεα, τριταίων,
Many and also other of-fevers were-epidemic types of-tertians
τεταρταίων, νυκτερινῶν, ξυνεχέων, μακρῶν, πεπλανημένων,
of-quartans of-nightly of-continuous of-long of-irregular
ἀσωδέων, ἀκαταστάτων. Ἅπαντες δὲ οὗτοι μετὰ πολλῆς
of-nauseous of-unsettled All and these with much
ἐγίγνοντο ταραχῆς· κοιλίαι τε γὰρ τοῖσι πλείστοισι
happened disturbance bowels both for to-the most

ταραχώδεες· φρικώδεες· ἱδρῶτες οὐ κρίσιμοι· καὶ τὰ τῶν
disturbed shivery sweats not critical and the of-the
οὔρων ὡς ὑπογέγραπται. Μακρὰ δὲ τοῖσι πλείστοισι
urines as has-been-described Long and to-the most
τουτέων· οὐδὲ γὰρ αἱ γινόμεναι τουτέοισιν ἀποστάσιες
of-these not-even for the happening to-these abscessions
ἔκρινον ὥσπερ ἐπὶ τοῖσιν ἄλλοισιν· δύσκριτα μὲν πᾶσι
brought-crisis as in the others difficult-crises indeed to-all
πάντα ἐγίνετο, καὶ ἀκρισίαι, καὶ χρόνια, πουλὺ δὲ
all happened and lacks-of-crisis and long-lasting much but
μάλιστα τουτέοισιν· ἔκρινε δὲ τουτέων ὀλίγοισι περὶ
most to-these it-reached-crisis and of-these to-few about
ὀγδοήκοντα· τοῖσι δὲ πλείστοισιν, ὡς ἔτυχεν, ἐξέλιπεν.
eighty to-the and most as it-chanced it-ceased
Ἔθνησκον δὲ τουτέων ὀλίγοι ὑπὸ ὕδρωπος, ὀρθοστάδην.
Died and of-these few by dropsy upright
Πολλοῖσι δὲ καὶ ἐπὶ τοῖσιν ἄλλοισι νουσήμασιν οἰδήματα
To-many and also in the other illnesses swellings
παρώχλει· πουλὺ δὲ μάλιστα τοῖσι φθινώδεσιν.
troubled much and most the consumptives
Μέγιστον δὲ καὶ χαλεπώτατον, καὶ πλείστους ἔκτεινε 13
Greatest but and hardest and most killed
τὸ φθινῶδες. Πολλοὶ γάρ τινες ἀρξάμενοι κατὰ χειμῶνα,
the consumption Many for some having-begun in winter
πολλοὶ μὲν κατεκλίθησαν, οἱ δὲ αὐτέων ὀρθοστάδην
many indeed took-to-bed others and of-them upright
ὑπεφέροντο· πρωΐ δὲ τοῦ ἦρος ἔθνησκον οἱ πλεῖστοι
held-out early and in-the spring died the most
τῶν κατακλιθέντων· τῶν δὲ ἄλλων, ἐξέλιπον μὲν
of-those having-taken-to-bed of-the and others ceased indeed
αἱ βῆχες οὐδενὶ, ὑφίεσαν δὲ κατὰ θέρος· ὑπὸ δὲ τὸ
the coughs for-none abated but in summer toward but the

φθινόπωρον κατεκλίθησαν πάντες, καὶ πουλλοὶ ἔθνησκον·
autumn took-to-bed all and many died
μακρὰ δὲ τούτων οἱ πλεῖστοι διενόσεον. Ἤρξατο μὲν οὖν
long and of-these the most were-ill It-began indeed then
τοῖσι πλείστοισι τούτων ἐξαίφνης ἐκ τούτων κακοῦσθαι·
to-the most of-these suddenly from these to-worsen
φρικώδεες πυκνά· πολλάκις πυρετοὶ ξυνεχέες, ὀξέες· ἱδρῶτες
shivering frequently often fevers continuous acute sweats
ἄκαιροι, πουλλοί, ψυχροὶ διὰ τέλεος· πουλλὴ ψύξις, καὶ
untimely many cold through end much chill and
μόλις πάλιν ἀναθερμαινόμενοι· κοιλίαι ποικίλως ἐφιστάμεναι,
hardly again warming bowels variously stopping
καὶ πάλιν ταχὺ καθυγραινόμεναι, περὶ δὲ τελευτὴν πᾶσι
and again quickly loosening about and end to-all
βιαίως καθυγραινόμεναι· καὶ τῶν περὶ πλεύμονα πάντων,
violently loosening and of-the-things about lung all
διάδοσις κάτω· πλῆθος οὔρων οὐ χρηστῶν· ξυντήξιες
passage downward abundance of-urines not good wastings
κακαί. Αἱ δὲ βῆχες ἐνῆσαν μὲν, διὰ τέλεος πολλαὶ,
bad The and coughs were-present indeed through end many
καὶ πουλλὰ ἀνάγουσαι πέπονα καὶ ὑγρὰ, μετὰ πόνων δὲ
and much bringing-up ripe and liquid with pains but
οὐ λίην· ἀλλ᾽ εἰ καὶ ὑπεπόνεον, πάνυ πρηέως πᾶσιν
not very but if even they-ached-somewhat quite gently to-all
ἡ κάθαρσις τῶν ἀπὸ πλεύμονος ἐγίνετο. Φάρυγγες οὐ
the purging of-the-things from lung happened Throats not
λίην δακνώδεες, οὐδὲ ἁλμυρίδες οὐδὲν ἠνώχλεον· τὰ μέντοι
very biting nor salt-humors at-all troubled the however
γλίσχρα, καὶ λευκὰ, καὶ ὑγρὰ, καὶ ἀφρώδεα πολλὰ ἀπὸ
sticky and white and liquid and frothy copious from
κεφαλῆς κατῄει. Πουλὺ δὲ μέγιστον κακὸν παρείπετο καὶ
head came-down Much and greatest evil accompanied both

τούτοισι καὶ τοῖσιν ἄλλοισι τὰ περὶ τὴν ἀποσιτίην,
these and the others the-things about the loss-of-appetite
καθάπερ ὑπογέγραπται· οὐδὲ γὰρ πότων μετὰ τροφῆς
just-as has-been-described nor for of-drinks with food
ἡδέως εἶχον, ἀλλὰ πάνυ διῆγον ἀδίψως· βάρος σώματος·
with-pleasure they-were but quite they-passed without-thirst heaviness of-body
κωματώδεες· τοῖσι πλείστοισιν αὐτέων οἴδημα, καὶ ἐς
comatose to-the most of-them swelling and into
ὕδρωπα περιίσταντο· φρικώδεες· παράληροι περὶ θάνατον.
dropsy they-turned shivering delirious about death
Εἶδος δὲ τῶν φθινωδέων ἦν, τὸ λεῖον, τὸ ὑπόλευκον, 14
Type and of-the consumptives was the smooth the whitish
τὸ φακῶδες, τὸ ὑπέρυθρον, τὸ χαροπόν· λευκοφλεγματίαι·
the freckled the reddish the bright-eyed white-phlegmatic
πτερυγώδεες· καὶ γυναῖκες, οὕτω. Τὸ μελαγχολικόν τε καὶ
wing-shouldered and women so The melancholic both and
ὕφαιμον· οἱ καῦσοι καὶ τὰ φρενιτικὰ, καὶ τὰ δυσεντεριώδεα
sanguine the ardent-fevers and the phrenitic(-cases) and the dysenteric(-cases)
τούτων ἥπτετο. Τεινεσμοὶ νέοισι φλεγματώδεσιν. Μακραὶ
these seized Tenesmus to-young phlegmatic Long
διάῤῥοιαι καὶ τὰ δριμέα διαχωρήματα καὶ λιπαρὰ
diarrheas and the acrid stools and greasy
πικροχόλοισιν.
to-the-bitter-bilious
Ἦν δὲ πᾶσι τοῖσιν ὑπογεγραμμένοισι χαλεπώτατον μὲν 15
Was and to-all the described hardest indeed
τὸ ἔαρ, καὶ πλείστους ἀπέκτεινε, τὸ δὲ θέρος ῥῄϊστον,
the spring and most it-killed the but summer easiest
καὶ ἐλάχιστοι ἀπώλλυντο· τοῦ δὲ φθινοπώρου καὶ ὑπὸ
and fewest perished in-the and autumn and near
πληϊάδα πάλιν ἔθνησκον οἱ πολλοί. Δοκέει δέ μοι
Pleiad again died the many It-seems and to-me

προσωφελῆσαι κατὰ λόγον τὸ γενόμενον θέρος· τὰς
to-have-helped according-to reason the occurring summer the
γὰρ θερινὰς νούσους χειμὼν ἐπιγενόμενος λύει, καὶ τὰς
for summer diseases winter supervening resolves and the
χειμερινὰς θέρος ἐπιγενόμενον μεθίστησιν. Καίτοι αὐτό
winter(-ones) summer supervening removes And-yet itself
γε ἐπὶ ἑωυτοῦ τὸ γενόμενον θέρος οὐκ εὐσταθὲς ἐγένετο,
at-least in itself the occurring summer not steady was
ἀλλ' ἐξαίφνης θερμὸν καὶ νότιον καὶ ἄπνοον· ἀλλ' ὅμως
but suddenly hot and southerly and windless but nevertheless
πρὸς τὴν ἄλλην κατάστασιν μεταλλάξαν ὠφέλησεν.
toward the other constitution having-changed it-helped

16 Μέγα δὲ μέρος ἡγεῦμαι τῆς τέχνης εἶναι τὸ δύνασθαι
Great and part I-consider of-the art to-be the to-be-able
κατασκοπέεσθαι περὶ τῶν γεγραμμένων ὀρθῶς. Ὁ γὰρ
to-examine about the written(-things) rightly The for
γνοὺς καὶ χρεόμενος τούτοισιν, οὐκ ἄν μοι δοκέῃ
having-known and using these not — to-me he-seems
μέγα σφάλλεσθαι ἐν τῇ τέχνῃ. Δεῖ δὴ καταμανθάνειν
greatly to-err in the art One-must indeed to-learn-thoroughly
ἀκριβῶς τὴν κατάστασιν τῶν ὡρέων ἑκάστης, καὶ τῶν
exactly the constitution of-the seasons each and the
νούσων· ἀγαθὸν ὅ τι κοινὸν ἐν τῇ καταστάσει ἢ ἐν
diseases good what — common in the constitution or in
τῇ νούσῳ, κακὸν ὅ τι κοινὸν ἐν τῇ καταστάσει ἢ ἐν
the disease bad what — common in the constitution or in
τῇ νούσῳ· μακρὸν ὅ τι νούσημα καὶ θανάσιμον, μακρὸν
the disease long what — illness and deadly long
ὅ τι καὶ περιεστικόν· ὀξὺ ὅ τι θανάσιμον, ὀξὺ ὅ τι
what — and survivable acute what — deadly acute what —
περιεστικόν. Τάξιν τῶν κρισίμων ἐκ τουτέων σκοπέεσθαι,
survivable Order of-the critical(-days) from these to-consider

καὶ προλέγειν ἐκ τουτέων, εὐπορέεται. Εἰδότι περὶ
and to-foretell from these it-is-easy To-one-knowing about
τουτέων, ἔστιν εἰδέναι οὓς καὶ ὅτε καὶ ὡς δεῖ διαιτῆν.
these it-is-possible to-know whom and when and how one-must to-diet

ΕΚΚΑΙΔΕΚΑ ΑΡΡΩΣΤΟΙ

VIII · SIXTEEN PATIENTS

Sixteen more histories from Thasos, Abdera, Larissa, Cyzicus, and Meliboea: the Parian by the Artemisium, Pericles and Anaxion of Abdera, a bald man of Larissa, women after childbirth, and a youth worn out by drink and love. Ardent fevers and phrenitis run their courses day by day; some reach crisis after relapses on the twenty-seventh, thirty-fourth, or hundred and twentieth day, and others die.

Πρῶτος. 17

First

Ἐν Θάσῳ, τὸν Πάριον, ὃς κατέκειτο ὑπὲρ Ἀρτεμισίου,
In Thasos the Parian who lay-sick above Artemisium
πυρετὸς ἔλαβεν ὀξὺς, κατ᾽ ἀρχὰς ξυνεχής· καυσώδης·
fever took acute at beginnings continuous ardent
διψώδης· ἀρχόμενος κωματώδης, καὶ αὖθις ἄγρυπνος·
thirsty beginning comatose and again sleepless
κοιλίη ταραχώδης ἐν ἀρχῇσιν· οὖρα λεπτά. Ἕκτῃ,
belly disturbed in beginnings urines thin On-the-sixth
οὔρησεν ἐλαιῶδες· παρέκρουσεν. Ἑβδόμῃ, παρωξύνθη
he-urinated oily he-wandered On-the-seventh was-exacerbated
πάντα· οὐδὲν ἐκοιμήθη· ἀλλ᾽ οὖρά τε ὅμοια, καὶ τὰ
all not-at-all he-slept but urines both like and the
τῆς γνώμης ταραχώδεα· ἀπὸ δὲ κοιλίης χολώδεα, λιπαρὰ
of-the mind disturbed from and belly bilious greasy
διῆλθεν. Ὀγδόῃ, σμικρὸν ἀπὸ ῥινῶν ἔσταξεν· ἤμεσεν
passed On-the-eighth a-little from nostrils dripped he-vomited

ἰώδεα ὀλίγα· σμικρὰ ἐκοιμήθη. Ἐνάτῃ, διὰ τῶν
verdigris-colored scanty a-little he-slept On-the-ninth through the
αὐτῶν. Δεκάτῃ, πάντα ξυνέδωκεν. Ἑνδεκάτῃ, ἵδρωσεν οὐ
same On-the-tenth all abated On-the-eleventh he-sweated not
δι' ὅλου· περιέψυξε μὲν, ταχὺ δὲ πάλιν ἀνεθερμάνθη.
through whole he-grew-chilled indeed quickly but again he-grew-warm
Τεσσαρεσκαιδεκάτῃ, πυρετὸς ὀξύς· διαχωρήματα χολώδεα,
On-the-fourteenth fever acute stools bilious
λεπτὰ, πουλλά· οὔροισιν ἐναιώρημα· παρέκρουσεν.
thin copious in-urines suspended-matter he-wandered
Ἑπτακαιδεκάτῃ, ἐπιπόνως· οὔτε γὰρ ὕπνοι, ὅ τε
On-the-seventeenth painfully neither for sleeps the and
πυρετὸς ἐπέτεινεν. Εἰκοστῇ, ἵδρωσε δι' ὅλου· ἄπυρος·
fever increased On-the-twentieth he-sweated through whole fever-free
διαχωρήματα χολώδεα· ἀπόσιτος· κωματώδης. Εἰκοστῇ
stools bilious without-appetite comatose On-the-twenty
τετάρτῃ, ὑπέστρεψεν. Τριακοστῇ τετάρτῃ, ἄπυρος· κοιλίη
fourth it-relapsed On-the-thirtieth fourth fever-free belly
οὐ ξυνίστατο· καὶ πάλιν ἀνεθερμάνθη. Τεσσαρακοστῇ,
not was-firm and again he-grew-warm On-the-fortieth
ἄπυρος· κοιλίη ξυνέστη χρόνον οὐ συχνόν· ἀπόσιτος·
fever-free belly became-firm time not long without-appetite
σμικρὰ πάλιν ἐπύρεξε, καὶ διὰ παντὸς πεπλανημένως·
slightly again he-was-feverish and through all erratically
ἄπυρος, τὰ μὲν, τὰ δ' οὔ· εἰ γάρ τι διαλείποι
fever-free the indeed the and not if for anything it-intermitted
καὶ διακουφίσαι, ταχὺ πάλιν ὑπέστρεφεν· σιταρίοισί τε
and relieved quickly again it-relapsed little-foods and
πουλλοῖσι καὶ φαύλοισι προσεχρῆτο· ὕπνοι κακοί· περὶ
many and poor he-used sleeps bad about
τὰς ὑποστροφὰς παρέκρουσεν· οὖρα πάχος μὲν ἔχοντα
the relapses he-wandered urines thickness indeed having

οὖρει τηνικαῦτα, ταραχώδεα δὲ καὶ πονηρά· καὶ
he-urinated at-that-time disturbed but and bad and
τὰ κατὰ κοιλίην ξυνιστάμενα, καὶ πάλιν διαλυόμενα·
the in belly becoming-firm and again dissolving
πυρέτια ξυνεχέα· διαχωρήματα πουλλὰ, λεπτά. Ἐν δὲ
little-fevers continuous stools copious thin In and
τῇ ἑκατοστῇ εἰκοστῇ ἡμέρῃ ἀπέθανεν. Τουτέῳ κοιλίη
the hundredth twentieth day he-died To-him belly
ξυνεχέως ἀπὸ τῆς πρώτης ὑγρὴ χολώδεσιν, ὑγροῖσι
continuously from the first loose with-bilious liquid
πουλλοῖσιν ἦν, ἢ ξυνισταμένη ἐν ζέουσι καὶ ἀπέπτοισιν·
copious was or becoming-firm in boiling and unconcocted
οὖρα διὰ τέλεος κακά· κωματώδης τὰ πλεῖστα·
urines through end bad comatose the most
μετὰ πόνων ἄγρυπνος· ἀπόσιτος ξυνεχέως. Καῦσος.
with pains sleepless without-appetite continuously Ardent-fever
ϡΠΦΑΥΡΚΘ.
(sigla:died)
Ἄῤῥωστος δεύτερος.
Patient second
Ἐν Θάσῳ τὴν κατακειμένην παρὰ τὸ ψυχρὸν ὕδωρ, ἐκ
In Thasos the lying-sick beside the cold water from
τοῦ τόκου, θυγατέρα τεκοῦσαν καὶ καθάρσιος μὴ γινομένης,
the birth a-daughter having-borne and purging not happening
πυρετὸς ὀξὺς, φρικώδης, τριταίην ἔλαβεν. Ἐκ χρόνου
fever acute shivering on-the-third took From time
δὲ πολλοῦ πρὸ τοῦ τόκου πυρετώδης ἦν, κατακλινὴς,
and long before the birth feverish she-was bedridden
ἀπόσιτος. Μετὰ δὲ τὸ γενόμενον ῥῖγος ξυνεχέες, ὀξέες,
without-appetite After and the occurring rigor continuous acute
φρικώδεες οἱ πυρετοί. Ὀγδόῃ, πολλὰ παρέκρουσε, καὶ
shivering the fevers On-the-eighth much she-wandered and

τὰς ἐχομένας, καὶ ταχὺ πάλιν κατενόει· κοιλίη ταραχώδης,
the following and quickly again was-lucid belly disturbed
πουλλοῖσι, λεπτοῖσιν, ὑδατοχόλοισιν· ἄδιψος. Ἐνδεκάτῃ,
with-copious thin watery-bilious thirstless On-the-eleventh
κατενόει· κωματώδης δὲ ἦν· οὖρα πουλλὰ, λεπτὰ καὶ
she-was-lucid comatose but she-was urines copious thin and
μέλανα· ἄγρυπνος. Εἰκοστῇ, σμικρὰ περιέψυξε, καὶ
black sleepless On-the-twentieth slightly she-grew-chilled and
ταχὺ πάλιν ἀνεθερμάνθη· σμικρὰ παρέλεγεν· ἄγρυπνος·
quickly again she-grew-warm slightly she-raved sleepless
τὰ κατὰ κοιλίην, ἐπὶ τῶν αὐτέων· οὖρα ὑδατώδεα,
the in belly at the same urines watery
πουλλά. Εἰκοστῇ ἑβδόμῃ, ἄπυρος· κοιλίη ξυνέστη· οὐ
copious On-the-twenty seventh fever-free belly became-firm not
πολλῷ δὲ χρόνῳ ὕστερον ἰσχίου δεξιοῦ ὀδύνη ἰσχυρὴ
much but by-time later of-hip right pain strong
χρόνον πουλύν· πυρετοὶ πάλιν παρείποντο· οὖρα ὑδατώδεα.
time long fevers again followed urines watery
Τεσσαρακοστῇ, τὰ μὲν περὶ τὸ ἰσχίον ἐπεκούφισε, βῆχες
On-the-fortieth the indeed about the hip were-relieved coughs
δὲ ξυνεχέες, ὑγραὶ, πολλαί· κοιλίη ξυνέστη· ἀπόσιτος·
but continuous moist many belly became-firm without-appetite
οὖρα ἐπὶ τῶν αὐτῶν· οἱ δὲ πυρετοὶ, τὸ μὲν ὅλον οὐκ
urines at the same the and fevers the indeed whole not
ἐκλείποντες, πεπλανημένως δὲ παροξυνόμενοι, τὰ μὲν, τὰ
ceasing erratically but exacerbated the indeed the
δ’ οὔ.
and not
Ἑξηκοστῇ, αἱ μὲν βῆχες ἀσήμως ἐξέλιπον· οὔτε γάρ τις
On-the-sixtieth the indeed coughs without-sign ceased neither for any
πτυάλων πεπασμὸς ἐγίνετο, οὔτε ἄλλη τῶν εἰθισμένων
of-sputa ripening happened nor other of-the customary

ἀπόστασις. Σιηγὼν δὲ, ἡ ἐκ τῶν ἐπὶ δεξιὰ, κατεσπάσθη·
abscession Jaw and the on the at right was-drawn-down
κωματώδης· παρέλεγε πάλιν, καὶ ταχὺ κατενόει· πρὸς
comatose she-raved again and quickly was-lucid toward
δὲ τὰ γεύματα ἀπονενοημένως εἶχεν· ἡ σιηγὼν μὲν
and the foods desperately she-was the jaw indeed
ἐπανῆκεν, ἡ κοιλίη δὲ χολώδεα σμικρὰ διέδωκεν· ἐπύρεσσεν
recovered the belly but bilious small passed she-was-feverish
ὀξυτέρως· φρικώδης, καὶ τὰς ἐχομένας ἄφωνος, καὶ πάλιν
more-acutely shivering and the following speechless and again
κατενόει καὶ διελέγετο. Ὀγδοηκοστῇ ἀπέθανεν. Ταύτῃ
was-lucid and conversed On-the-eightieth she-died To-her
τὰ τῶν οὔρων διὰ τέλεος ἦν μέλανα καὶ λεπτὰ καὶ
the of-the urines through end were black and thin and
ὑδατώδεα· κῶμα παρείπετο· ἀπόσιτος, ἄθυμος, ἄγρυπνος·
watery coma accompanied without-appetite dispirited sleepless
ὀργαί· δυσφορίαι· τὰ περὶ τὴν γνώμην μελαγχολικά.
angers distresses the about the mind melancholic
ⱥΔΛΕΠΘ.
(sigla:died)
Ἄῤῥωστος τρίτος.
Patient third
Ἐν Θάσῳ Πυθίωνα, ὃς κατέκειτο ὑπεράνω τοῦ Ἡρακλείου,
In Thasos Pythion who lay-sick above the Heracleum
ἐκ πόνων καὶ κόπων καὶ διαίτης γενομένης ἀμελέος ῥῖγος
from labors and fatigues and regimen having-been careless rigor
μέγα καὶ πυρετὸς ὀξὺς ἔλαβεν· γλῶσσα ἐπίξηρος, διψώδης,
great and fever acute took tongue dryish thirsty
χολώδης· οὐχ ὕπνωσεν· οὖρα ὑπομέλανα, ἐναιώρημα
bilious not he-slept urines blackish suspended-matter
μετέωρον, οὐχ ἵδρυτο. Δευτέρῃ, περὶ μέσον ἡμέρης ψύξις
high not settled On-the-second about middle of-day chill

ἀκρέων, τὰ περὶ χεῖρας καὶ κεφαλὴν μᾶλλον· ἄναυδος,
of-extremities the about hands and head more voiceless
ἄφωνος, βραχύπνοος ἐπὶ χρόνον πουλύν· ἀνεθερμάνθη·
speechless short-breathed for time long he-grew-warm
δίψα· νύκτα δι᾽ ἡσυχίης· ἵδρωσε περὶ κεφαλὴν σμικρά.
thirst night in quiet he-sweated about head slightly
Τρίτῃ, ἡμέρην δι᾽ ἡσυχίης· ὀψὲ δὲ περὶ ἡλίου δυσμὰς
On-the-third day in quiet late but about of-sun setting
ὑπεψύχθη σμικρά· ἄση· ταραχή· νυκτὸς ἐπιπόνως· οὐδὲν
he-grew-chilled slightly nausea disturbance by-night painfully not-at-all
ὕπνωσεν· ἀπὸ δὲ κοιλίης σμικρὰ ξυνεστηκότα κόπρανα
he-slept from and belly small formed feces
διῆλθεν. Τετάρτῃ, πρωΐ δι᾽ ἡσυχίης· περὶ δὲ μέσον
passed On-the-fourth early in quiet about but middle
ἡμέρης πάντα παρωξύνθη· ψύξις· ἄναυδος, ἄφωνος·
of-day all was-exacerbated chill voiceless speechless
ἐπὶ τὸ χεῖρον· ἀνεθερμάνθη μετὰ χρόνον· οὔρησε
toward the worse he-grew-warm after time he-urinated
μέλανα, ἐναιώρημα ἔχοντα· νύκτα δι᾽ ἡσυχίης· ἐκοιμήθη.
black suspended-matter having night in quiet he-slept
Πέμπτῃ, ἔδοξε κουφισθῆναι· κατὰ δὲ κοιλίην βάρος μετὰ
On-the-fifth he-seemed to-be-relieved in but belly heaviness with
πόνου· διψώδης· νύκτα ἐπιπόνως. Ἕκτῃ, πρωΐ μὲν
pain thirsty night painfully On-the-sixth early indeed
δι᾽ ἡσυχίης· δείλης δὲ οἱ πόνοι μείζους· παρωξύνθη·
in quiet in-the-afternoon but the pains greater was-exacerbated
ἀπὸ δὲ κοιλίης ὀψὲ κλυσματίῳ καλῶς διῆλθεν· νυκτὸς
from and belly late by-small-enema well passed by-night
ἐκοιμήθη.
he-slept

Ἑβδόμῃ, ἡμέρῃ, ἀσώδης· ὑπεδυσφόρει· οὔρησεν
On-the-seventh day nauseous he-was-somewhat-distressed he-urinated
ἐλαιώδες· νυκτὸς, ταραχὴ πουλλή· παρέλεγεν· οὐδὲν
oily by-night disturbance much he-raved not-at-all
ἐκοιμᾶτο. Ὀγδόῃ, πρωΐ μὲν ἐκοιμήθη σμικρὰ, ταχὺ
he-slept On-the-eighth early indeed he-slept a-little quickly
δὲ ψύξις, ἀφωνίη, λεπτὸν πνεῦμα καὶ μινυθῶδες·
but chill speechlessness thin breath and feeble
ὀψὲ δὲ πάλιν ἀνεθερμάνθη· παρέκρουσεν· ἤδη
late but again he-grew-warm he-wandered already
δὲ πρὸς ἡμέρην σμικρὰ ἐκουφίσθη· διαχωρήματα
and toward day slightly he-was-relieved stools
ἄκρητα σμικρὰ, χολώδεα. Ἐνάτῃ, κωματώδης·
unmixed small bilious On-the-ninth comatose
ἀσώδης, ὅτε διεγείροιτο· οὐ λίην δψώδης· περὶ δὲ
nauseous when he-was-roused not very thirsty about and
ἡλίου δυσμὰς ἐδυσφόρει, παρέλεγεν· νύκτα κακήν.
of-sun setting he-was-distressed he-raved night bad
Δεκάτῃ, πρωΐ ἄφωνος· πολλὴ ψύξις· πυρετὸς ὀξύς·
On-the-tenth early speechless much chill fever acute
πουλὺς ἱδρώς· ἔθανεν. Ἐν ἀρτίῃσιν οἱ πόνοι τούτῳ.
much sweat he-died On even(-days) the pains to-him
ϡΙΠΙΘ.
(sigla:died)
Ἄῤῥωστος τέταρτος.
Patient fourth
Ὁ φρενιτικὸς τῇ πρώτῃ κατακλιθεὶς, ἤμεσεν ἰώδεα,
The phrenitic on-the first having-taken-to-bed vomited verdigris-colored
πουλλὰ, λεπτά· πυρετὸς φρικώδης, πουλύς· ἱδρὼς ξυνεχὴς
copious thin fever shivering much sweat continuous
δι᾽ ὅλου· κεφαλῆς καὶ τραχήλου βάρος μετ᾽ ὀδύνης· οὖρα
through whole of-head and of-neck heaviness with pain urines

λεπτὰ, ἐναιωρήματα σμικρὰ, διεσπασμένα, οὐχ ἵδρυτο·
thin suspended-matter small scattered not settled
ἀπὸ δὲ κοιλίης ἐξεκόπρισεν ἀθρόα· πολλὰ παρέκρουσεν·
from and belly he-voided in-quantity much he-wandered
οὐδὲν ὕπνωσεν. Δευτέρῃ, πρωΐ ἄφωνος· πυρετὸς ὀξύς·
not-at-all he-slept On-the-second early speechless fever acute
ἵδρωσεν· οὐ διέλιπεν· παλμοὶ δι᾽ ὅλου τοῦ σώματος·
he-sweated not it-intermitted throbbings through whole the body
νυκτὸς, σπασμοί. Τρίτῃ, παρωξύνθη πάντα· ἀπέθανεν.
by-night convulsions On-the-third was-exacerbated all he-died
ϡΙΣΘ.
(sigla:died)
Ἄῤῥωστος πέμπτος.
Patient fifth
Ἐν Λαρίσσῃ φαλακρὸς μηρὸν δεξιὸν ἐπόνησεν ἐξαίφνης·
In Larissa a-bald-man in-thigh right ached suddenly
τῶν δὲ προσφερομένων οὐδὲν ὠφέλει. Τῇ πρώτῃ
of-the and things-administered nothing helped On-the first
πυρετὸς ὀξὺς, καυσώδης· ἀτρεμέως εἶχεν· οἱ δὲ πόνοι
fever acute ardent quietly he-was the but pains
παρείποντο. Δευτέρῃ, τοῦ μηροῦ μὲν ὑφίεσαν οἱ
continued On-the-second of-the thigh indeed abated the
πόνοι, ὁ δὲ πυρετὸς ἐπέτεινεν· ὑπεδυσφόρει· οὐκ
pains the but fever increased he-was-somewhat-distressed not
ἐκοιμᾶτο· ἄκρεα ψυχρά· οὖρων πλῆθος διῄει οὐ
he-slept extremities cold of-urines abundance passed not
χρηστῶν. Τρίτῃ, τοῦ μηροῦ μὲν ὁ πόνος ἐπαύσατο,
good On-the-third of-the thigh indeed the pain stopped
παρακοπὴ δὲ τῆς γνώμης, καὶ ταραχὴ, καὶ πουλὺς
derangement but of-the mind and disturbance and much

βληστρισμός. Τετάρτῃ, περὶ μέσον ἡμέρης ἔθανεν.
tossing *On-the-fourth* *about* *middle* *of-day* *he-died*

Ὀξύ.
Acute

Ἄῤῥωστος ἕκτος.
Patient *sixth*

Ἐν Ἀβδήροισι Περικλέα πυρετὸς ἔλαβεν ὀξὺς,
In *Abdera* *Pericles* *fever* *took* *acute*

ξυνεχὴς μετὰ πόνου· δίψα πουλλή· ἄση· πότον
continuous *with* *pain* *thirst* *much* *nausea* *drink*

κατέχειν οὐκ ἠδύνατο· ἦν δὲ ὑπόσπληνός τε καὶ
to-keep-down *not* *he-could* *he-was* *and* *somewhat-splenetic* *both* *and*

καρηβαρικός. Τῇ πρώτῃ, ἡμορῥάγησεν ἐξ ἀριστεροῦ·
heavy-headed *On-the* *first* *he-hemorrhaged* *from* *left*

πουλὺς μέντοι ὁ πυρετὸς ἐπέτεινεν· οὔρησε πουλὺ
much *however* *the* *fever* *increased* *he-urinated* *much*

θολερὸν, λευκὸν, κείμενον οὐ καθίστατο. Δευτέρῃ,
turbid *white* *standing* *not* *settled* *On-the-second*

πάντα παρωξύνθη· τὰ μέντοι οὖρα παχέα μὲν
all *was-exacerbated* *the* *however* *urines* *thick* *indeed*

ἦν, ἱδρυμένα δὲ μᾶλλον· καὶ τὰ περὶ τὴν ἄσην
were *settled* *but* *more* *and* *the* *about* *the* *nausea*

ἐκούφισεν· ἐκοιμήθη. Τρίτῃ, πυρετὸς ἐμαλάχθη· οὔρων
relieved *he-slept* *On-the-third* *fever* *softened* *of-urines*

πλῆθος, πέπονα, πουλλὴν ὑπόστασιν ἔχοντα· νύκτα δι᾽
abundance *ripe* *much* *sediment* *having* *night* *in*

ἡσυχίης. Τετάρτῃ, περὶ μέσον ἡμέρης ἵδρωσε πολλῷ
quiet *On-the-fourth* *about* *middle* *of-day* *he-sweated* *much*

θερμῷ δι᾽ ὅλου· ἄπυρος· ἐκρίθη· οὐχ ὑπέστρεψεν.
hot *through* *whole* *fever-free* *he-reached-crisis* *not* *it-relapsed*

Ὀξύ.
Acute

Ἄῤῥωστος ἕβδομος.

Patient seventh

Ἐν Ἀβδήροισι τὴν παρθένον, ἣ κατέκειτο ἐπὶ τῆς ἱερῆς
In Abdera the maiden who lay-sick on the sacred
ὁδοῦ, πυρετὸς καυσώδης ἔλαβεν. Ἦν δὲ διψώδης καὶ
way fever ardent took She-was and thirsty and
ἄγρυπνος· κατέβη δὲ τὰ γυναικεῖα πρῶτον αὐτῇ. Ἕκτῃ,
sleepless came-down and the menses first to-her On-the-sixth
ἄση πουλλή· ἔρευθος· φρικώδης, ἀλύουσα. Ἑβδόμῃ,
nausea much redness shivering restless On-the-seventh
διὰ τῶν αὐτῶν· οὖρα λεπτὰ μὲν, εὔχροα δέ· τὰ περὶ
through the same urines thin indeed well-colored but the about
τὴν κοιλίην οὐκ ἠνώχλει. Ὀγδόῃ, κώφωσις· πυρετὸς
the belly not troubled On-the-eighth deafness fever
ὀξύς· ἄγρυπνος, ἀσώδης, φρικώδης· κατενόει· οὖρα ὅμοια.
acute sleepless nauseous shivering she-was-lucid urines like
Ἐνάτῃ, διὰ τῶν αὐτῶν, καὶ τὰς ἑπομένας· οὕτως
On-the-ninth through the same and the following so
ἡ κώφωσις παρέμεινεν. Τεσσαρεσκαιδεκάτῃ, τὰ τῆς
the deafness remained On-the-fourteenth the of-the
γνώμης ταραχώδεα· ὁ πυρετὸς ξυνέδωκεν. Ἑπτακαιδεκάτῃ,
mind disturbed the fever abated On-the-seventeenth
διὰ τῶν ῥινῶν ἐῤῥύη πουλύ· ἡ κώφωσις σμικρὰ
through the nostrils flowed much the deafness slightly
ξυνέδωκεν· καὶ τὰς ἑπομένας ἄση· κωφότης ἐνῆν, καὶ
abated and the following nausea deafness was-present and
παράληρος. Εἰκοστῇ, ποδῶν ὀδύνη· κωφότης, παράληρος
delirious On-the-twentieth of-feet pain deafness delirium
ἀπέλιπεν· ἡμορῥάγησε σμικρὰ διὰ ῥινῶν· ἵδρωσεν· ἄπυρος.
left she-hemorrhaged slightly through nostrils she-sweated fever-free
Εἰκοστῇ τετάρτῃ, ὁ πυρετὸς ὑπέστρεψεν· κώφωσις πάλιν·
On-the-twenty fourth the fever relapsed deafness again

ποδῶν ὀδύνη παρέμεινεν· παρακοπή. Εἰκοστῇ ἑβδόμῃ,
of-feet pain remained derangement On-the-twenty seventh
ἵδρωσε πολλῷ· ἄπυρος· ἡ κώφωσις ἐξέλιπεν· ἡ τῶν
she-sweated much fever-free the deafness ceased the of-the
ποδῶν ὑπέμενεν ὀδύνη· τὰ δ᾽ ἄλλα τελέως ἐκρίθη.
feet remained pain the but other-things completely reached-crisis
ϛOKZY.
(sigla:recovered)

Ἄῤῥωστος ὄγδοος.
Patient eighth

Ἐν Ἀβδήροισιν Ἀναξίωνα, ὃς κατέκειτο παρὰ τὰς
In Abdera Anaxion who lay-sick beside the
Θρηϊκίας πύλας, πυρετὸς ὀξὺς ἔλαβεν· πλευροῦ ὀδύνη
Thracian gates fever acute took of-side pain
δεξιοῦ ξυνεχής· ἔβησσε ξηρὰ, οὐδ᾽ ἔπτυε τὰς πρώτας·
right continuous he-coughed dry nor spat the first(-days)
διψώδης· ἄγρυπνος· οὖρα εὔχροα, πουλλὰ, λεπτά. Ἕκτῃ,
thirsty sleepless urines well-colored copious thin On-the-sixth
ἐπιπόνως· πρὸς δὲ τὰ θερμάσματα οὐδὲν ἐνεδίδου.
painfully to and the warm-applications not-at-all it-yielded
Ἑβδόμῃ, ἐπιπόνως· ὁ γὰρ πυρετὸς ἐπέτεινεν, οἵ τε
On-the-seventh painfully the for fever increased the and
πόνοι οὐ ξυνεδίδοσαν, αἵ τε βῆχες ἠνώχλεον, δύσπνοός
pains not abated the and coughs troubled short-of-breath
τε ἦν. Ὀγδόῃ, ἀγκῶνα ἔταμον· ἐῤῥύη πολλὸν, οἷον
and he-was On-the-eighth at-the-elbow they-cut(-a-vein) it-flowed much as
ἔδει· ξυνέδωκαν μὲν οἱ πόνοι· αἱ μέντοι βῆχες ξηραὶ
was-needed abated indeed the pains the however coughs dry
παρείποντο. Ἐνδεκάτῃ, ξυνέδωκαν οἱ πυρετοί· σμικρὰ
continued On-the-eleventh abated the fevers slightly
περὶ κεφαλὴν ἵδρωσεν· αἱ βῆχες καὶ τὰ ἀπὸ πλεύμονος
about head he-sweated the coughs and the from lung

ὑγρότερα. Ἑπτακαιδεκάτῃ, ἤρξατο σμικρὰ πέπονα πτύειν·
moister On-the-seventeenth he-began small ripe to-spit
ἐκουφίσθη. Εἰκοστῇ, ἵδρωσεν· ἄπυρος· μετὰ δὲ κρίσιν,
he-was-relieved On-the-twentieth he-sweated fever-free after and crisis
διψώδης τε ἦν, καὶ τῶν ἀπὸ πλεύμονος οὐ χρηστὰ
thirsty both he-was and of-the from lung not good
αἱ καθάρσιες. Εἰκοστῇ ἑβδόμῃ, ὁ πυρετὸς ὑπέστρεψεν·
the purgings On-the-twenty seventh the fever relapsed
ἔβησσεν, ἀνῆγε πέπονα, πουλλά· οὔροισιν ὑπόστασις
he-coughed he-brought-up ripe much in-urines sediment
πολλὴ, λευκή· ἄδιψος ἐγένετο· εὔπνοος. Τριακοστῇ
much white thirstless he-became easy-breathing On-the-thirtieth
τετάρτῃ, ἵδρωσε δι᾽ ὅλου· ἄπυρος· ἐκρίθη πάντα.
fourth he-sweated through whole fever-free he-reached-crisis all
ϡΠΔΛΔΥ.
(sigla:recovered)
Ἄῤῥωστος ἔνατος.
Patient ninth
Ἐν Ἀβδήροισιν Ἡρόπυθος κεφαλὴν ὀρθοστάδην ἐπιτόνως
In Abdera Heropythus head upright intensely
εἶχεν, οὐ πολλῷ δὲ χρόνῳ ὕστερον κατεκλίθη· ᾤκει
had not much and by-time later took-to-bed he-lived
πλησίον τῆς ἄνω ἀγωγῆς. Πυρετὸς ἔλαβε καυσώδης,
near the upper aqueduct Fever took ardent
ὀξύς· ἔμετοι τὸ κατ᾽ ἀρχὰς πολλῶν χολωδέων· διψώδης·
acute vomitings the at beginnings of-much bilious(-matter) thirsty
πολλὴ δυσφορίη· οὖρα λεπτὰ, μέλανα, ἐναιώρημα
much distress urines thin black suspended-matter
μετέωρον ὁτὲ μὲν, ὁτὲ δ᾽ οὔ· νύκτα ἐπιπόνως·
high at-times indeed at-times and not night painfully
πυρετὸς ἄλλοτε ἀλλοίως παροξυνόμενος, τὰ πλεῖστα
fever at-one-time differently exacerbated the most

ἀτάκτως. Περὶ δὲ τεσσαρεσκαιδεκάτην, κώφωσις· οἱ
irregularly About and fourteenth deafness the
πυρετοὶ ἐξέτεινον· οὖρα διὰ τῶν αὐτῶν. Εἰκοστῇ,
fevers were-prolonged urines through the same On-the-twentieth
πολλὰ παρέκρουσε καὶ τὰς ἑπομένας. Τεσσαρακοστῇ,
much he-wandered and the following On-the-fortieth
διὰ ῥινῶν ἡμορῥάγησε πουλὺ, καὶ κατενόει μᾶλλον· ἡ
through nostrils he-hemorrhaged much and was-lucid more the
κώφωσις ἐνῆν μὲν, ἧσσον δέ· οἱ πυρετοὶ ξυνέδωκαν·
deafness was-present indeed less but the fevers abated
ἡμορῥάγει τὰς ἑπομένας, πυκνὰ καὶ κατ᾽ ὀλίγον. Περὶ
he-hemorrhaged the following often and by little About
δὲ τὴν ἑξηκοστὴν αἱ μὲν αἱμορῥαγίαι ἀπεπαύσαντο·
and the sixtieth the indeed hemorrhages stopped
ἰσχίου δὲ δεξιοῦ ὀδύνη ἰσχυρὴ, καὶ οἱ πυρετοὶ ἐπέτεινον.
of-hip but right pain strong and the fevers increased
Οὐ πολλῷ δὲ χρόνῳ ὕστερον, πόνοι τῶν κάτω
Not much and by-time later pains of-the lower(-parts)
πάντων· ξυνέπιπτε δὲ ἢ τοὺς πυρετοὺς εἶναι μείζους
all it-befell and either the fevers to-be greater
καὶ τὴν κώφωσιν πουλλὴν, ἢ ταῦτα μὲν ὑφιέναι καὶ
and the deafness much or these indeed to-abate and
κουφίζειν, τῶν δὲ κάτω περὶ ἰσχία μείζους εἶναι τοὺς
to-lighten of-the but lower about hips greater to-be the
πόνους.
pains
Ἤδη δὲ περὶ τὴν ὀγδοηκοστὴν ξυνέδωκε μὲν πάντα,
Already and about the eightieth abated indeed all
ἐξέλιπε δὲ οὐδέν· οὖρά τε γὰρ εὔχροα καὶ πλείους
ceased but nothing urines both for well-colored and more
ὑποστάσιας ἔχοντα κατέβαινεν, οἱ παράληροί τε
sediments having came-down the deliriums and

μείους ἦσαν. Περὶ δὲ ἑκατοστὴν κοιλίῃ πολλοῖσι
less were About and hundredth belly with-copious
χολώδεσιν ἐπεταράχθη, καὶ ᾖει χρόνον οὐκ ὀλίγον
bilious was-disturbed and passed time not little
πολλὰ τοιαῦτα, καὶ πάλιν δυσεντεριώδεα μετὰ πόνου·
much such and again dysenteric with pain
τῶν δὲ ἄλλων ῥᾳστώνη. Τὸ δὲ ξύνολον, οἵ
of-the and others ease On-the and whole the
τε πυρετοὶ ἐξέλιπον, καὶ ἡ κώφωσις ἐπαύσατο.
both fevers ceased and the deafness stopped
Ἐν ἑκατοστῇ εἰκοστῇ, τελέως ἐκρίθη. Καῦσος.
On hundredth twentieth completely he-reached-crisis Ardent-fever
ϡΧΔΡΚΥ.
(sigla:recovered)
Ἄῤῥωστος δέκατος.
Patient tenth
Ἐν Ἀβδήροισι Νικόδημον ἐξ ἀφροδισίων καὶ ποτῶν πῦρ
In Abdera Nicodemus from sex and drinks fever
ἔλαβεν. Ἀρχόμενος δὲ ἦν ἀσώδης, καὶ καρδιαλγικός·
took Beginning and he-was nauseous and heartburned
διψώδης· γλῶσσα ἐπεκαύθη· οὖρα λεπτὰ, μέλανα. Δευτέρῃ,
thirsty tongue was-parched urines thin black On-the-second
ὁ πυρετὸς παρωξύνθη· φρικώδης· ἀσώδης· οὐδὲν
the fever was-exacerbated shivering nauseous not-at-all
ἐκοιμήθη· ἤμεσε χολώδεα, ξανθά· οὖρα ὅμοια· νύκτα
he-slept he-vomited bilious yellow urines like night
δι᾽ ἡσυχίης· ὕπνωσεν. Τρίτῃ, ὑφῆκε πάντα· ῥᾳστώνη
in quiet he-slept On-the-third abated all ease
δὲ ἦν· περὶ ἡλίου δυσμὰς πάλιν ὑπεδυσφόρει·
and was about of-sun setting again he-was-somewhat-distressed
νύκτα ἐπιπόνως. Τετάρτῃ, ῥῖγος· πυρετὸς πουλύς· πόνοι
night painfully On-the-fourth rigor fever much pains

πάντων· οὖρα λεπτὰ, ἐναιώρημα· νύκτα πάλιν δι᾽
of-all urines thin suspended-matter night again in
ἡσυχίης. Πέμπτῃ, ἐνῆν μὲν πάντα, ῥᾳστώνη δὲ ἦν.
quiet On-the-fifth were-present indeed all ease but was
Ἕκτῃ, τῶν αὐτῶν πόνοι πάντων· οὔροισιν ἐναιώρημα·
On-the-sixth of-the same pains of-all in-urines suspended-matter
παρέκρουσε πολλά. Ἑβδόμῃ, ῥᾳστώνη. Ὀγδόῃ, τὰ
he-wandered much On-the-seventh ease On-the-eighth the
ἄλλα ξυνέδωκε πάντα. Δεκάτῃ καὶ τὰς ἑπομένας
other(-things) abated all On-the-tenth and the following
ἐνῆσαν μὲν οἱ πόνοι, ἧσσον δὲ πάντες· οἱ δὲ
were-present indeed the pains less but all the and
παροξυσμοὶ καὶ οἱ πόνοι τουτέῳ διὰ τέλεος ἐν ἀρτίῃσιν
exacerbations and the pains to-him through end on even(-days)
ἦσαν μᾶλλον. Εἰκοστῇ, οὔρησε λευκὸν, πάχος εἶχε,
were more On-the-twentieth he-urinated white thickness it-had
κείμενον οὐ καθίστατο· ἴδρωσε πολλῷ· ἔδοξεν ἄπυρος
standing not it-settled he-sweated much he-seemed fever-free
γενέσθαι· δείλης δὲ πάλιν ἐθερμάνθη, καὶ οἱ αὐτοὶ
to-become in-the-afternoon but again he-grew-hot and the same
πόνοι· φρίκη· δίψα· σμικρὰ παρέκρουσεν. Εἰκοστῇ
pains shivering thirst slightly he-wandered On-the-twenty
τετάρτῃ, οὔρησε πουλὺ λευκὸν, πουλλὴν ὑπόστασιν ἔχον·
fourth he-urinated much white much sediment having
ἴδρωσε πολλῷ θερμῷ δι᾽ ὅλου· ἄπυρος· ἐκρίθη.
he-sweated much hot through whole fever-free he-reached-crisis
ϡΧΔΙΚΔΥ.
(sigla:recovered)

Ἄῤῥωστος ἑνδέκατος.

Patient eleventh

Ἐν Θάσῳ γυνὴ δυσήνιος, ἐκ λύπης μετὰ προφάσιος
In Thasos a-woman morose from grief with cause
ὀρθοστάδην ἐγένετο ἄγρυπνός τε καὶ ἄσιτος, καὶ διψώδης
upright became sleepless both and without-food and thirsty
ἦν καὶ ἀσώδης. Ὤκει δὲ πλησίον τοῦ Πυλάδου, ἐπὶ
she-was and nauseous She-lived and near the of-Pylades on
τοῦ λείου. Τῇ πρώτῃ, ἀρχομένης νυκτὸς, φόβοι, λόγοι
the level(-ground) On-the first beginning night fears words
πουλλοὶ, δυσθυμίη, πυρέτιον λεπτόν· πρωΐ σπασμοὶ πολλοί·
many despondency little-fever slight early convulsions many
ὅτε δὲ διαλίποιεν οἱ σπασμοὶ οἱ πολλοὶ, παρέλεγεν,
when and they-intermitted the convulsions the many she-raved
ᾐσχρομύθει· πολλοὶ πόνοι, μεγάλοι, ξυνεχέες. Δευτέρῃ,
she-spoke-obscenely many pains great continuous On-the-second
διὰ τῶν αὐτῶν· οὐδὲν ἐκοιμᾶτο· πυρετὸς ὀξύτερος.
through the same not-at-all she-slept fever more-acute
Τρίτῃ, οἱ μὲν σπασμοὶ ἀπέλιπον· κῶμα δὲ, καὶ
On-the-third the indeed convulsions left coma but and
καταφορὴ, καὶ πάλιν ἔγερσις· ἀνήϊσσε, κατέχειν οὐκ
lethargy and again waking she-leapt-up to-restrain not
ἠδύνατο, παρέλεγε πολλά· πυρετὸς ὀξύς· ἐς νύκτα
she-could she-raved much fever acute toward night
δὲ ταύτην ἵδρωσε πολλῷ θερμῷ δι᾽ ὅλου· ἄπυρος·
and this she-sweated much hot through whole fever-free
ὕπνωσε, πάντα κατενόει, ἐκρίθη. Περὶ δὲ τὴν τρίτην
she-slept all she-was-lucid she-reached-crisis About and the third
ἡμέρην, οὖρα μέλανα, λεπτὰ, ἐναιώρημα δὲ ἐπὶ πουλὺ
day urines black thin suspended-matter and for much

στρογγύλον, οὐχ ἵδρυτο· περὶ δὲ κρίσιν γυναικεῖα πουλλὰ
round not settled about and crisis menses copious
κατέβη.
came-down

Ἄῤῥωστος δωδέκατος.
Patient twelfth

Ἐν Λαρίσσῃ παρθένον πυρετὸς ἔλαβε, καυσώδης, ὀξύς·
In Larissa a-maiden fever took ardent acute
ἄγρυπνος· διψώδης· γλῶσσα λιγνυώδης, ξηρή· οὖρα
sleepless thirsty tongue sooty dry urines
εὔχροα μὲν, λεπτὰ δέ. Δευτέρῃ, ἐπιπόνως· οὐχ ὕπνωσεν.
well-colored indeed thin but On-the-second painfully not she-slept
Τρίτῃ, πουλλὰ διῆλθεν ἀπὸ κοιλίης, ὑδατόχλοα, καὶ
On-the-third much passed from belly watery-green and
τὰς ἑπομένας διῄει τοιαῦτα εὐφόρως. Τετάρτῃ, οὔρησε
the following passed such comfortably On-the-fourth she-urinated
λεπτὸν ὀλίγον, εἶχεν ἐναιώρημα μετέωρον, οὐχ ἵδρυτο·
thin scanty it-had suspended-matter high not settled
παρέκρουσεν ἐς νύκτα. Ἕκτῃ, διὰ ῥινῶν λαῦρον
she-wandered toward night On-the-sixth through nostrils violently
ἐῤῥύη πουλύ· φρίξασα, ἵδρωσε πολλῷ θερμῷ δι᾽
flowed much having-shivered she-sweated much hot through
ὅλου· ἄπυρος· ἐκρίθη. Ἐν δὲ τοῖσι πυρετοῖσι, καὶ
whole fever-free she-reached-crisis In and the fevers and
ἤδη κεκριμένων, γυναικεῖα κατέβη τότε πρῶτον·
already having-reached-crisis menses came-down then first
παρθένος γὰρ ἦν. Ἦν δὲ διὰ παντὸς ἀσώδης,
maiden for she-was She-was and through all nauseous
φρικώδης· ἔρευθος προσώπου· ὀμμάτων ὀδύνη· καρηβαρική.
shivering redness of-face of-eyes pain heavy-headed

Ταύτῃ οὐχ ὑπέστρεψεν, ἀλλ' ἐκρίθη. Οἱ πόνοι ἐν
To-her not it-relapsed but she-reached-crisis The pains on
ἀρτίῃσιν.
even(-days)
Ἄῤῥωστος τρισκαιδέκατος.
Patient thirteenth
Ἀπολλώνιος ἐν Ἀβδήροισιν ὀρθοστάδην ὑπεφέρετο χρόνον
Apollonius in Abdera upright held-out time
πουλύν. Ἦν δὲ μεγαλόσπλαγχνος, καὶ περὶ ἧπαρ ξυνήθης
long He-was and large-viscered and about liver habitual
ὀδύνη χρόνον πουλὺν παρείπετο, καὶ δὴ τότε καὶ
pain time long accompanied and indeed then also
ἰκτερώδης ἐγένετο· φυσώδης· χροιῆς τῆς ὑπολεύκου.
jaundiced he-became windy of-complexion the whitish
Φαγὼν δὲ, καὶ πιὼν ἀκαιρότερον βόειον, ἐθερμάνθη
Having-eaten but and having-drunk rather-unseasonably beef he-grew-hot
σμικρὰ τὸ πρῶτον, κατεκλίθη· γάλαξι δὲ χρησάμενος
slightly the first he-took-to-bed milks and having-used
ἑφθοῖσι καὶ ὠμοῖσι, πολλοῖσιν, αἰγείοισι καὶ μηλείοισι,
boiled and raw much goats' and sheep's
καὶ διαίτῃ κακῇ, πάντων αἱ βλάβαι μεγάλαι· οἵ τε γὰρ
and regimen bad of-all the harms great the both for
πυρετοὶ παρωξύνθησαν, κοιλίη τε τῶν προσενεχθέντων
fevers were-exacerbated belly and of-the things-administered
οὐδὲν διέδωκεν ἄξιον λόγου, οὖρά τε λεπτὰ καὶ ὀλίγα
nothing passed worthy of-mention urines and thin and scanty
διῄει, ὕπνοι τε οὐκ ἐνῆσαν· ἐμφύσημα κακόν· πουλὺ
passed sleeps and not were-present distension bad much
δίψος· κωματώδης· ὑποχονδρίου δεξιοῦ ἔπαρμα ξὺν
thirst comatose of-hypochondrium right swelling with
ὀδύνῃ· ἄκρεα πάντοθεν ὑπόψυχρα· σμικρὰ παρέλεγεν·
pain extremities all-over coldish slightly he-raved

λήθη πάντων, ὅ τι λέγοι· παρεφέρετο. Περὶ δὲ
forgetfulness of-all what — he-said he-was-carried-astray About and
τεσσαρεσκαιδεκάτην, ἀφ' ἧς ῥιγώσας ἀπεθερμάνθη
fourteenth from which having-had-a-rigor he-grew-hot
καὶ κατεκλίθη, ἐξεμάνη· βοὴ, ταραχὴ, λόγοι πολλοὶ,
and took-to-bed he-went-mad shouting disturbance words many
καὶ πάλιν ἵδρυσις, καὶ τὸ κῶμα τηνικαῦτα προσῆλθεν·
and again settling and the coma then came-on
μετὰ δὲ ταῦτα κοιλίη ταραχώδης, πολλοῖσι, χολώδεσιν,
after and these belly disturbed with-copious bilious
ἀκρήτοισι, ὠμοῖσιν· οὖρα μέλανα, σμικρὰ, λεπτά· πουλλὴ
unmixed raw urines black scanty thin much
δυσφορίη· τὰ τῶν διαχωρημάτων ποικίλως· ἢ γὰρ
distress the of-the stools variously either for
μέλανα καὶ σμικρὰ καὶ ἰώδεα, ἢ λιπαρὰ καὶ ὠμὰ
black and small and verdigris-colored or greasy and raw
καὶ δακνώδεα· κατὰ δὲ χρόνους ἐδόκεε καὶ γαλακτώδεα
and biting at and times it-seemed also milky
διδόναι.
to-pass

Περὶ δὲ εἰκοστὴν τετάρτην, διὰ παρηγορίης· τὰ μὲν
About and twentieth fourth in relief the indeed
ἄλλα ἐπὶ τῶν αὐτῶν· σμικρὰ δὲ κατενόησεν· ἐξ
others at the same slightly but he-became-lucid from
οὗ δὲ κατεκλίθη, οὐδενὸς ἐμνήσθη, πάλιν δὲ ταχὺ
when and he-took-to-bed nothing he-remembered again but quickly
παρενόει· ὥρμητο πάντα ἐπὶ τὸ χεῖρον. Περὶ δὲ
he-was-deranged it-rushed all toward the worse About and
τριηκοστὴν, πυρετὸς ὀξύς· διαχωρήματα πουλλὰ, λεπτά·
thirtieth fever acute stools copious thin
παράληρος· ἄκρεα ψυχρά· ἄφωνος. Τριηκοστῇ τετάρτῃ,
delirious extremities cold speechless On-the-thirty fourth

ἀπέθανεν. Τουτέῳ διὰ τέλεος, ἐξ οὗ καὶ ἐγὼ οἶδα,
he-died To-him through end from when also I know
κοιλίη ταραχώδης· οὖρα λεπτὰ, μέλανα· κωματώδης·
belly disturbed urines thin black comatose
ἄγρυπνος· ἄκρεα ψυχρά· παράληρος διὰ τέλεος.
sleepless extremities cold delirious through end

Φρενιτικός.

Phrenitic

Ἄῤῥωστος τεσσαρεσκαιδέκατος.

Patient fourteenth

Ἐν Κυζίκῳ γυναικὶ θυγατέρας τεκούσῃ διδύμους,
In Cyzicus to-a-woman daughters having-borne twin
καὶ δυστοκησάσῃ, καὶ οὐ πάνυ καθαρθείσῃ, τὸ μὲν
and having-bad-hard-labor and not quite purged the indeed
πρῶτον ἐπῆλθε πυρετὸς φρικώδης, ὀξύς· κεφαλῆς
first came-on fever shivering acute of-head
καὶ τραχήλου βάρος μετ᾽ ὀδύνης· ἄγρυπνος ἐξ
and of-neck heaviness with pain sleepless from
ἀρχῆς, σιγῶσα δὲ καὶ σκυθρωπὴ καὶ οὐ πειθομένη·
beginning silent but and sullen and not obeying
οὖρα λεπτὰ καὶ ἄχροα· διψώδης, ἀσώδης τὸ
urines thin and colorless thirsty nauseous for-the
πουλύ· κοιλίη πεπλανημένως, ταραχώδης, καὶ πάλιν
most belly erratically disturbed and again
ξυνισταμένη. Ἕκτῃ, ἐς νύκτα πουλλὰ παρέλεγεν·
becoming-firm On-the-sixth toward night much she-raved
οὐδὲν ἐκοιμήθη. Περὶ δὲ ἑνδεκάτην ἐοῦσα, ἐξεμάνη,
not-at-all she-slept About and eleventh being she-went-mad
καὶ πάλιν κατενόει· οὖρα μέλανα, λεπτὰ, καὶ πάλιν
and again was-lucid urines black thin and again
διαλείποντα, ἐλαιώδεα· καὶ κοιλίη πολλοῖσι, λεπτοῖσι,
intermitting oily and belly with-copious thin

ταραχώδεσιν. Τεσσαρεσκαιδεκάτῃ, σπασμοὶ πουλλοί·
disturbed On-the-fourteenth convulsions many
ἄκρεα ψυχρά· οὐδὲν ἔτι κατενόει· οὖρα ἐπέστη.
extremities cold not-at-all any-more she-was-lucid urines stopped
Ἑκκαιδεκάτῃ, ἄφωνος. Ἑπτακαιδεκάτῃ, ἀπέθανεν. Φρενῖτις.
On-the-sixteenth speechless On-the-seventeenth she-died Phrenitis
ϡΜΤΙΖΘ.
(sigla:died)
Ἄῤῥωστος πεντεκαιδέκατος.
Patient fifteenth
Ἐν Θάσῳ Δεάλκους γυναῖκα, ἣ κατέκειτο ἐπὶ τοῦ
In Thasos of-Dealces wife who lay-sick on the
λείου, πυρετὸς φρικώδης, ὀξὺς, ἐκ λύπης ἔλαβεν.
level(-ground) fever shivering acute from grief took
Ἐξ ἀρχῆς δὲ περιεστέλλετο, καὶ διὰ τέλεος αἰεί·
From beginning and she-wrapped-herself-up and through end always
σιγῶσα, ἐψηλάφα, ἔτιλλεν, ἔγλυφεν, ἐτριχολόγει· δάκρυα,
silent she-groped she-plucked she-scratched she-picked-at-hairs tears
καὶ πάλιν γέλως· οὐκ ἐκοιμᾶτο· ἀπὸ κοιλίης ἐρεθισμοὶ,
and again laughter not she-slept from belly stimulations
οὐδὲν διῄει· σμικρὰ, ὑπομιμνησκόντων, ἔπινεν· οὖρα
nothing passed small those-reminding she-drank urines
λεπτὰ, σμικρά· πυρετοὶ πρὸς χεῖρα λεπτοί· ἀκρέων
thin scanty fevers to hand slight of-extremities
ψύξις. Ἐνάτῃ, πολλὰ παρέλεγε, καὶ πάλιν ἱδρύνθη·
chill On-the-ninth much she-raved and again was-settled
σιγῶσα. Τεσσαρεσκαιδεκάτῃ, πνεῦμα ἀραιὸν, μέγα,
silent On-the-fourteenth breath rare large
διὰ χρόνου, καὶ πάλιν βραχύπνοος. Ἑπτακαιδεκάτῃ,
at intervals and again short-breathed On-the-seventeenth
ἀπὸ κοιλίης ἐρεθισμῷ ταραχώδεα· ἔπειτα αὐτὰ
from belly with-stimulus disturbed then themselves

τὰ ποτὰ διῄει, οὐδὲ ξυνίστατο· ἀναισθήτως εἶχε
the drinks passed nor became-firm insensibly she-was
πάντων· δέρματος περίτασις καρφαλέου. Εἰκοστῇ, λόγοι
of-all of-skin tension dry On-the-twentieth words
πουλλοὶ, καὶ πάλιν ἱδρύνθη· ἄφωνος, βραχύπνοος.
many and again she-was-settled speechless short-breathed
Εἰκοστῇ πρώτῃ, ἀπέθανεν. Ἦν ταύτῃ διὰ τέλεος
On-the-twenty first she-died Was to-her through end
πνεῦμα ἀραιὸν, μέγα· ἀναισθήτως πάντων εἶχεν· αἰεὶ
breath rare large insensibly of-all she-was always
περιεστέλλετο· ἢ λόγοι πουλλοὶ, ἢ σιγῶσα διὰ τέλεος.
she-wrapped-herself-up either words many or silent through end

Φρενῖτις.

Phrenitis

Ἀῤῥωστος ἑκκαιδέκατος.

Patient sixteenth

Ἐν Μελιβοίῃ νεηνίσκος ἐκ ποτῶν καὶ ἀφροδισίων
In Meliboea a-youth from drinks and sex
πολλῶν πουλὺν χρόνον θερμανθεὶς κατεκλίθη· φρικώδης
much long time having-grown-hot took-to-bed shivering
δὲ καὶ ἀσώδης ἦν, καὶ ἄγρυπνος, καὶ ἄδιψος. Ἀπὸ
but and nauseous he-was and sleepless and thirstless From
δὲ κοιλίης τῇ πρώτῃ πολλὰ κόπρανα διῆλθε ξὺν
and belly on-the first much feces passed with
περιῤῥόῳ πολλῷ, καὶ τὰς ἑπομένας ὑδατόχλοα πολλὰ
flux much and the following watery-green much
διῄει· οὖρα λεπτὰ, ὀλίγα, ἄχροα· πνεῦμα ἀραιὸν,
passed urines thin scanty colorless breath rare
μέγα, διὰ χρόνου· ὑποχονδρίου ἔντασις ὑπολάπαρος,
large at intervals of-hypochondrium tension softish
παραμήκης ἐξ ἀμφοτέρων· καρδίης παλμὸς, διὰ
elongated on both(-sides) of-heart throbbing through

τέλεος ξυνεχής· οὔρησεν ἐλαιῶδες. Δεκάτῃ, παρέκρουσεν
end continuous he-urinated oily On-the-tenth he-wandered
ἀτρεμέως, ἦν δὲ κόσμιός τε καὶ ἥσυχος· δέρμα
quietly he-was and orderly both and quiet skin
καρφαλέον καὶ περιτεταμένον· διαχωρήματα ἢ
dry and stretched stools either
πολλὰ, λεπτὰ, ἢ χολώδεα, λιπαρά. Τεσσαρεσκαιδεκάτῃ,
copious thin or bilious greasy On-the-fourteenth
πάντα παρωξύνθη· παρεκρούσθη, πολλὰ παρέλεγεν.
all was-exacerbated he-was-deranged much he-raved
Εἰκοστῇ, ἐξεμάνη· βληστρισμός· οὐδὲν οὖρει· σμικρὰ
On-the-twentieth he-went-mad tossing nothing he-urinated small
ποτὰ κατείχετο. Τῇ εἰκοστῇ τετάρτῃ, ἀπέθανεν.
drinks were-kept-down On-the twenty fourth he-died
Φρενῖτις.
Phrenitis

HIPPOCRATES

ΑΦΟΡΙΣΜΟΙ

Aphorisms

ΑΦΟΡΙΣΜΟΙ. ΤΜΗΜΑ ΠΡΩΤΟΝ

I · LIFE IS SHORT

Life is short, the art long, the moment sharp, experiment perilous, judgment difficult. Spontaneous purging helps when it purges what ought to be purged. Athletes at their peak are in danger, since they cannot advance. Strict diets are dangerous in long diseases and in acute ones, and errors in them cost more; at the height of a disease the thinnest diet is needed. The old bear fasting best and children worst, since growing bodies hold the most innate heat and need the most food. Do not disturb a crisis; purge ripe matter, not raw.

Ὁ βίος βραχὺς, ἡ δὲ τέχνη μακρὴ, ὁ δὲ καιρὸς ὀξὺς, 1
The life short the and art long the and occasion sharp
ἡ δὲ πεῖρα σφαλερὴ, ἡ δὲ κρίσις χαλεπή. Δεῖ δὲ
the and experiment perilous the and judgment difficult One-must and
οὐ μόνον ἑωυτὸν παρέχειν τὰ δέοντα ποιεῦντα, ἀλλὰ
not only oneself to-present the needful-things doing but
καὶ τὸν νοσέοντα, καὶ τοὺς παρεόντας, καὶ τὰ ἔξωθεν.
also the patient and the ones-present and the outside(-things)
Ἐν τῇσι ταραχῇσι τῆς κοιλίης, καὶ ἐμέτοισι, τοῖσιν 2
In the disturbances of-the belly and vomitings the
αὐτομάτως γιγνομένοισιν, ἢν μὲν, οἷα δεῖ καθαίρεσθαι,
spontaneously happening if indeed such-as must be-purged
καθαίρωνται, ξυμφέρει τε καὶ εὐφόρως φέρουσιν· ἢν δὲ
they-are-purged it-benefits both and easily they-bear(-it) if but
μὴ, τοὐναντίον. Οὕτω δὲ καὶ κενεαγγείη, ἢν μὲν, οἷα δεῖ
not the-contrary So and also emptiness if indeed such-as must
γίγνεσθαι, γίγνηται, ξυμφέρει τε καὶ εὐφόρως φέρουσιν·
happen it-happen it-benefits both and easily they-bear(-it)
ἢν δὲ μὴ, τοὐναντίον. Ἐπιβλέπειν οὖν δεῖ καὶ χώρην,
if but not the-contrary To-regard then one-must also region
καὶ ὥρην, καὶ ἡλικίην, καὶ νούσους, ἐν ᾗσι δεῖ, ἢ οὔ.
and season and age and diseases in which it-is-needful or not

3 Ἐν τοῖσι γυμναστικοῖσιν αἱ ἐπ᾽ ἄκρον εὐεξίαι σφαλεραὶ,
In the athletes the at peak good-conditions perilous
ἢν ἐν τῷ ἐσχάτῳ ἔωσιν· οὐ γὰρ δύνανται μένειν ἐν
if at the extreme they-be not for they-can to-remain in
τῷ αὐτέῳ, οὐδὲ ἀτρεμέειν· ἐπεὶ δὲ οὐκ ἀτρεμέουσιν,
the same nor to-rest since and not they-rest
οὐδ᾽ ἔτι δύνανται ἐπὶ τὸ βέλτιον ἐπιδιδόναι, λείπεται
nor any-more can toward the better to-advance it-remains
ἐπὶ τὸ χεῖρον· τουτέων οὖν εἵνεκεν τὴν εὐεξίην λύειν
toward the worse of-these then for-the-sake the good-condition to-reduce
ξυμφέρει μὴ βραδέως, ἵνα πάλιν ἀρχὴν ἀναθρέψιος
it-benefits not slowly so-that again beginning of-renourishment
λαμβάνῃ τὸ σῶμα· μηδὲ τὰς ξυμπτώσιας ἐς τὸ ἔσχατον
may-take the body nor the reductions to the extreme
ἄγειν, σφαλερὸν γὰρ, ἀλλ᾽ ὁκοίη ἂν ἡ φύσις ᾖ τοῦ
to-carry perilous for but whatever — the nature be of-the
μέλλοντος ὑπομένειν, ἐς τοῦτο ἄγειν. Ὡσαύτως δὲ καὶ
one-going to-endure to this to-carry Likewise and also
αἱ κενώσιες αἱ ἐς τὸ ἔσχατον ἄγουσαι, σφαλεραί· καὶ
the evacuations the to the extreme carrying perilous and
πάλιν αἱ ἀναθρέψιες, αἱ ἐν τῷ ἐσχάτῳ ἐοῦσαι, σφαλεραί.
again the renourishments the at the extreme being perilous
4 Αἱ λεπταὶ καὶ ἀκριβέες δίαιται, καὶ ἐν τοῖσι μακροῖσιν
The thin and strict diets both in the long
αἰεὶ πάθεσι, καὶ ἐν τοῖσιν ὀξέσιν, οὗ μὴ ἐπιδέχεται,
always affections and in the acute where not it-admits
σφαλεραί. Καὶ πάλιν αἱ ἐς τὸ ἔσχατον λεπτότητος
perilous And again the to the extreme of-thinness
ἀφιγμέναι δίαιται, χαλεπαί· καὶ γὰρ αἱ πληρώσιες, αἱ ἐν
having-come diets difficult and for the repletions the at
τῷ ἐσχάτῳ ἐοῦσαι, χαλεπαί.
the extreme being difficult

Ἐν τῇσι λεπτῇσι διαίτῃσιν ἁμαρτάνουσιν οἱ νοσέοντες, 5
In the thin diets err the patients
διὸ μᾶλλον βλάπτονται· πᾶν γὰρ τὸ ἁμάρτημα ὃ
wherefore more they-are-harmed every for the error which
ἂν γίνηται, μέγα γίνεται μᾶλλον, ἢ ἐν τῇσιν ὀλίγον
— happens great becomes more than in the slightly
ἁδροτέρῃσι διαίτῃσιν· διὰ τοῦτο καὶ τοῖσιν ὑγιαίνουσι
fuller diets because-of this also for-the healthy
σφαλεραὶ αἱ πάνυ λεπταὶ καὶ καθεστηκυῖαι καὶ ἀκριβέες
perilous the very thin and settled and strict
δίαιται, ὅτι τὰ ἁμαρτανόμενα χαλεπώτερον φέρουσιν.
diets because the errors more-hardly they-bear
Διὰ τοῦτο οὖν αἱ λεπταὶ καὶ ἀκριβέες δίαιται, σφαλεραὶ
Because-of this then the thin and strict diets perilous
ἐς τὰ πλεῖστα τῶν σμικρῷ ἁδροτέρων.
for the most than-the slightly fuller
Ἐς δὲ τὰ ἔσχατα νουσήματα αἱ ἔσχαται θεραπεῖαι ἐς 6
For and the extreme illnesses the extreme treatments to
ἀκριβείην, κράτισται.
exactness best
Ὅκου μὲν κάτοξυ τὸ νούσημα, αὐτίκα καὶ τοὺς 7
Where indeed very-acute the illness at-once also the
ἐσχάτους πόνους ἔχει, καὶ τῇ ἐσχάτως λεπτοτάτῃ διαίτῃ
extreme pains it-has and the extremely thinnest diet
ἀναγκαῖον χρέεσθαι· ὅκου δὲ μὴ, ἀλλ' ἐνδέχεται ἁδροτέρως
necessary to-use where but not but it-admits more-fully
διαιτᾶν, τοσοῦτον ὑποκαταβαίνειν, ὁκόσον ἂν ἡ νοῦσος
to-diet so-much to-come-down as-much-as — the disease
μαλθακωτέρη τῶν ἐσχάτων ἔῃ.
milder than-the extremes be

8 Ὁκόταν δὲ ἀκμάζῃ τὸ νούσημα, τότε λεπτοτάτῃ διαίτῃ
Whenever and peaks the illness then thinnest diet
ἀναγκαῖον χρέεσθαι.
necessary to-use

9 Ξυντεκμαίρεσθαι δὲ χρὴ καὶ τὸν νοσέοντα, εἰ
To-judge-besides and one-must also the patient whether
ἐξαρκέσει τῇ διαίτῃ πρὸς τὴν ἀκμὴν τῆς νούσου, καὶ
he-will-hold-out on-the diet to the peak of-the disease and
πότερον ἐκεῖνος ἀπαυδήσει πρότερον, καὶ οὐκ ἐξαρκέσει τῇ
whether he will-give-out first and not will-hold-out on-the
διαίτῃ, ἢ ἡ νοῦσος πρότερον ἀπαυδήσει καὶ ἀμβλυνεῖται.
diet or the disease first will-give-out and will-be-blunted

10 Ὁκόσοισι μὲν οὖν αὐτίκα ἡ ἀκμὴ, αὐτίκα λεπτῶς
For-whom indeed then at-once the peak at-once thinly
διαιτῆν· ὁκόσοισι δὲ ἐς ὕστερον ἡ ἀκμὴ, ἐς ἐκεῖνο, καὶ
to-diet for-whom but to later the peak to that and
πρὸ ἐκείνου σμικρὸν, ἀφαιρετέον· ἔμπροσθεν δὲ, πιοτέρως
before that a-little one-must-take-away earlier but more-richly
διαιτῆν, ὡς ἂν ἐξαρκέσῃ ὁ νοσέων.
to-diet so-that — may-hold-out the patient

11 Ἐν δὲ τοῖσι παροξυσμοῖσιν ὑποστέλλεσθαι χρή· τὸ
In and the exacerbations to-withhold one-must the
προστιθέναι γὰρ βλάβη· καὶ ὁκόσα κατὰ περιόδους
to-add for harm and whatever by periods
παροξύνεται, ἐν τοῖσι παροξυσμοῖσιν ὑποστέλλεσθαι χρή.
is-exacerbated in the exacerbations to-withhold one-must

12 Τοὺς δὲ παροξυσμοὺς καὶ τὰς καταστάσιας δηλώσουσιν αἱ
The and exacerbations and the constitutions will-show the
νοῦσοι, καὶ αἱ ὧραι τοῦ ἔτεος, καὶ αἱ τῶν περιόδων πρὸς
diseases and the seasons of-the year and the of-the periods to
ἀλλήλας ἀνταποδόσιες, ἤν τε καθ' ἡμέρην, ἤν τε παρ'
one-another correspondences if both by day if and every-other

ἡμέρην, ἤν τε καὶ διὰ πλείονος χρόνου γίγνωνται· ἀτὰρ
day if and also at longer time they-happen but
καὶ τοῖσιν ἐπιφαινομένοισιν, οἷον ἐν πλευριτικοῖσι πτύελον
also by-the appearing(-signs) such-as in pleurisies sputum
ἢν μὲν αὐτίκα ἐπιφαίνηται, ἀρχομένου, βραχύνει, ἢν δ'
if indeed at-once it-appear beginning it-shortens if but
ὕστερον ἐπιφαίνηται, μηκύνει· καὶ οὖρα καὶ ὑποχωρήματα
later it-appear it-lengthens and urines and stools
καὶ ἱδρῶτες, καὶ δύσκριτα καὶ εὔκριτα, καὶ βραχέα καὶ
and sweats and difficult-crises and easy-crises and short and
μακρὰ τὰ νοσήματα, ἐπιφαινόμενα, δηλοῖ.
long the illnesses appearing show

Γέροντες εὐφορώτατα νηστείην φέρουσι, δεύτερον, οἱ 13
Old-men most-easily fasting bear second those
καθεστηκότες, ἥκιστα, μειράκια, πάντων δὲ μάλιστα,
of-settled-age least lads of-all and most
παιδία, τουτέων δὲ αὐτέων ἃ ἂν τύχῃ αὐτὰ ἑωυτέων
children of-these and themselves which — happen themselves than-themselves
προθυμότερα ἐόντα.
more-eager being

Τὰ αὐξανόμενα πλεῖστον ἔχει τὸ ἔμφυτον θερμόν· πλείστης 14
The growing most have the innate heat most
οὖν δεῖται τροφῆς· εἰ δὲ μὴ, τὸ σῶμα ἀναλίσκεται·
then they-need food if but not the body is-consumed
γέρουσι δὲ ὀλίγον τὸ θερμὸν, διὰ τοῦτο ἄρα ὀλίγων
in-old-men but little the heat because-of this then few
ὑπεκκαυμάτων δέονται· ὑπὸ πολλῶν γὰρ ἀποσβέννυται·
fuels they-need by many for it-is-quenched
διὰ τοῦτο καὶ οἱ πυρετοὶ τοῖσι γέρουσιν οὐχ ὁμοίως
because-of this also the fevers in-the old not equally
ὀξέες· ψυχρὸν γὰρ τὸ σῶμα.
acute cold for the body

15 Αἱ κοιλίαι χειμῶνος καὶ ἦρος θερμόταται φύσει, καὶ
The bellies in-winter and in-spring hottest by-nature and
ὕπνοι μακρότατοι· ἐν ταύτῃσιν οὖν τῇσιν ὥρῃσι, καὶ τὰ
sleeps longest in these then the seasons also the
προσάρματα πλείω δοτέον· καὶ γὰρ τὸ ἔμφυτον θερμὸν
foods more one-must-give and for the innate heat
πλεῖστον ἔχει· τροφῆς οὖν πλείονος δεῖται· σημεῖον, αἱ
most it-has food then more it-needs sign the
ἡλικίαι καὶ οἱ ἀθληταί.
ages and the athletes

16 Αἱ ὑγραὶ δίαιται πᾶσι τοῖσι πυρεταίνουσι ξυμφέρουσι,
The liquid diets to-all the feverish benefit
μάλιστα δὲ παιδίοισι, καὶ τοῖσιν ἄλλοισι τοῖσιν οὕτως
most and to-children and to-the others the so
εἰθισμένοισι διαιτᾶσθαι.
accustomed to-be-dieted

17 Καὶ οἷσιν ἅπαξ, ἢ δὶς, καὶ πλείω ἢ ἐλάσσω, καὶ κατὰ
And to-whom once or twice and more or less and by
μέρος· δοτέον δέ τι καὶ τῷ ἔθει, καὶ τῇ ὥρῃ,
part one-must-give and something also to-the custom and to-the season
καὶ τῇ χώρῃ, καὶ τῇ ἡλικίῃ.
and to-the region and to-the age

18 Θέρεος καὶ φθινοπώρου σιτία δυσφορώτατα φέρουσι,
In-summer and in-autumn foods most-hardly they-bear
χειμῶνος ῥᾴϊστα, ἦρος δεύτερον.
in-winter most-easily in-spring second

19 Τοῖσιν ἐν τῇσι περιόδοισι παροξυνομένοισι μηδὲν διδόναι,
To-those in the periods exacerbated nothing to-give
μηδ' ἀναγκάζειν, ἀλλ' ἀφαιρέειν τῶν προσθεσίων πρὸ
nor to-force but to-take-away from-the additions before
τῶν κρισίων.
the crises

Τὰ κρινόμενα καὶ τὰ κεκριμένα ἀρτίως, μὴ κινέειν, 20
The reaching-crisis and the having-reached-crisis just not to-disturb
μηδὲ νεωτεροποιέειν, μήτε φαρμακείῃσι, μήτ' ἄλλοισιν
nor to-innovate neither with-purgings nor with-other
ἐρεθισμοῖσιν, ἀλλ' ἐᾷν.
stimulants but to-leave-alone
Ἃ δεῖ ἄγειν, ὅκου ἂν μάλιστα ῥέπῃ, ταύτῃ ἄγειν, 21
What one-must to-evacuate where — most it-tends there to-evacuate
διὰ τῶν ξυμφερόντων χωρίων.
through the suitable places
Πέπονα φαρμακεύειν καὶ κινέειν, μὴ ὠμὰ, μηδὲ ἐν ἀρχῇσιν, 22
Ripe-things to-purge and to-move not raw nor in beginnings
ἢν μὴ ὀργᾷ· τὰ δὲ πλεῖστα οὐκ ὀργᾷ.
if not it-be-turgid the but most not are-turgid
Τὰ χωρέοντα μὴ τῷ πλήθει τεκμαίρεσθαι, ἀλλ' ὡς ἂν 23
The things-evacuated not by-the quantity to-judge but as —
χωρέῃ οἷα δεῖ, καὶ φέρῃ εὐφόρως· καὶ ὅκου δεῖ μέχρι
they-pass such-as must and he-bear easily and where one-must until
λειποθυμίης ἄγειν, καὶ τοῦτο ποιέειν, ἢν ἐξαρκέῃ ὁ νοσέων.
fainting to-evacuate also this to-do if holds-out the patient
Ἐν τοῖσιν ὀξέσι πάθεσιν ὀλιγάκις καὶ ἐν ἀρχῇσι τῇσι 24
In the acute affections rarely and in beginnings the
φαρμακείῃσι χρέεσθαι, καὶ τοῦτο προεξευκρινήσαντα ποιέειν.
purgings to-use and this having-first-examined to-do
Ἢν, οἷα δεῖ καθαίρεσθαι, καθαίρωνται, ξυμφέρει τε, καὶ 25
If such-as must be-purged they-are-purged it-benefits both and
εὐφόρως φέρουσιν· τὰ δ' ἐναντία, δυσχερῶς.
easily they-bear the but contraries with-difficulty

ΤΜΗΜΑ ΔΕΥΤΕΡΟΝ

II · SLEEP, FOOD, AND CHANGE

A disease in which sleep causes pain is deadly; sleep that ends delirium is good. Neither surfeit nor hunger is good beyond what is natural. Unclean bodies are harmed the more they are fed. Acute diseases reach crisis in fourteen days, and the fourth day points to the seventh. Fainting often without cause foretells sudden death, and the very fat die sooner than the lean. Accustomed labors are borne more easily, even by the weak and old, than unaccustomed ones by the strong. All sudden change is dangerous, and change by degrees is safe.

1 Ἐν ᾧ νοσήματι ὕπνος πόνον ποιέει, θανάσιμον· ἢν δὲ
In which illness sleep pain makes deadly if but
ὕπνος ὠφελέῃ, οὐ θανάσιμον.
sleep help not deadly

2 Ὅκου παραφροσύνην ὕπνος παύει, ἀγαθόν.
Where delirium sleep stops good

3 Ὕπνος, ἀγρυπνίη, ἀμφότερα τοῦ μετρίου μᾶλλον
Sleep sleeplessness both than-the measure more
γενόμενα, κακόν.
happening bad

4 Οὐ πλησμονὴ, οὐ λιμὸς, οὐδ' ἄλλο οὐδὲν ἀγαθὸν, ὅ τι
Not surfeit not hunger nor other anything good what —
ἂν μᾶλλον τῆς φύσιος ᾖ.
— more than-the nature be

5 Κόποι αὐτόματοι φράζουσι νούσους.
Fatigues spontaneous indicate diseases

6 Ὁκόσοι, πονέοντές τι τοῦ σώματος, τὰ πολλὰ τῶν
As-many-as aching some(-part) of-the body the most of-the
πόνων οὐκ αἰσθάνονται, τουτέοισιν ἡ γνώμη νοσέει.
pains not perceive to-these the mind is-sick

Τὰ ἐν πολλῷ χρόνῳ λεπτυνόμενα σώματα νωθρῶς 7
The in much time thinned bodies slowly
ἐπανατρέφειν, τὰ δὲ ἐν ὀλίγῳ, ὀλίγως.
to-renourish the but in little briefly

Ἢν ἐκ νούσου τροφὴν λαμβάνων τις μὴ ἰσχύῃ, σημαίνει 8
If from disease food taking someone not be-strong it-signifies
ὅτι πλείονι τροφῇ τὸ σῶμα χρέεται· ἢν δὲ, τροφὴν μὴ
that more food the body uses if but food not
λαμβάνοντος, τοῦτο γίγνηται, χρὴ εἰδέναι, ὅτι κενώσιος
of-one-taking this happen one-must know that of-evacuation
δεῖται.
it-needs

Τὰ σώματα χρὴ, ὅκου τις βούλεται καθαίρειν, εὖροα 9
The bodies one-must where one wishes to-purge free-flowing
ποιέειν.
to-make

Τὰ μὴ καθαρὰ τῶν σωμάτων, ὁκόσῳ ἂν θρέψῃς μᾶλλον, 10
The not clean of-the bodies by-how-much — you-nourish more
βλάψεις.
you-will-harm

Ῥᾷον πληροῦσθαι ποτοῦ, ἢ σιτίου. 11
Easier to-be-filled with-drink than with-food

Τὰ ἐγκαταλιμπανόμενα ἐν τῇσι νούσοισι μετὰ κρίσιν, 12
The things-left-behind in the diseases after crisis
ὑποστροφὰς ποιέειν εἴωθεν.
relapses to-make are-wont

Ὁκόσοισι κρίσις γίνεται, τουτέοισιν ἡ νὺξ δύσφορος, ἡ 13
To-whom crisis happens to-these the night uncomfortable the
πρὸ τοῦ παροξυσμοῦ, ἡ δὲ ἐπιοῦσα εὐφορωτέρη ὡς ἐπὶ
before the exacerbation the but following more-comfortable as for
τὸ πουλύ.
the most

14 Ἐν τῇσι τῆς κοιλίης ῥύσεσιν αἱ μεταβολαὶ τῶν
In the of-the belly fluxes the changes of-the
διαχωρημάτων ὠφελέουσιν, ἢν μὴ ἐς τὰ πονηρὰ
stools help if not to the bad
μεταβάλλῃ.
it-change

15 Ὅκου φάρυγξ νοσέει, ἢ φύματα ἐν τῷ σώματι ἐκφύεται,
Where throat is-sick or growths on the body grow
τὰς ἐκκρίσιας σκέπτεσθαι· ἢν γὰρ χολώδεες ἔωσι, τὸ
the excretions to-examine if for bilious they-be the
σῶμα ξυννοσέει· ἢν δὲ ὅμοιαι τοῖσιν ὑγιαίνουσι γίγνωνται,
body is-sick-too if but like to-the healthy they-be
ἀσφαλὲς τὸ σῶμα τρέφειν.
safe the body to-nourish

16 Ὅκου λιμὸς, οὐ δεῖ πονέειν.
Where hunger not one-must to-labor

17 Ὅκου ἂν τροφὴ πλείων παρὰ φύσιν ἐσέλθῃ, τοῦτο νοῦσον
Where — food more beyond nature enters this disease
ποιέει, δηλοῖ δὲ ἡ ἴησις.
makes shows and the cure

18 Τῶν τρεφόντων ἀθρόως καὶ ταχέως, ταχεῖαι καὶ αἱ
Of-those nourishing in-quantity and quickly quick also the
διαχωρήσιες γίνονται.
evacuations become

19 Τῶν ὀξέων νοσημάτων οὐ πάμπαν ἀσφαλέες αἱ
Of-the acute illnesses not altogether safe the
προδιαγορεύσιες, οὔτε τοῦ θανάτου, οὔτε τῆς ὑγιείης.
predictions neither of-the death nor of-the health

20 Ὁκόσοισι νέοισιν ἐοῦσιν αἱ κοιλίαι ὑγραί εἰσι, τουτέοισιν
To-whom young being the bellies loose are to-these
ἀπογηράσκουσι ξηραίνονται· ὁκόσοισι δὲ νέοισιν ἐοῦσιν αἱ
growing-old they-dry to-whom but young being the

κοιλίαι ξηραί εἰσι, τουτέοισι πρεσβυτέροισι γινομένοισιν
bellies dry are to-these older becoming
ὑγραίνονται.
they-loosen

Λιμὸν θώρηξις λύει. 21
Hunger strong-drink cures

Ἀπὸ πλησμονῆς ὁκόσα ἂν νοσήματα γένηται, κένωσις 22
From surfeit whatever — illnesses happen evacuation
ἰῆται, καὶ ὁκόσα ἀπὸ κενώσιος, πλησμονὴ, καὶ τῶν ἄλλων
cures and whatever from evacuation surfeit and of-the others
ἡ ὑπεναντίωσις.
the opposition

Τὰ ὀξέα τῶν νουσημάτων κρίνεται ἐν τεσσαρεσκαίδεκα 23
The acute of-the illnesses reach-crisis in fourteen
ἡμέρῃσιν.
days

Τῶν ἑπτὰ ἡ τετάρτη ἐπίδηλος· ἑτέρης ἑβδομάδος ἡ 24
Of-the seven the fourth indicative of-the-other week the
ὀγδόη ἀρχὴ, θεωρητὴ δὲ ἡ ἑνδεκάτη, αὕτη γάρ ἐστι
eighth beginning to-be-watched and the eleventh this for is
τετάρτη τῆς ἑτέρης ἑβδομάδος· θεωρητὴ δὲ πάλιν ἡ
fourth of-the other week to-be-watched and again the
ἑπτακαιδεκάτη, αὕτη γάρ ἐστι τετάρτη μὲν ἀπὸ τῆς
seventeenth this for is fourth indeed from the
τεσσαρεσκαιδεκάτης, ἑβδόμη δὲ ἀπὸ τῆς ἑνδεκάτης.
fourteenth seventh and from the eleventh

Οἱ θερινοὶ τεταρταῖοι τὰ πολλὰ γίνονται βραχέες, οἱ δὲ 25
The summer quartans for-the most become short the but
φθινοπωρινοὶ, μακροὶ, καὶ μάλιστα οἱ πρὸς τὸν χειμῶνα
autumn long and most the toward the winter
ξυνάπτοντες.
bordering

26 Πυρετὸν ἐπὶ σπασμῷ βέλτιον γενέσθαι, ἢ σπασμὸν ἐπὶ
Fever upon convulsion better to-happen than convulsion upon
πυρετῷ.
fever

27 Τοῖσι μὴ κατὰ λόγον κουφίζουσιν οὐ δεῖ πιστεύειν,
To-those not according-to reason relieving not one-must to-trust
οὐδὲ φοβέεσθαι λίην τὰ μοχθηρὰ γινόμενα παραλόγως·
nor to-fear too-much the bad-things happening unreasonably
τὰ γὰρ πολλὰ τῶν τοιουτέων ἐστὶν ἀβέβαια, καὶ οὐ
the for most of-the such are unstable and not
πάνυ τι διαμένειν, οὐδὲ χρονίζειν εἴωθεν.
at-all — to-remain nor to-last are-wont

28 Τῶν πυρεσσόντων μὴ παντάπασιν ἐπιπολαίως, τὸ
Of-those feverish not altogether superficially the
διαμένειν, καὶ μηδὲν ἐνδιδόναι τὸ σῶμα, ἢ καὶ συντήκεσθαι
to-persist and nothing to-yield the body or even to-waste
μᾶλλον τοῦ κατὰ λόγον, μοχθηρόν· τὸ μὲν γὰρ
more than-the according-to reason bad the indeed for
μῆκος νούσου σημαίνει, τὸ δὲ, ἀσθένειαν.
length of-disease signifies the but weakness

29 Ἀρχομένων τῶν νούσων, ἤν τι δοκέῃ κινέειν, κίνει·
Beginning the diseases if anything seem to-move move
ἀκμαζουσῶν δὲ, ἡσυχίην ἔχειν βέλτιόν ἐστιν.
at-peak but rest to-have better it-is

30 Περὶ τὰς ἀρχὰς καὶ τὰ τέλη, πάντα ἀσθενέστατα, περὶ
About the beginnings and the ends all weakest about
δὲ τὰς ἀκμὰς, ἰσχυρότατα.
but the peaks strongest

31 Τῷ ἐξ ἀῤῥωστίης εὐσιτεῦντι, μηδὲν ἐπιδιδόναι τὸ σῶμα,
To-the from illness eating-well nothing to-gain the body
μοχθηρόν.
bad

Ὡς τὰ πολλὰ πάντες οἱ φαύλως ἔχοντες, κατ᾽ ἀρχὰς 32
As for-the most all those badly being at beginnings
μὲν εὐσιτεῦντες, καὶ μηδὲν ἐπιδιδόντες, πρὸς τῷ τέλει
indeed eating-well and nothing gaining toward the end
πάλιν ἀσιτέουσιν· οἱ δὲ κατ᾽ ἀρχὰς μὲν ἀσιτεῦντες
again lose-appetite those but at beginnings indeed without-appetite
ἰσχυρῶς, ὕστερον δὲ εὐσιτεῦντες, βέλτιον ἀπαλλάσσουσιν.
strongly later but eating-well better get-off
Ἐν πάσῃ νούσῳ τὸ ἐῤῥῶσθαι τὴν διάνοιαν, καὶ εὖ ἔχειν 33
In every disease the to-be-strong the mind and well to-be
πρὸς τὰς προσφορὰς, ἀγαθόν· τὸ δὲ ἐναντίον, κακόν.
toward the foods good the but contrary bad
Ἐν τῇσι νούσοισιν ἧσσον κινδυνεύουσιν, οἷσιν ἂν οἰκείη τῆς 34
In the diseases less are-in-danger to-whom — akin to-the
φύσιος, καὶ τῆς ἕξιος, καὶ τῆς ἡλικίης, καὶ τῆς ὥρης ἡ
nature and the constitution and the age and the season the
νοῦσος ᾖ μᾶλλον, ἢ οἷσιν ἂν μὴ οἰκείη κατά τι τουτέων ᾖ.
disease be more than to-whom — not akin in some of-these be
Ἐν πάσῃσι τῇσι νούσοισι, τὰ περὶ τὸν ὀμφαλὸν καὶ τὸ 35
In all the diseases the about the navel and the
ἦτρον πάχος ἔχειν βέλτιόν ἐστι, τὸ δὲ σφόδρα λεπτὸν
lower-belly thickness to-have better is the but very thin
καὶ ἐκτετηκὸς, μοχθηρόν· ἐπισφαλὲς δὲ τὸ τοιοῦτον καὶ
and wasted bad hazardous but the such also
πρὸς τὰς κάτω καθάρσιας.
for the downward purgings
Οἱ ὑγιεινῶς ἔχοντες τὰ σώματα, ἐν τῇσι φαρμακείῃσι 36
Those healthily having the bodies in the purgings
καθαιρόμενοι ἐκλύονται ταχέως, καὶ οἱ πονηρῇ τροφῇ
being-purged faint quickly and those bad food
χρεόμενοι.
using

37 Οἱ εὖ τὰ σώματα ἔχοντες, φαρμακεύεσθαι ἐργώδεες.
Those well the bodies having to-be-purged troublesome

38 Τὸ σμικρῷ χεῖρον καὶ πόμα καὶ σιτίον, ἥδιον δὲ, τῶν
The slightly worse both drink and food pleasanter but than-the
βελτιόνων μὲν, ἀηδεστέρων δὲ, μᾶλλον αἱρετέον.
better indeed less-pleasant but rather one-must-choose

39 Οἱ πρεσβῦται τῶν νέων τὰ μὲν πολλὰ νοσέουσιν ἧσσον·
The old than-the young the indeed most are-ill less
ὅσα δ' ἂν αὐτέοισι χρόνια νοσήματα γένηται, τὰ
whatever but — to-them chronic illnesses happen for-the
πολλὰ ξυναποθνήσκει.
most die-with-them

40 Βράγχοι καὶ κόρυζαι τοῖσι σφόδρα πρεσβύτῃσιν οὐ
Hoarsenesses and colds in-the very old not
πεπαίνονται.
ripen

41 Οἱ ἐκλυόμενοι πολλάκις καὶ ἰσχυρῶς, ἄνευ φανερῆς
Those fainting often and strongly without evident
προφάσιος, ἐξαπίνης τελευτῶσιν.
cause suddenly die

42 Λύειν ἀποπληξίην ἰσχυρὴν μὲν ἀδύνατον, ἀσθενέα δὲ, οὐ
To-cure apoplexy strong indeed impossible weak but not
ῥηϊδιον.
easy

43 Τῶν ἀπαγχομένων καὶ καταλυομένων, μηδέπω δὲ
Of-those hanged and losing-consciousness not-yet but
τεθνηκότων, οὐκ ἀναφέρουσιν, οἷσιν ἂν ἀφρὸς ᾖ περὶ τὸ
having-died not recover to-whom — foam be about the
στόμα.
mouth

Οἱ παχέες σφόδρα κατὰ φύσιν, ταχυθάνατοι γίνονται 44
Those fat very by nature quick-dying become
μᾶλλον τῶν ἰσχνῶν.
more than-the lean

Τῶν ἐπιληπτικῶν τοῖσι νέοισιν ἀπαλλαγὴν αἱ μεταβολαὶ 45
Of-the epileptics to-the young deliverance the changes
μάλιστα τῆς ἡλικίης, καὶ τῶν χωρίων, καὶ τῶν βίων
most of-the age and of-the places and of-the lives
ποιέουσιν.
make

Δύο πόνων ἅμα γινομένων μὴ κατὰ τὸν αὐτὸν τόπον, ὁ 46
Two pains at-once happening not in the same place the
σφοδρότερος ἀμαυροῖ τὸν ἕτερον.
stronger obscures the other

Περὶ τὰς γενέσιας τοῦ πύου οἱ πόνοι καὶ οἱ πυρετοὶ 47
About the formations of-the pus the pains and the fevers
ξυμβαίνουσι μᾶλλον, ἢ γενομένου.
happen more than having-formed

Ἐν πάσῃ κινήσει τοῦ σώματος, ὁκόταν ἄρχηται πονέειν, 48
In every movement of-the body whenever it-begins to-tire
τὸ διαναπαύειν εὐθὺς, ἄκοπον.
the to-rest at-once relieving-fatigue

Οἱ εἰθισμένοι τοὺς ξυνήθεας πόνους φέρειν, κἢν ὦσιν 49
Those accustomed the habitual labors to-bear even-if they-be
ἀσθενέες ἢ γέροντες, τῶν ἀξυνηθέων ἰσχυρῶν τε καὶ
weak or old than-the unaccustomed strong both and
νέων ῥᾷον φέρουσιν.
young more-easily bear

50 Τὰ ἐκ πολλοῦ χρόνου ξυνήθεα, κἂν ᾖ χείρω τῶν
The from long time habitual even-if they-be worse than-the
ἀξυνηθέων, ἧσσον ἐνοχλεῖν εἴωθεν· δεῖ δὲ καὶ ἐς τὰ
unaccustomed less to-trouble are-wont one-must but also to the
ἀξυνήθεα μεταβάλλειν.
unaccustomed to-change

51 Τὸ κατὰ πολὺ καὶ ἐξαπίνης κενοῦν, ἢ πληροῦν, ἢ θερμαίνειν,
The in much and suddenly to-empty or to-fill or to-heat
ἢ ψύχειν, ἢ ἄλλως ὁκωσοῦν τὸ σῶμα κινέειν, σφαλερὸν,
or to-chill or otherwise in-any-way the body to-move perilous
καὶ πᾶν τὸ πολὺ τῇ φύσει πολέμιον· τὸ δὲ κατ᾽ ὀλίγον,
and all the much to-the nature hostile the but by little
ἀσφαλὲς, καὶ ἄλλως, ἤν τις ἐξ ἑτέρου ἐφ᾽ ἕτερον μεταβαίνῃ.
safe and otherwise if one from one to another change

52 Πάντα κατὰ λόγον ποιέοντι, μὴ γινομένων τῶν
All according-to reason to-one-doing not happening the-things
κατὰ λόγον, μὴ μεταβαίνειν ἐφ᾽ ἕτερον, μένοντος τοῦ
according-to reason not to-change to another remaining the
δόξαντος ἐξ ἀρχῆς.
decided from beginning

53 Ὁκόσοι τὰς κοιλίας ὑγρὰς ἔχουσιν, νέοι μὲν ἐόντες,
As-many-as the bellies loose have young indeed being
βέλτιον ἀπαλλάσσουσι τῶν ξηρὰς ἐχόντων, ἐς δὲ τὸ
better get-off than-those dry having into but the
γῆρας χεῖρον ἀπαλλάσσουσιν· ξηραίνονται γὰρ ὡς ἐπὶ τὸ
old-age worse get-off they-dry for as for the
πουλὺ ἀπογηράσκουσιν.
most growing-old

Μεγέθει δὲ σώματος, ἐννεάσαι μὲν, ἐλευθέριον καὶ οὐκ 54
In-size and of-body to-be-young indeed gentlemanly and not
ἀηδές· ἐγγηρᾶσαι δὲ, δύσχρηστον καὶ χεῖρον τῶν
unpleasant to-grow-old but troublesome and worse than-the
ἐλασσόνων.
smaller

ΤΜΗΜΑ ΤΡΙΤΟΝ

III · SEASONS AND AGES

Changes of season beget diseases, and the weather of each year shapes its illnesses: south winds dull the hearing and weigh the head, and north winds bring coughs and sore throats. Droughts are healthier than wet years. Each season has its own diseases: madness and coughs in spring, fevers and diarrhea in summer, quartans and dropsies in autumn, and pleurisies in winter. Each age has its own as well, from aphthae in infants to catarrhs and dimness of sight in the old.

Αἱ μεταβολαὶ τῶν ὡρέων μάλιστα τίκτουσι νουσήματα, 1
The changes of-the seasons most beget illnesses
καὶ ἐν τῇσιν ὥρῃσιν αἱ μεγάλαι μεταλλαγαὶ ἢ ψύξιος
and in the seasons the great changes either of-cold
ἢ θάλψιος, καὶ τἆλλα κατὰ λόγον οὕτως.
or of-heat and the-rest according-to reason so
Τῶν φυσίων αἱ μὲν πρὸς θέρος, αἱ δὲ πρὸς χειμῶνα 2
Of-the natures some indeed toward summer some but toward winter
εὖ ἢ κακῶς πεφύκασιν.
well or badly are-constituted
Τῶν νούσων ἄλλαι πρὸς ἄλλας εὖ ἢ κακῶς πεφύκασι, 3
Of-the diseases some toward others well or badly are-constituted
καὶ ἡλικίαι τινὲς πρὸς ὥρας, καὶ χώρας, καὶ διαίτας.
and ages some toward seasons and regions and regimens

4 Ἐν τῇσιν ὥρῃσιν, ὅταν τῆς αὐτῆς ἡμέρης ὁτὲ μὲν
In the seasons when on-the same day at-times indeed
θάλπος, ὁτὲ δὲ ψῦχος γένηται, φθινοπωρινὰ τὰ νουσήματα
heat at-times but cold happen autumnal the illnesses
προσδέχεσθαι χρή.
to-expect one-must

5 Νότοι βαρυήκοοι, ἀχλυώδεες, καρηβαρικοὶ, νωθροὶ,
South-winds dulling-hearing misty heavy-headed sluggish
διαλυτικοί· ὁκόταν οὗτος δυναστεύῃ, τοιαῦτα ἐν τῇσιν
relaxing whenever this prevails such-things in the
ἀῤῥωστίῃσι πάσχουσιν. Ἢν δὲ βόρειον ᾖ, βῆχες,
illnesses they-suffer If but northerly it-be coughs
φάρυγγες, κοιλίαι σκληραὶ, δυσουρίαι φρικώδεες, ὀδύναι
throats bellies hard dysurias shiverings pains
πλευρέων, στηθέων· ὁκόταν οὗτος δυναστεύῃ, τοιαῦτα ἐν
of-sides of-chests whenever this prevails such-things in
τῇσιν ἀῤῥωστίῃσι προσδέχεσθαι χρή.
the illnesses to-expect one-must

6 Ὁκόταν θέρος γένηται ἦρι ὅμοιον, ἱδρῶτας ἐν τοῖσι
Whenever summer becomes to-spring like sweats in the
πυρετοῖσι πολλοὺς προσδέχεσθαι χρή.
fevers many to-expect one-must

7 Ἐν τοῖσιν αὐχμοῖσι πυρετοὶ ὀξέες γίνονται· καὶ ἢν μὲν
In the droughts fevers acute happen and if indeed
ἐπὶ πλέον ᾖ τὸ ἔτος τοιουτέον ἐὸν, οἵην τὴν κατάστασιν
for more be the year such being as the constitution
ἐποίησεν, ὡς ἐπιτοπουλὺ καὶ τὰ νουσήματα τοιαῦτα δεῖ
it-made as for-the-most-part also the illnesses such one-must
προσδέχεσθαι.
to-expect

Ἐν τοῖσι καθεστεῶσι καιροῖσι, καὶ ὡραίως τὰ ὡραῖα 8
In the settled times and seasonably the seasonable(-things)
ἀποδιδοῦσιν, εὐσταθέες καὶ εὐκρινέες αἱ νοῦσοι γίνονται,
they-render steady and of-easy-crisis the diseases become
ἐν δὲ τοῖσιν ἀκαταστάτοισιν ἀκατάστατοι καὶ δύσκριτοι.
in but the unsettled unsettled and difficult-crisis
Ἐν φθινοπώρῳ ὀξύταται αἱ νοῦσοι, καὶ θανατωδέσταται 9
In autumn most-acute the diseases and most-deadly
τοὐπίπαν, ἦρ δὲ ὑγιεινότατον, καὶ ἥκιστα θανατῶδες.
on-the-whole spring but healthiest and least deadly
Τὸ φθινόπωρον τοῖσι φθίνουσι κακόν. 10
The autumn to-the consumptives bad
Περὶ δὲ τῶν ὡρέων, ἢν μὲν ὁ χειμὼν αὐχμηρὸς καὶ βόρειος 11
About and the seasons if indeed the winter dry and northerly
γένηται, τὸ δὲ ἔαρ ἔπομβρον καὶ νότιον, ἀνάγκη, τοῦ θέρεος,
be the but spring rainy and southerly necessarily in-the summer
πυρετοὺς ὀξέας, καὶ ὀφθαλμίας, καὶ δυσεντερίας γίνεσθαι,
fevers acute and ophthalmias and dysenteries to-happen
μάλιστα τῇσι γυναιξὶ, καὶ ἀνδρῶν τοῖσιν ὑγροῖσι τὰς φύσιας.
most to-the women and of-men to-the moist the natures
Ἢν δὲ νότιος ὁ χειμὼν καὶ ἔπομβρος καὶ εὐδιεινὸς 12
If but southerly the winter and rainy and calm
γένηται, τὸ δὲ ἔαρ αὐχμηρὸν καὶ βόρειον, αἱ μὲν
be the but spring dry and northerly the indeed
γυναῖκες, ᾗσιν οἱ τόκοι πρὸς τὸ ἦρ, ἐκ πάσης προφάσιος
women whose the births toward the spring from every cause
ἐκτιτρώσκουσιν· αἳ δ' ἂν τέκωσιν, ἀκρατέα καὶ νοσώδεα
miscarry who but — bear feeble and sickly
τὰ παιδία τίκτουσιν, ὥστε ἢ παραυτίκα ἀπόλλυσθαι,
the children bear so-that either at-once to-perish
ἢ λεπτὰ καὶ νοσώδεα ζῆν ἐόντα· τοῖσι δὲ ἄλλοισι
or thin and sickly to-live being to-the but other

βροτοῖσι δυσεντερίαι καὶ ὀφθαλμίαι ξηραὶ γίνονται, τοῖσι
mortals dysenteries and ophthalmias dry happen to-the
δὲ πρεσβυτέροισι κατάῤῥοοι ξυντόμως ἀπολλύντες.
but older catarrhs quickly destroying

13 Ἢν δὲ τὸ θέρος αὐχμηρὸν καὶ βόρειον γένηται, τὸ δὲ
If and the summer dry and northerly be the but
φθινόπωρον ἔπομβρον καὶ νότιον, κεφαλαλγίαι ἐς τὸν
autumn rainy and southerly headaches into the
χειμῶνα γίνονται, καὶ βῆχες, καὶ βράγχοι, καὶ κόρυζαι,
winter happen and coughs and hoarsenesses and colds
ἐνίοισι δὲ καὶ φθίσιες.
to-some and also consumptions

14 Ἢν δὲ βόρειον ᾖ καὶ ἄνυδρον, τοῖσι μὲν ὑγροῖσι τὰς
If and northerly it-be and rainless to-the indeed moist the
φύσιας καὶ τῇσι γυναιξὶ ξύμφορον· τοῖσι δὲ λοιποῖσιν
natures and to-the women beneficial to-the but rest
ὀφθαλμίαι ἔσονται ξηραὶ, καὶ πυρετοὶ ὀξέες, καὶ κόρυζαι,
ophthalmias will-be dry and fevers acute and colds
ἐνίοισι δὲ καὶ μελαγχολίαι.
to-some and also melancholias

15 Τῶν δὲ καταστασίων τοῦ ἐνιαυτοῦ τὸ μὲν ὅλον οἱ αὐχμοὶ
Of-the and constitutions of-the year the indeed whole the droughts
τῶν ἐπομβριῶν εἰσιν ὑγιεινότεροι, καὶ ἧσσον θανατώδεες.
than-the rainy(-seasons) are healthier and less deadly

16 Νοσήματα δὲ ἐν μὲν τῇσιν ἐπομβρίῃσιν ὡς τὰ πολλὰ
Illnesses and in indeed the rainy(-seasons) as for-the most
γίνεται, πυρετοί τε μακροὶ, καὶ κοιλίης ῥύσιες, καὶ
happen fevers both long and of-belly fluxes and
σηπεδόνες, καὶ ἐπίληπτοι, καὶ ἀπόπληκτοι, καὶ κυνάγχαι·
putrefactions and epileptics and apoplectics and quinsies

ἐν δὲ τοῖσιν αὐχμοῖσι, φθινάδες, ὀφθαλμίαι, ἀρθρίτιδες,
in but the droughts consumptions ophthalmias arthritis
στραγγουρίαι, καὶ δυσεντερίαι.
stranguries and dysenteries

Αἱ δὲ καθ' ἡμέρην καταστάσιες, αἱ μὲν βόρειοι τά τε 17
The and by day constitutions the indeed northerly the both
σώματα ξυνιστᾶσι, καὶ εὔτονα καὶ εὐκίνητα καὶ εὔχροα
bodies brace and well-toned and agile and well-colored
καὶ εὐηκοώτερα ποιέουσι, καὶ τὰς κοιλίας ξηραίνουσι, καὶ
and better-hearing make and the bellies dry and
τὰ ὄμματα δάκνουσι, καὶ περὶ τὸν θώρηκα ἄλγημα ἤν τι
the eyes bite and about the chest pain if any
προϋπάρχῃ, μᾶλλον πονέουσιν· αἱ δὲ νότιοι διαλύουσι τὰ
preexist more they-ache the but southerly relax the
σώματα καὶ ὑγραίνουσι, καὶ βαρυηκοΐας καὶ καρηβαρίας
bodies and moisten and dullnesses-of-hearing and heavinesses-of-head
καὶ ἰλίγγους ποιέουσιν, ἐν δὲ τοῖσιν ὀφθαλμοῖσι καὶ τοῖσι
and dizzinesses make in and the eyes and the
σώμασι δυσκινησίην, καὶ τὰς κοιλίας ὑγραίνουσιν.
bodies sluggishness and the bellies moisten

Κατὰ δὲ τὰς ὥρας, τοῦ μὲν ἦρος καὶ ἄκρου τοῦ 18
In and the seasons in-the indeed spring and at-the-height of-the
θέρεος, οἱ παῖδες καὶ οἱ τουτέων ἐχόμενοι τῇσιν ἡλικίῃσιν,
summer the children and those of-these next in-the ages
ἄριστά τε διάγουσι, καὶ ὑγιαίνουσι μάλιστα· τοῦ δὲ θέρεος
best both pass and are-healthy most in-the but summer
καὶ τοῦ φθινοπώρου, μέχρι μέν τινος οἱ γέροντες· τὸ
and in-the autumn until indeed some(-point) the old the
δὲ λοιπὸν, καὶ τοῦ χειμῶνος, οἱ μέσοι τῇσιν ἡλικίῃσιν.
but rest and in-the winter those middle in-the ages

19 Νοσήματα δὲ πάντα μὲν ἐν πάσῃσι τῇσιν ὥρῃσι γίνεται,
Illnesses and all indeed in all the seasons happen
μᾶλλον δ' ἔνια κατ' ἐνίας αὐτέων καὶ γίνεται καὶ
more but some in some of-them both happen and
παροξύνεται.
are-exacerbated

20 Τοῦ μὲν γὰρ ἦρος, τὰ μανικὰ, καὶ τὰ μελαγχολικὰ, καὶ τὰ
In-the indeed for spring the maniac and the melancholic and the
ἐπιληπτικὰ, καὶ αἵματος ῥύσιες, καὶ κυνάγχαι, καὶ κόρυζαι,
epileptic and of-blood fluxes and quinsies and colds
καὶ βράγχοι, καὶ βῆχες, καὶ λέπραι, καὶ λειχῆνες, καὶ ἀλφοὶ,
and hoarsenesses and coughs and leprosies and lichens and white-spots
καὶ ἐξανθήσιες ἑλκώδεες πλεῖσται, καὶ φύματα, καὶ ἀρθριτικά.
and eruptions ulcerous most and growths and arthritic(-pains)

21 Τοῦ δὲ θέρεος, ἔνιά τε τουτέων, καὶ πυρετοὶ ξυνεχέες, καὶ
In-the and summer some both of-these and fevers continuous and
καῦσοι, καὶ τριταῖοι πλεῖστοι, καὶ ἔμετοι, καὶ διάῤῥοιαι,
ardent-fevers and tertians most and vomitings and diarrheas
καὶ ὀφθαλμίαι, καὶ ὦτων πόνοι, καὶ στομάτων ἑλκώσιες,
and ophthalmias and of-ears pains and of-mouths ulcerations
καὶ σηπεδόνες αἰδοίων, καὶ ἵδρωα.
and putrefactions of-privates and heat-rashes

22 Τοῦ δὲ φθινοπώρου, καὶ τῶν θερινῶν τὰ πολλὰ, καὶ
In-the and autumn also of-the summer(-ones) the most and
πυρετοὶ τεταρταῖοι, καὶ πλανῆτες, καὶ σπλῆνες, καὶ
fevers quartan and wandering and spleens and
ὕδρωπες, καὶ φθίσιες, καὶ στραγγουρίαι, καὶ λειεντερίαι, καὶ
dropsies and consumptions and stranguries and lienteries and
δυσεντερίαι, καὶ ἰσχιάδες, καὶ κυνάγχαι, καὶ ἄσθματα, καὶ
dysenteries and sciaticas and quinsies and asthmas and
εἰλεοὶ, καὶ ἐπιληψίαι, καὶ τὰ μανικὰ, καὶ τὰ μελαγχολικά.
ileuses and epilepsies and the maniac and the melancholic

Τοῦ δὲ χειμῶνος, πλευρίτιδες, περιπλευμονίαι, κόρυζαι, 23
In-the and winter pleurisies pneumonias colds
βράγχοι, βῆχες, πόνοι στηθέων, πόνοι πλευρέων, ὀσφύος,
hoarsenesses coughs pains of-chests pains of-sides of-loins
κεφαλαλγίαι, ἴλιγγοι, ἀποπληξίαι.
headaches dizzinesses apoplexies
Ἐν δὲ τῇσιν ἡλικίῃσι τοιάδε ξυμβαίνει· τοῖσι μὲν 24
In and the ages such-things happen to-the indeed
σμικροῖσι καὶ νεογνοῖσι παιδίοισιν, ἄφθαι, ἔμετοι, βῆχες,
small and new-born children aphthae vomitings coughs
ἀγρυπνίαι, φόβοι, ὀμφαλοῦ φλεγμοναὶ, ὦτων ὑγρότητες.
sleeplessnesses fears of-navel inflammations of-ears moistures
Πρὸς δὲ τὸ ὀδοντοφυέειν προσάγουσιν, οὔλων ὀδαξησμοὶ, 25
Toward and the teething approaching of-gums itchings
πυρετοὶ, σπασμοὶ, διάῤῥοιαι, καὶ μάλιστα ὅταν ἀνάγωσι
fevers convulsions diarrheas and most when they-cut
τοὺς κυνόδοντας, καὶ τοῖσι παχυτάτοισι τῶν παίδων, καὶ
the canines and to-the fattest of-the children and
τοῖσι σκληρὰς τὰς κοιλίας ἔχουσιν.
to-those hard the bellies having
Πρεσβυτέροισι δὲ γενομένοισι, παρίσθμια, σπονδύλου 26
To-older and becoming tonsillitis of-vertebra
τοῦ κατὰ τὸ ἰνίον εἴσω ὦσιες, ἄσθματα, λιθιάσιες,
the at the nape inward thrustings asthmas stones
ἕλμινθες στρογγύλαι, ἀσκαρίδες, ἀκροχορδόνες, σατυριασμοὶ,
worms round ascarides warts satyriasis
χοιράδες, καὶ τἄλλα φύματα, μάλιστα δὲ τὰ προειρημένα.
scrofulas and the-other growths most and the aforementioned

27 Τοῖσι δὲ ἔτι πρεσβυτέροισι καὶ πρὸς τὴν ἥβην προσάγουσι,
To-the and still older and toward the puberty approaching
τουτέων τε τὰ πολλὰ, καὶ πυρετοὶ χρόνιοι μᾶλλον, καὶ
of-these both the most and fevers chronic more and
ἐκ ῥινῶν αἵματος ῥύσιες.
from nostrils of-blood fluxes

28 Τὰ δὲ πλεῖστα τοῖσι παιδίοισι πάθεα κρίνεται, τὰ μὲν
The and most to-the children affections reach-crisis the indeed
ἐν τεσσαράκοντα ἡμέρῃσι, τὰ δὲ ἐν ἑπτὰ μησὶ, τὰ δὲ
in forty days the but in seven months the but
ἐν ἑπτὰ ἔτεσι, τὰ δὲ πρὸς τὴν ἥβην προσάγουσιν· ὅσα
in seven years the but toward the puberty approaching whatever
δ' ἂν διαμείνῃ τοῖσι παιδίοισι, καὶ μὴ ἀπολυθῇ περὶ
but — persists in-the children and not is-resolved about
τὸ ἡβάσκειν, ἢ τῇσι θηλείῃσι περὶ τὰς τῶν καταμηνίων
the being-pubescent or in-the females about the of-the menses
ῥήξιας, χρονίζειν εἴωθεν.
breakings-forth to-become-chronic is-wont

29 Τοῖσι δὲ νεηνίσκοισιν, αἵματος πτύσιες, φθίσιες, πυρετοὶ
To-the and youths of-blood spittings consumptions fevers
ὀξέες, ἐπιληψίαι, καὶ τἆλλα νουσήματα, μάλιστα δὲ τὰ
acute epilepsies and the-other illnesses most and the
προειρημένα.
aforementioned

30 Τοῖσι δὲ ὑπὲρ τὴν ἡλικίην ταύτην, ἄσθματα, πλευρίτιδες,
To-those and beyond the age this asthmas pleurisies
περιπλευμονίαι, λήθαργοι, φρενίτιδες, καῦσοι, διἀῤῥοιαι
pneumonias lethargies phrenitides ardent-fevers diarrheas
χρόνιαι, χολέραι, δυσεντερίαι, λειεντερίαι, αἱμοῤῥοΐδες.
chronic choleras dysenteries lienteries hemorrhoids

Τοῖσι δὲ πρεσβύτῃσι, δύσπνοιαι, κατάῤῥοοι βηχώδεες, 31
To-the and old difficulties-of-breathing catarrhs coughing
στραγγουρίαι, δυσουρίαι, ἄρθρων πόνοι, νεφρίτιδες, ἴλιγγοι,
stranguries dysurias of-joints pains nephritides dizzinesses
ἀποπληξίαι, καχεξίαι, ξυσμοὶ τοῦ σώματος ὅλου, ἀγρυπνίαι,
apoplexies cachexias itchings of-the body whole sleeplessnesses
κοιλίης καὶ ὀφθαλμῶν καὶ ῥινῶν ὑγρότητες, ἐμβλυωπίαι,
of-belly and of-eyes and of-nostrils moistures dimnesses-of-sight
γλαυκώσιες, βαρυηκοΐαι.
glaucomas dullnesses-of-hearing

ΤΜΗΜΑ ΤΕΤΑΡΤΟΝ

IV · PURGING, FEVERS, AND URINES

Purge pregnant women, if at all, from the fourth month to the seventh; purge upward in summer and downward in winter, and use hellebore with care. Black stools that pass of themselves are the worst sign, and less bad after a drug. Sweats on the critical days bring a crisis, and on other days mean a long disease; cold sweats with acute fever mean death. Rigors on the sixth day make a hard crisis, and jaundice is bad before the seventh. Urines tell much: after thick, scanty urine a plentiful thin flow helps, white transparent urine is bad, and blood or pus signals ulceration of the kidneys or bladder.

Τὰς κυούσας φαρμακεύειν, ἢν ὀργᾷ, τετράμηνα καὶ 1
The pregnant to-purge if it-be-turgid four-months-gone and
ἄχρι ἑπτὰ μηνῶν, ἧσσον δὲ ταύτας· τὰ δὲ νήπια καὶ τὰ
until seven months less but these the but infants and the
πρεσβύτερα εὐλαβέεσθαι χρή.
older to-beware one-must

2 Ἐν τῇσι φαρμακείῃσι τοιαῦτα ἄγειν ἐκ τοῦ σώματος,
In the purgings such to-evacuate from the body
ὁκοῖα καὶ αὐτόματα ἰόντα χρήσιμα, τὰ δὲ ἐναντίως ἰόντα
as also spontaneously going useful the but contrarily going
παύειν,
to-stop

3 Ἢν μὲν, οἷα δεῖ καθαίρεσθαι, καθαίρωνται, ξυμφέρει τε
If indeed such-as must be-purged they-are-purged it-benefits both
καὶ εὐφόρως φέρουσι, τὰ δὲ ἐναντία, δυσχερῶς.
and easily they-bear the but contraries with-difficulty

4 Φαρμακεύειν θέρεος μὲν μᾶλλον τὰς ἄνω, χειμῶνος
To-purge in-summer indeed more the upward(-purgings) in-winter
δὲ τὰς κάτω.
but the downward(-purgings)

5 Ὑπὸ κύνα καὶ πρὸ κυνὸς ἐργώδεες αἱ φαρμακεῖαι.
Under Dog and before Dog troublesome the purgings

6 Τοὺς ἰσχνοὺς τοὺς εὐημέας ἄνω φαρμακεύειν,
The lean the easy-vomiting upward to-purge
ὑποστελλομένους χειμῶνα.
being-cautious in-winter

7 Τοὺς δὲ δυσημέας καὶ μέσως εὐσάρκους, κάτω,
The but hard-vomiting and moderately fleshy downward
ὑποστελλομένους θέρος.
being-cautious in-summer

8 Τοὺς δὲ φθινώδεας, ὑποστελλομένους τὰς ἄνω.
The but consumptive being-cautious the upward(-purgings)

9 Τοὺς δὲ μελαγχολικοὺς, ἁδροτέρως τὰς κάτω, τῷ
The but melancholic more-fully the downward(-purgings) by-the
αὐτῷ λογισμῷ τἀναντία προστιθείς.
same reasoning the-contraries applying

Φαρμακεύειν ἐν τοῖσι λίην ὀξέσιν, ἢν ὀργᾷ, αὐθημερόν· 10
To-purge in the very acute if it-be-turgid same-day
χρονίζειν γὰρ ἐν τοῖσι τοιουτέοισι κακόν.
to-delay for in the such bad

Ὁκόσοισι στρόφοι, καὶ περὶ ὀμφαλὸν πόνοι, καὶ ὀσφύος 11
To-whom gripings and about navel pains and of-loins
ἄλγημα μὴ λυόμενον μήτε ὑπὸ φαρμακείης, μήτ' ἄλλως,
ache not resolved neither by purging nor otherwise
εἰς ὕδρωπα ξηρὸν ἱδρύεται.
into dropsy dry it-settles

Ὁκόσοισι κοιλίαι λειεντεριώδεες, χειμῶνος φαρμακεύειν 12
To-whom bellies lienteric in-winter to-purge
ἄνω, κακόν.
upward bad

Πρὸς τοὺς ἐλλεβόρους τοῖσι μὴ ῥηϊδίως ἄνω καθαιρομένοισι, 13
For the hellebores to-those not easily upward being-purged
πρὸ τῆς πόσιος προϋγραίνειν τὰ σώματα πλείονι τροφῇ
before the drinking to-moisten-first the bodies with-more food
καὶ ἀναπαύσει.
and rest

Ἐπὴν πίῃ τις ἐλλέβορον, πρὸς μὲν τὰς κινήσιας τῶν 14
When drinks someone hellebore toward indeed the movements of-the
σωμάτων μᾶλλον ἄγειν, πρὸς δὲ τοὺς ὕπνους καὶ μὴ
bodies more to-evacuate toward but the sleeps and not
κινήσιας, ἧσσον· δηλοῖ δὲ καὶ ἡ ναυτιλίη, ὅτι κίνησις
movements less shows and also the seafaring that movement
τὰ σώματα ταράσσει.
the bodies disturbs

Ἐπὴν βούλῃ μᾶλλον ἄγειν τὸν ἐλλέβορον, κίνει τὸ 15
When you-wish more to-evacuate the hellebore move the
σῶμα· ἐπὴν δὲ παῦσαι, ὕπνον ποίει, καὶ μὴ κίνει.
body when but to-stop sleep make and not move

16 Ἑλλέβορος ἐπικίνδυνος τοῖσι τὰς σάρκας ὑγιέας ἔχουσι,
Hellebore dangerous to-those the fleshes healthy having
σπασμὸν γὰρ ἐμποιέει.
convulsion for it-produces

17 Ἀπυρέτῳ ἐόντι, ἀποσιτίη, καὶ καρδιωγμὸς, καὶ σκοτόδινος,
To-one-fever-free being loss-of-appetite and heartburn and dizziness
καὶ στόμα ἐκπικρούμενον, ἄνω φαρμακείης δέεσθαι σημαίνει.
and mouth becoming-bitter upward purging to-need signifies

18 Τὰ ὑπὲρ τῶν φρενῶν ὀδυνήματα ἄνω φαρμακείην σημαίνει·
The above the diaphragm pains upward purging signify
ὁκόσα δὲ κάτω, κάτω.
whatever but below downward

19 Ὁκόσοι ἐν τῇσι φαρμακοποσίῃσι μὴ διψῶσι, καθαιρόμενοι
As-many-as in the drinkings-of-purges not are-thirsty being-purged
οὐ παύονται πρὶν ἢ διψήσωσιν.
not stop before than they-become-thirsty

20 Ἀπυρέτοισιν ἐοῦσιν, ἢν γίνηται στρόφος, καὶ γουνάτων
To-those-fever-free being if happen griping and of-knees
βάρος, καὶ ὀσφύος ἄλγημα, κάτω φαρμακείης δεῖσθαι
heaviness and of-loins pain downward purging to-need
σημαίνει.
signifies

21 Ὑποχωρήματα μέλανα, οἱονεὶ αἷμα, ἀπὸ ταυτομάτου ἰόντα,
Stools black like blood of themselves going
καὶ ξὺν πυρετῷ, καὶ ἄνευ πυρετοῦ, κάκιστα· καὶ ὁκόσῳ
both with fever and without fever worst and by-how-much
ἂν τὰ χρώματα πλείω καὶ πονηρότερα ᾖ, μᾶλλον κάκιον·
— the colors more and worse be more worse
ξὺν φαρμάκῳ δὲ ἄμεινον, καὶ ὁκόσῳ ἂν πλείω χρώματα
with drug but better and by-how-much — more colors
ᾖ, οὐ πονηρόν.
be not bad

Νοσημάτων ὁκόσων ἀρχομένων, ἢν χολὴ μέλαινα ἢ 22
Of-illnesses whatever beginning if bile black either
ἄνω ἢ κάτω ὑπέλθῃ, θανάσιμον.
upward or downward passes deadly

Ὁκόσοισιν ἐκ νουσημάτων ὀξέων ἢ πολυχρονίων, ἢ ἐκ 23
To-whom from illnesses acute or chronic or from
τρωμάτων, ἢ ἄλλως πως λελεπτυσμένοισι χολὴ μέλαινα
wounds or otherwise somehow having-been-thinned bile black
ἢ ὁκοῖον αἷμα μέλαν ὑπέλθῃ, τῇ ὑστεραίῃ ἀποθνήσκουσιν.
or like blood black passes on-the next-day they-die

Δυσεντερίη ἢν ἀπὸ χολῆς μελαίνης ἄρξηται, θανάσιμον. 24
Dysentery if from bile black it-begin deadly

Αἷμα ἄνω μὲν ὁκοῖον ἂν ᾖ, κακὸν, κάτω δὲ, ἀγαθὸν, 25
Blood upward indeed whatever — be bad downward but good
καὶ τὰ μέλανα ὑποχωρέοντα.
and the black passing

Ἢν ὑπὸ δυσεντερίης ἐχομένῳ ὁκοῖαι σάρκες ὑποχωρήσωσι, 26
If by dysentery to-one-held like flesh pass
θανάσιμον.
deadly

Ὁκόσοισιν ἐν τοῖσι πυρετοῖσιν αἱμορῥαγέει πλῆθος 27
To-whom in the fevers hemorrhages abundance
ὁκοθενοῦν, ἐν τῇσιν ἀναλήψεσι τουτέοισιν αἱ κοιλίαι
from-wherever in the recoveries to-these the bellies
καθυγραίνονται.
are-loosened

Ὁκόσοισι χολώδεα τὰ διαχωρήματα, κωφώσιος γενομένης 28
To-whom bilious the stools deafness happening
παύεται, καὶ ὁκόσοισι κώφωσις, χολωδέων γενομένων
stops and to-whom deafness bilious(-stools) happening
παύεται.
stops

29 Ὁκόσοισιν ἐν τοῖσι πυρετοῖσιν ἑκταίοισιν ἐοῦσι ῥίγεα
To-whom in the fevers on-the-sixth being rigors
γίνεται, δύσκριτα.
happen difficult-crises

30 Ὁκόσοισι παροξυσμοὶ γίνονται, ἢν ἂν ὥρην ἀφῇ, ἐς
To-whom exacerbations happen at-what — hour it-leaves to
τὴν αὔριον τὴν αὐτὴν ὥρην ἢν λάβῃ, δύσκριτα.
the morrow the same hour if it-take difficult-crises

31 Τοῖσι κοπιώδεσιν ἐν τοῖσι πυρετοῖσιν, ἐς ἄρθρα καὶ παρὰ
To-those fatigued in the fevers into joints and beside
τὰς γνάθους μάλιστα ἀποστάσιες γίνονται.
the jaws most abscessions happen

32 Ὁκόσοισι δὲ ἀνισταμένοισιν ἐκ τῶν νούσων τι πονέσει,
To-whom and rising from the diseases anything shall-ache
ἐνταῦθα ἀποστάσιες γίνονται.
there abscessions happen

33 Ἀτὰρ ἢν καὶ προπεπονηκός τι ᾖ πρὸ τοῦ νοσέειν,
But if also having-ached-before anything be before the being-ill
ἐνταῦθα στηρίζει ἡ νοῦσος.
there settles the disease

34 Ἢν ὑπὸ πυρετοῦ ἐχομένῳ, οἰδήματος μὴ ἐόντος ἐν τῇ
If by fever to-one-held swelling not being in the
φάρυγγι, πνὶξ ἐξαίφνης ἐπιστῇ, θανάσιμον.
throat choking suddenly come-on deadly

35 Ἢν ὑπὸ πυρετοῦ ἐχομένῳ ὁ τράχηλος ἐξαίφνης ἐπιστραφῇ,
If by fever to-one-held the neck suddenly be-twisted
καὶ μόλις καταπίνειν δύνηται, οἰδήματος μὴ ἐόντος,
and hardly to-swallow be-can swelling not being
θανάσιμον.
deadly

Ἱδρῶτες πυρεταίνουσιν ἢν ἄρξωνται, ἀγαθοὶ τριταῖοι, καὶ 36
Sweats to-the-feverish if they-begin good on-the-third and
πεμπταῖοι, καὶ ἑβδομαῖοι, καὶ ἐναταῖοι, καὶ ἑνδεκαταῖοι, καὶ
on-the-fifth and on-the-seventh and on-the-ninth and on-the-eleventh and
τεσσαρεσκαιδεκαταῖοι, καὶ ἑπτακαιδεκαταῖοι, καὶ μιῇ καὶ
on-the-fourteenth and on-the-seventeenth and on-one and
εἰκοστῇ, καὶ ἑβδόμῃ καὶ εἰκοστῇ, καὶ τριηκοστῇ πρώτῃ,
twentieth and seventh and twentieth and thirty first
καὶ τριηκοστῇ τετάρτῃ· οὗτοι γὰρ οἱ ἱδρῶτες νούσους
and thirty fourth these for the sweats diseases
κρίνουσιν· οἱ δὲ μὴ οὕτω γινόμενοι πόνον σημαίνουσι
bring-to-crisis those but not so happening pain signify
καὶ μῆκος νούσου καὶ ὑποτροπιασμούς.
and length of-disease and relapses

Οἱ ψυχροὶ ἱδρῶτες, ξὺν μὲν ὀξεῖ πυρετῷ γινόμενοι, 37
The cold sweats with indeed acute fever happening
θάνατον, ξὺν πρηϋτέρῳ δὲ, μῆκος νούσου σημαίνουσιν.
death with milder but length of-disease signify

Καὶ ὅκου ἔνι τοῦ σώματος ἱδρὼς, ἐνταῦθα φράζει τὴν 38
And where it-is-in of-the body sweat there it-shows the
νοῦσον.
disease

Καὶ ὅκου ἔνι τοῦ σώματος θερμὸν ἢ ψυχρὸν, ἐνταῦθα 39
And where it-is-in of-the body heat or cold there
ἡ νοῦσος.
the disease

Καὶ ὅκου ἐν ὅλῳ τῷ σώματι μεταβολαὶ, καὶ ἢν τὸ σῶμα 40
And where in whole the body changes and if the body
καταψύχηται, ἢ αὖθις θερμαίνηται, ἢ χρῶμα ἕτερον ἐξ
be-chilled or again be-heated or color one from
ἑτέρου γίνηται, μῆκος νούσου σημαίνει.
another become length of-disease signifies

41 Ἱδρὼς πουλὺς ἐξ ὕπνου ἄνευ τινὸς αἰτίης φανερῆς γινόμενος,
Sweat much from sleep without any cause evident happening
τὸ σῶμα σημαίνει ὅτι πλείονι τροφῇ χρέεται· ἢν δὲ τροφὴν
the body it-signifies that more food uses if but food
μὴ λαμβάνοντι τοῦτο γίγνηται, σημαίνει ὅτι κενώσιος δέεται.
not to-one-taking this happen it-signifies that of-evacuation it-needs

42 Ἱδρὼς πουλὺς ψυχρὸς ἢ θερμὸς αἰεὶ ῥέων, ὁ μὲν ψυχρὸς,
Sweat much cold or hot always flowing the indeed cold
μέζω, ὁ δὲ θερμὸς, ἐλάσσω, νοῦσον σημαίνει.
greater the but hot lesser disease signifies

43 Οἱ πυρετοὶ ὁκόσοι, μὴ διαλείποντες, διὰ τρίτης ἰσχυρότεροι
The fevers as-many-as not intermitting every third(-day) stronger
γίνονται, ἐπικίνδυνοι· ὅτῳ δ' ἂν τρόπῳ διαλείπωσι,
become dangerous in-whatever but — manner they-intermit
σημαίνει ὅτι ἀκίνδυνοι.
it-signifies that not-dangerous

44 Ὁκόσοισι πυρετοὶ μακροὶ, τουτέοισι φύματα ἢ ἐς τὰ
To-whom fevers long to-these growths or into the
ἄρθρα πόνοι ἐγγίνονται.
joints pains arise

45 Ὁκόσοισι φύματα, ἢ ἐς τὰ ἄρθρα πόνοι ἐκ πυρετῶν
To-whom growths or into the joints pains from fevers
γίγνονται, οὗτοι σιτίοισι πλείοσι χρέονται.
arise these foods more use

46 Ἢν ῥῖγος ἐπιπίπτῃ πυρετῷ μὴ διαλείποντι, ἤδη ἀσθενεῖ
If rigor fall-upon fever not intermitting already weak
ἐόντι, θανάσιμον.
being deadly

47 Αἱ ἀποχρέμψιες αἱ ἐν τοῖσι πυρετοῖσι τοῖσι μὴ διαλείπουσιν,
The expectorations the in the fevers the not intermitting
αἱ πελιδναὶ, καὶ αἱματώδεες, καὶ δυσώδεες, καὶ χολώδεες,
the livid and bloody and foul-smelling and bilious

πᾶσαι κακαί· ἀποχωρέουσαι δὲ καλῶς, ἀγαθαὶ, καὶ κατὰ
all bad passing but well good both by
τὰς διαχωρήσιας, καὶ κατὰ τὰ οὖρα· ἢν δὲ μή τι τῶν
the stools and by the urines if but not any of-the
ξυμφερόντων ἐκκρίνηται διὰ τῶν τόπων τούτων, κακόν.
beneficial be-excreted through the places these bad
Ἐν τοῖσι μὴ διαλείπουσι πυρετοῖσιν, ἢν τὰ μὲν ἔξω 48
In the not intermitting fevers if the indeed outer
ψυχρὰ ᾖ, τὰ δὲ ἔνδον καίηται, καὶ δίψαν ἔχῃ, θανάσιμον.
cold be the but inner burn and thirst it-have deadly
Ἐν μὴ διαλείποντι πυρετῷ, ἢν χεῖλος, ἢ ὀφρὺς, ἢ ὀφθαλμὸς, 49
In not intermitting fever if lip or eyebrow or eye
ἢ ῥὶς διαστραφῇ, ἢν μὴ βλέπῃ, ἢν μὴ ἀκούῃ, ἀσθενέος ἐόντος
or nose be-distorted if not he-see if not he-hear weak being
τοῦ κάμνοντος, ὅ τι ἂν τουτέων γένηται, ἐγγὺς ὁ θάνατος.
the patient what — — of-these happen near the death
Ὅκου ἐν πυρετῷ μὴ διαλείποντι δύσπνοια γίνεται καὶ 50
Where in fever not intermitting difficulty-of-breathing happens and
παραφροσύνη, θανάσιμον.
delirium deadly
Ἐν τοῖσι πυρετοῖσιν ἀποστήματα μὴ λυόμενα πρὸς τὰς 51
In the fevers abscesses not resolved at the
πρώτας κρίσιας, μῆκος νούσου σημαίνει.
first crises length of-disease signify
Ὁκόσοι ἐν τοῖσι πυρετοῖσιν, ἢ ἐν τῇσιν ἄλλῃσιν ἀῤῥωστίῃσι 52
As-many-as in the fevers or in the other illnesses
κατὰ προαίρεσιν δακρύουσιν, οὐδὲν ἄτοπον· ὁκόσοι δὲ μὴ
by choice weep nothing out-of-place as-many-as but not
κατὰ προαίρεσιν, ἀτοπώτερον.
by choice more-out-of-place

53 Ὁκόσοισι δὲ ἐπὶ τῶν ὀδόντων ἐν τοῖσι πυρετοῖσι
To-whom and on the teeth in the fevers
περίγλισχρα γίνεται, ἰσχυρότεροι γίνονται οἱ πυρετοί.
viscid(-matter) forms stronger become the fevers

54 Ὁκόσοισιν ἐπὶ πουλὺ βῆχες ξηραὶ, βραχέα ἐρεθίζουσαι, ἐν
To-whom for long coughs dry slightly irritating in
πυρετοῖσι καυσώδεσιν, οὐ πάνυ τι διψώδεές εἰσιν.
fevers ardent not at-all — thirsty they-are

55 Οἱ ἐπὶ βουβῶσι πυρετοὶ, πάντες κακοὶ, πλὴν τῶν
The upon buboes fevers all bad except the
ἐφημέρων.
ephemeral

56 Πυρέσσοντι ἱδρὼς ἐπιγενόμενος, μὴ ἐκλείποντος τοῦ
To-one-feverish sweat supervening not ceasing the
πυρετοῦ, κακόν· μηκύνει γὰρ ἡ νοῦσος, καὶ ὑγρασίην
fever bad is-lengthened for the disease and moisture
πλείω σημαίνει.
more it-signifies

57 Ὑπὸ σπασμοῦ ἢ τετάνου ἐχομένῳ πυρετὸς ἐπιγενόμενος
By convulsion or tetanus to-one-held fever supervening
λύει τὸ νόσημα.
resolves the illness

58 Ὑπὸ καύσου ἐχομένῳ, ἐπιγενομένου ῥίγεος, λύσις.
By ardent-fever to-one-held supervening rigor resolution

59 Τριταῖος ἀκριβὴς κρίνεται ἐν ἑπτὰ περιόδοισι τὸ
Tertian exact reaches-crisis in seven periods the
μακρότατον.
longest

60 Ὁκόσοισιν ἂν ἐν τοῖσι πυρετοῖσι τὰ ὦτα κωφωθῇ, αἷμα
To-whom — in the fevers the ears be-deafened blood
ἐκ ῥινῶν ῥυὲν, ἢ κοιλίη ἐκταραχθεῖσα, λύει τὸ νούσημα.
from nostrils flowing or belly disturbed resolves the illness

Πυρέσσοντι ἢν μὴ ἐν περισσῇσιν ἡμέρῃσιν ἀφῇ ὁ πυρετὸς, 61
To-one-feverish if not on odd days it-leave the fever
ὑποτροπιάζειν εἴωθεν.
to-relapse it-is-wont

Ὁκόσοισιν ἐν τοῖσι πυρετοῖσιν ἴκτεροι ἐπιγίνονται πρὸ 62
To-whom in the fevers jaundices supervene before
τῶν ἑπτὰ ἡμερῶν, κακὸν, ἢν μὴ ξυνδόσιες ὑγρῶν κατὰ
the seven days bad if not passings of-liquids by
τὴν κοιλίην γένωνται.
the belly happen

Ὁκόσοισιν ἂν ἐν τοῖσι πυρετοῖσι καθ' ἡμέρην ῥίγεα γίνηται, 63
To-whom — in the fevers by day rigors happen
καθ' ἡμέρην οἱ πυρετοὶ λύονται.
by day the fevers are-resolved

Ὁκόσοισιν ἐν τοῖσι πυρετοῖσι τῇ ἑβδόμῃ ἢ τῇ ἐνάτῃ 64
To-whom in the fevers on-the seventh or on-the ninth
ἢ τῇ ἑνδεκάτῃ ἢ τῇ τεσσαρεσκαιδεκάτῃ ἴκτεροι
or on-the eleventh or on-the fourteenth jaundices
ἐπιγίνονται, ἀγαθὸν, ἢν μὴ τὸ δεξιὸν ὑποχόνδριον σκληρὸν
supervene good if not the right hypochondrium hard
ᾖ· ἢν δὲ μὴ, οὐκ ἀγαθόν.
be if but not not good

Ἐν τοῖσι πυρετοῖσι περὶ τὴν κοιλίην καῦμα ἰσχυρὸν καὶ 65
In the fevers about the belly burning strong and
καρδιωγμὸς, κακόν.
heartburn bad

Ἐν τοῖσι πυρετοῖσι τοῖσιν ὀξέσιν οἱ σπασμοὶ καὶ οἱ περὶ 66
In the fevers the acute the convulsions and the about
τὰ σπλάγχνα πόνοι ἰσχυροὶ, κακόν.
the viscera pains strong bad

67 Ἐν τοῖσι πυρετοῖσιν οἱ ἐκ τῶν ὕπνων φόβοι, ἢ σπασμοὶ,
In the fevers the from the sleeps fears or convulsions
κακόν.
bad

68 Ἐν τοῖσι πυρετοῖσι τὸ πνεῦμα προσκόπτον, κακόν·
In the fevers the breath stumbling bad
σπασμὸν γὰρ σημαίνει.
convulsion for it-signifies

69 Ὁκόσοισιν οὖρα παχέα, θρομβώδεα, ὀλίγα, οὐκ ἀπυρέτοισι,
To-whom urines thick clotted scanty not to-those-fever-free
πλῆθος ἐπελθὸν ἐκ τουτέων λεπτὸν ὠφελέει· μάλιστα δὲ
abundance coming from these thin helps most and
τὰ τοιαῦτα ἔρχεται, οἶσιν ἐξ ἀρχῆς, ἢ διὰ ταχέων
the such comes to-whom from beginning or through quickness
ὑπόστασιν ἴσχει.
sediment it-has

70 Ὁκόσοισι δὲ ἐν πυρετοῖσι τὰ οὖρα ἀνατεταραγμένα
To-whom and in fevers the urines stirred-up
οἷον ὑποζυγίου, τουτέοισι κεφαλαλγίαι ἢ πάρεισιν, ἢ
like of-a-beast-of-burden to-these headaches either are-present or
παρέσονται.
will-be-present

71 Ὁκόσοισιν ἑβδομαῖα κρίνεται, τουτέοισιν ἐπινέφελον ἴσχει
To-whom on-the-seventh it-reaches-crisis to-these cloudiness has
τὸ οὖρον τῇ τετάρτῃ ἐρυθρὸν, καὶ τἆλλα κατὰ λόγον.
the urine on-the fourth red and the-rest according-to reason

72 Ὁκόσοισιν οὖρα διαφανέα λευκὰ, πονηρά· μάλιστα δὲ ἐν
To-whom urines transparent white bad most and in
τοῖσι φρενιτικοῖσιν ἐπιφαίνεται.
the phrenitics it-appears

Ὁκόσοισιν ὑποχόνδρια μετέωρα, διαβορβορύζοντα, ὀσφύος 73
To-whom hypochondria raised rumbling of-loins
ἀλγήματος ἐπιγενομένου, αἱ κοιλίαι τουτέοισι καθυγραίνονται,
pain supervening the bellies to-these are-loosened
ἢν μὴ φῦσαι καταῤῥαγέωσιν, ἢ οὔρου πλῆθος ἐπέλθῃ· ἐν
if not winds break-out or of-urine abundance come in
πυρετοῖσι δὲ ταῦτα.
fevers and these

Ὁκόσοισιν ἐλπὶς ἐς ἄρθρα ἀφίστασθαι, ῥύεται τῆς 74
To-whom expectation into joints to-be-abscessed rescues from-the
ἀποστάσιος οὖρον πουλὺ, κάρτα παχὺ, καὶ λευκὸν
abscession urine much very thick and white
γινόμενον, οἷον ἐν τοῖσι κοπιώδεσι πυρετοῖσι τεταρταίοισιν
happening such-as in the fatiguing fevers on-the-fourth
ἄρχεται ἐνίοισι γίνεσθαι· ἢν δὲ καὶ ἐκ τῶν ῥινῶν
begins to-some to-happen if and also from the nostrils
αἱμορῥαγήσῃ, καὶ πάνυ ταχὺ λύεται.
he-hemorrhage also very quickly it-is-resolved

Ἢν αἷμα ἢ πῦον οὐρέῃ, τῶν νεφρῶν ἢ τῆς κύστιος 75
If blood or pus he-urinate of-the kidneys or of-the bladder
ἕλκωσιν σημαίνει.
ulceration it-signifies

Ὁκόσοισιν ἐν τῷ οὔρῳ παχεῖ ἐόντι σαρκία σμικρὰ 76
To-whom in the urine thick being little-fleshes small
ὥσπερ τρίχες συνεξέρχονται, τουτέοισιν ἀπὸ τῶν νεφρῶν
like hairs come-out-together to-these from the kidneys
ἐκκρίνεται.
it-is-excreted

Ὁκόσοισιν ἐν τῷ οὔρῳ παχεῖ ἐόντι πιτυρώδεα συνεξουρέεται, 77
To-whom in the urine thick being bran-like(-matter) is-urinated-together
τουτέοισιν ἡ κύστις ψωριᾷ.
to-these the bladder is-scabby

78 Ὁκόσοι ἀπὸ ταὐτομάτου αἷμα οὐρέουσι, τουτέοισιν ἀπὸ
As-many-as from themselves blood urinate to-these from
τῶν νεφρῶν φλεβίου ῥῆξιν σημαίνει.
the kidneys of-small-vein rupture it-signifies

79 Ὁκόσοισιν ἐν τῷ οὔρῳ ψαμμώδεα ὑφίσταται, τουτέοισιν
To-whom in the urine sandy(-matter) settles to-these
ἡ κύστις λιθιᾷ.
the bladder has-stone

80 Ἢν αἷμα οὐρέῃ καὶ θρόμβους, καὶ στραγγουρίην ἔχῃ, καὶ
If blood he-urinate and clots and strangury have and
ὀδύνη ἐμπίπτῃ ἐς τὸ ὑπογάστριον καὶ ἐς τὸν περίνεον,
pain fall into the lower-belly and into the perineum
τὰ περὶ τὴν κύστιν πονέει.
the about the bladder ache

81 Ἢν αἷμα καὶ πῦον οὐρέῃ καὶ λεπίδας, καὶ ὀσμὴ βαρέη
If blood and pus he-urinate and scales and smell heavy
ᾖ, τῆς κύστιος ἕλκωσιν σημαίνει.
be of-the bladder ulceration it-signifies

82 Ὁκόσοισιν ἐν τῇ οὐρήθρῃ φύματα φύεται, τουτέοισι,
To-whom in the urethra growths grow to-these
διαπυήσαντος καὶ ἐκραγέντος, λύσις.
having-suppurated and having-burst resolution

83 Οὔρησις νύκτωρ πολλὴ γινομένη, σμικρὴν τὴν ὑποχώρησιν
Urination by-night much happening small the evacuation
σημαίνει.
signifies

ΤΜΗΜΑ ΠΕΜΠΤΟΝ

V · CONVULSIONS, HEAT, AND WOMEN

Convulsion after hellebore or a wound is deadly, and consumption strikes most between eighteen and thirty-five. Heat used too often weakens flesh and sinews but softens and soothes a sore, while cold harms bones, teeth, and sinews, though cold water poured on eases swollen joints and gout. Pregnancy, miscarriage, and barrenness are read from the breasts, the color, the menses, and the milk. The section closes on when milk may be given, swellings on wounds, rigors, and quartan fever, which wards off convulsion.

Σπασμὸς ἐξ ἐλλεβόρου, θανάσιμον. 1

Convulsion from hellebore deadly

Ἐπὶ τρώματι σπασμὸς ἐπιγενόμενος, θανάσιμον. 2

Upon wound convulsion supervening deadly

Αἵματος πολλοῦ ῥυέντος, σπασμὸς ἢ λυγμὸς ἐπιγενόμενος, 3

Of-blood much having-flowed convulsion or hiccup supervening

κακόν.

bad

Ἐπὶ ὑπερκαθάρσει σπασμὸς ἢ λυγμὸς ἐπιγενόμενος, κακόν. 4

Upon over-purging convulsion or hiccup supervening bad

Ἢν μεθύων ἐξαίφνης ἄφωνός τις γένηται, σπασθεὶς 5

If being-drunk suddenly speechless someone become convulsed

ἀποθνήσκει, ἢν μὴ πυρετὸς ἐπιλάβῃ, ἢ ἐς τὴν ὥρην

he-dies if not fever seize or to the hour

ἐλθὼν, καθ' ἣν αἱ κραιπάλαι λύονται, φθέγξηται.

coming at which the hangovers are-resolved he-speak

Ὁκόσοι ὑπὸ τετάνου ἁλίσκονται, ἐν τέσσαρσιν ἡμέρῃσιν 6

As-many-as by tetanus are-seized in four days

ἀπόλλυνται· ἢν δὲ ταύτας διαφύγωσιν, ὑγιέες γίνονται.

perish if but these they-escape healthy they-become

7 Τὰ ἐπιληπτικὰ ὁκόσοισι πρὸ τῆς ἥβης γίνεται, μετάστασιν
The epileptic(-diseases) to-whom before the puberty happen change
ἴσχει· ὁκόσοισι δὲ πέντε καὶ εἴκοσιν ἐτέων γίνεται,
have to-whom but five and twenty years happen
τουτέοισι τὰ πολλὰ ξυναποθνήσκει.
to-these for-the most die-with-them

8 Ὁκόσοι πλευριτικοὶ γενόμενοι οὐκ ἀνακαθαίρονται ἐν
As-many-as pleuritic having-become not are-cleaned-up in
τεσσαρεσκαίδεκα ἡμέρῃσι, τουτέοισιν ἐς ἐμπύημα καθίσταται.
fourteen days to-these into suppuration it-settles

9 Φθίσις γίνεται μάλιστα ἡλικίῃσι τῇσιν ἀπὸ ὀκτωκαίδεκα
Consumption happens most in-ages the from eighteen
ἐτέων μέχρι πέντε καὶ τριήκοντα ἐτέων.
years until five and thirty years

10 Ὁκόσοι κυνάγχην διαφεύγουσι, καὶ ἐς τὸν πλεύμονα
As-many-as quinsy escape and into the lung
αὐτέοισι τρέπεται, ἐν ἑπτὰ ἡμέρῃσιν ἀποθνήσκουσιν· ἢν
for-them it-turns in seven days die if
δὲ ταύτας διαφύγωσιν, ἔμπυοι γίνονται.
but these they-escape suppurating they-become

11 Τοῖσιν ὑπὸ τῶν φθισίων ἐνοχλουμένοισιν, ἢν τὸ πτύσμα, ὅπερ
To-those by the consumptions troubled if the sputum which
ἂν ἀποβήσσωσι, βαρὺ ὄζῃ ἐπὶ τοὺς ἄνθρακας ἐπιχεόμενον,
— they-cough-up heavily smell on the coals poured
καὶ αἱ τρίχες ἀπὸ τῆς κεφαλῆς ῥέωσι, θανατῶδες.
and the hairs from the head fall deadly

12 Ὁκόσοισι φθισιῶσιν αἱ τρίχες ἀπὸ τῆς κεφαλῆς ῥέουσιν,
To-whom being-consumptive the hairs from the head fall
οὗτοι, διαῤῥοίης ἐπιγενομένης, ἀποθνήσκουσιν.
these diarrhea supervening die

Ὁκόσοι αἷμα ἀφρῶδες ἀναπτύουσι, τουτέοισιν ἐκ τοῦ 13
As-many-as blood frothy spit-up to-these from the
πλεύμονος ἡ τοιαύτη ἀναγωγὴ γίνεται.
lung the such bringing-up happens
Ὑπὸ φθίσιος ἐχομένῳ διάῤῥοια ἐπιγενομένη, θανατώδες. 14
By consumption to-one-held diarrhea supervening deadly
Ὁκόσοι ἐκ πλευρίτιδος ἔμπυοι γίνονται, ἢν ἀνακαθαρθῶσιν 15
As-many-as from pleurisy suppurating become if they-are-cleaned-up
ἐν τεσσαράκοντα ἡμέρῃσιν, ἀφ᾽ ἧς ἂν ἡ ῥῆξις γένηται,
in forty days from which — the rupture happens
παύονται· ἢν δὲ μὴ, ἐς φθίσιν μεθίστανται.
they-stop if but not into consumption they-pass
Τὸ θερμὸν βλάπτει ταῦτα πλεονάκις χρεομένοισι, 16
The heat harms these more-often to-those-using
σαρκῶν ἐκθήλυνσιν, νεύρων ἀκράτειαν, γνώμης νάρκωσιν,
of-fleshes effemination of-sinews powerlessness of-mind numbness
αἱμορῥαγίας, λειποθυμίας, ταῦτα οἷσι θάνατος.
hemorrhages faintings these to-whom death
Τὸ δὲ ψυχρὸν, σπασμοὺς, τετάνους, μελασμοὺς καὶ ῥίγεα 17
The and cold convulsions tetanuses blackenings and rigors
πυρετώδεα.
feverish
Τὸ ψυχρὸν, πολέμιον ὀστέοισιν, ὀδοῦσι, νεύροισιν, ἐγκεφάλῳ, 18
The cold hostile to-bones to-teeth to-sinews to-brain
νωτιαίῳ μυελῷ· τὸ δὲ θερμὸν ὠφέλιμον.
to-spinal marrow the but heat beneficial
Ὁκόσα κατέψυκται, ἐκθερμαίνειν, πλὴν ὁκόσα αἱμορῥαγέει, 19
Whatever has-been-chilled to-warm except whatever hemorrhages
ἢ μέλλει.
or is-about

20 Ἕλκεσι τὸ μὲν ψυχρὸν δακνῶδες, δέρμα περισκληρύνει,
To-sores the indeed cold biting skin hardens
ὀδύνην ἀνεκπύητον ποιέει, μελαίνει, ῥίγεα πυρετώδεα ποιέει,
pain unsuppurating makes blackens rigors feverish makes
σπασμοὺς καὶ τετάνους.
convulsions and tetanuses

21 Ἔστι δὲ ὅκου ἐπὶ τετάνου ἄνευ ἕλκεος νέῳ εὐσάρκῳ,
There-is and where in tetanus without sore to-a-young well-fleshed
θέρεος μέσου, ψυχροῦ πολλοῦ κατάχυσις ἐπανάκλησιν
in-summer middle of-cold much affusion recall
θέρμης ποιέεται· θέρμη δὲ ταῦτα ῥύεται.
of-heat makes heat and these rescues

22 Τὸ θερμὸν ἐκπυητικὸν, οὐκ ἐπὶ παντὶ ἕλκεϊ, μέγιστον
The heat suppurative not upon every sore greatest
σημεῖον ἐς ἀσφαλείην, δέρμα μαλάσσει, ἰσχναίνει, ἀνώδυνον,
sign for safety skin it-softens it-thins painless
ῥιγέων, σπασμῶν, τετάνων παρηγορικόν· τὰ δὲ ἐν τῇ
of-rigors of-convulsions of-tetanuses soothing the and in the
κεφαλῇ, καὶ καρηβαρίην λύει· πλεῖστον δὲ διαφέρει ὀστέων
head also heaviness-of-head it-resolves most and it-is-of-use of-bones
κατήγμασι, μάλιστα δὲ τοῖσιν ἐψιλωμένοισι, τουτέων δὲ
fractures most and to-the bared of-these and
μάλιστα, τοῖσιν ἐν κεφαλῇ ἕλκεα ἔχουσι· καὶ ὁκόσα ὑπὸ
most to-those in head sores having and whatever by
ψύξιος θνήσκει, ἢ ἑλκοῦται, καὶ ἕρπησιν ἐσθιομένοισιν,
chill dies or ulcerates and by-herpes to-those-being-eaten
ἕδρῃ, αἰδοίῳ, ὑστέρῃ, κύστει, τουτέοισι τὸ μὲν θερμὸν
anus privates womb bladder to-these the indeed heat
φίλιον καὶ κρῖνον, τὸ δὲ ψυχρὸν πολέμιον καὶ κτεῖνον.
friendly and bringing-crisis the but cold hostile and killing

Ἐν τουτέοισι δεῖ τῷ ψυχρῷ χρέεσθαι, ὁκόθεν 23
In these one-must the cold to-use whence
αἱμορῥαγέει, ἢ μέλλει, μὴ ἐπ᾽ αὐτὰ, ἀλλὰ περὶ αὐτὰ,
it-hemorrhages or is-about not on them but about them
ὁκόθεν ἐπιῤῥεῖ· καὶ ὁκόσαι φλεγμοναὶ, ἢ ἐπιφλογίσματα
whence it-flows-in and whatever inflammations or inflamings
ἐς τὸ ἐρυθρόν καὶ ὕφαιμον ῥέποντα αἵματι νεαρῷ, ἐπὶ
to the red and bloodshot tending with-blood fresh upon
ταῦτα, ἐπεὶ τά γε παλαιὰ μελαίνει· καὶ ἐρυσίπελας τὸ
these since the at-least old it-blackens and erysipelas the
μὴ ἑλκούμενον, ἐπεὶ τό γε ἑλκούμενον βλάπτει.
not ulcerating since the at-least ulcerating it-harms

Τὰ ψυχρὰ, οἷον χιὼν, κρύσταλλος, τῷ στήθεϊ πολέμια, 24
The cold(-things) such-as snow ice to-the chest hostile
βηχέων κινητικὰ, αἱμορῥοϊκὰ, καταῤῥοϊκά.
of-coughs provocative causing-hemorrhage causing-catarrh

Τὰ ἐν ἄρθροισιν οἰδήματα καὶ ἀλγήματα, ἄτερ ἕλκεος, καὶ 25
The in joints swellings and pains without sore and
ποδαγρικὰ, καὶ σπάσματα, τουτέων τὰ πλεῖστα ψυχρὸν
gouty(-pains) and sprains of-these the most cold
πολλὸν καταχεόμενον ῥηΐζει τε καὶ ἰσχναίνει, καὶ ὀδύνην
much poured-on lightens both and thins and pain
λύει· νάρκη δὲ μετρίη ὀδύνης λυτική.
resolves numbness and moderate of-pain resolvent

Ὕδωρ τὸ ταχέως θερμαινόμενον καὶ ταχέως ψυχόμενον, 26
Water the quickly heating and quickly cooling
κουφότατον.
lightest

Ὁκόσοισι πιεῖν ὀρέξιες νύκτωρ τοῖσι πάνυ διψῶσιν, ἢν 27
To-whom to-drink desires by-night to-the very thirsty if
ἐπικοιμηθῶσιν, ἀγαθὸν.
they-fall-asleep-after good

28 Γυναικείων ἀγωγὸν, ἡ ἐν ἀρώμασι πυρίη, πολλαχῆ δὲ
Of-menses promoting the in aromatics fumigation in-many-ways and
καὶ ἐς ἄλλα χρησίμη ἂν ἦν, εἰ μὴ καρηβαρίας
also for other(-things) useful — it-would-be if not heavinesses-of-head
ἐνεποίεεν.
it-produced

29 Τὰς κυούσας φαρμακεύειν, ἢν ὀργᾷ, τετράμηνα, καὶ
The pregnant to-purge if it-be-turgid four-months-gone and
ἄχρι ἑπτὰ μηνῶν ἧσσον· τὰ δὲ νήπια καὶ πρεσβύτερα
until seven months less the but infants and older
εὐλαβέεσθαι.
to-beware

30 Γυναικὶ ἐν γαστρὶ ἐχούσῃ ὑπό τινος τῶν ὀξέων
For-a-woman in belly having by some of-the acute
νουσημάτων ληφθῆναι, θανατῶδες.
illnesses to-be-seized deadly

31 Γυνὴ ἐν γαστρὶ ἔχουσα, φλεβοτομηθεῖσα, ἐκτιτρώσκει·
A-woman in belly having having-been-bled miscarries
καὶ μᾶλλον ᾗσι μεῖζον τὸ ἔμβρυον.
and more to-whom greater the fetus

32 Γυναικὶ αἷμα ἐμεούσῃ, τῶν καταμηνίων ῥαγέντων,
For-a-woman blood vomiting the menses having-broken-forth
λύσις.
resolution

33 Γυναικὶ, τῶν καταμηνίων ἐκλειπόντων, αἷμα ἐκ τῶν
For-a-woman the menses failing blood from the
ῥινῶν ῥυῆναι, ἀγαθόν.
nostrils to-flow good

34 Γυναικὶ ἐν γαστρὶ ἐχούσῃ, ἢν ἡ κοιλίη πουλλὰ ῥυῇ,
For-a-woman in belly having if the belly much flow
κίνδυνος ἐκτρῶσαι.
danger to-miscarry

Γυναικὶ ὑπὸ ὑστερικῶν ἐνοχλουμένῃ, ἢ δυστοκούσῃ, 35
For-a-woman by hysterical(-troubles) troubled or having-hard-labor
πταρμὸς ἐπιγινόμενος, ἀγαθόν.
sneezing supervening good

Γυναικὶ τὰ καταμήνια ἄχροα, καὶ μὴ κατὰ τὰ αὐτὰ 36
For-a-woman the menses colorless and not according-to the same
αἰεὶ γινόμενα, καθάρσιος δεῖσθαι σημαίνει.
always happening of-purging to-need signifies

Γυναικὶ ἐν γαστρὶ ἐχούσῃ, ἢν οἱ μασθοὶ ἐξαίφνης ἰσχνοὶ 37
For-a-woman in belly having if the breasts suddenly thin
γένωνται, ἐκτιτρώσκει.
become she-miscarries

Γυναικὶ ἐν γαστρὶ ἐχούσῃ ἢν ὁ ἕτερος μασθὸς ἰσχνὸς 38
For-a-woman in belly having if the one breast thin
γένηται, δίδυμα ἐχούσῃ, θάτερον ἐκτιτρώσκει· καὶ ἢν μὲν ὁ
become twins having the-one she-miscarries and if indeed the
δεξιὸς ἰσχνὸς γένηται, τὸ ἄρσεν· ἢν δὲ ὁ ἀριστερὸς, τὸ θῆλυ.
right thin become the male if but the left the female

Ἢν γυνὴ μὴ κύουσα, μηδὲ τετοκυῖα, γάλα ἔχῃ, ταύτῃ 39
If a-woman not pregnant nor having-borne milk have for-her
τὰ καταμήνια ἐκλέλοιπεν.
the menses have-failed

Γυναιξὶν ὁκόσῃσιν ἐς τοὺς τιτθοὺς αἷμα συστρέφεται, 40
For-women in-whom into the breasts blood gathers
μανίην σημαίνει.
madness signifies

Γυναῖκα ἢν θέλῃς εἰδέναι εἰ κύει, ἐπὴν καθεύδειν 41
A-woman if you-wish to-know whether she-is-pregnant when to-sleep
μέλλῃ, ἀδείπνῳ ἐούσῃ, μελίκρητον διδόναι πιεῖν· κἢν
she-is-about supperless to-her-being hydromel to-give to-drink and-if

μὲν στρόφος αὐτὴν ἔχῃ περὶ τὴν γαστέρα, κύει· ἢν
indeed griping her have about the belly she-is-pregnant if
δὲ μὴ, οὐ κύει.
but not not she-is-pregnant

42 Γυνὴ ἔγκυος, ἢν μὲν ἄρσεν κύῃ, εὔχροός ἐστιν· ἢν δὲ
A-woman pregnant if indeed a-male she-carry well-colored she-is if but
θῆλυ, δύσχροος.
a-female ill-colored

43 Ἢν γυναικὶ κυούσῃ ἐρυσίπελας ἐν τῇ ὑστέρῃ γένηται,
If to-a-woman pregnant erysipelas in the womb happen
θανατώδες.
deadly

44 Ὁκόσαι παρὰ φύσιν λεπταὶ ἐοῦσαι ἐν γαστρὶ ἔχουσιν,
As-many-as beyond nature thin being in belly have
ἐκτιτρώσκουσι, πρὶν ἢ παχυνθῆναι.
miscarry before than to-grow-stout

45 Ὁκόσαι δὲ μετρίως τὸ σῶμα ἔχουσαι ἐκτιτρώσκουσι
As-many-as but moderately the body having miscarry
δίμηνα καὶ τρίμηνα ἄτερ προφάσιος φανερῆς,
two-months-gone and three-months-gone without cause evident
ταύτῃσιν αἱ κοτυληδόνες μύξης μεσταί εἰσι, καὶ οὐ δύνανται
for-these the cotyledons of-mucus full are and not they-can
κρατέειν ὑπὸ τοῦ βάρεος τὸ ἔμβρυον, ἀλλ' ἀποῤῥήγνυνται.
to-hold by the weight the fetus but they-are-broken-off

46 Ὁκόσαι παρὰ φύσιν παχεῖαι ἐοῦσαι μὴ ξυλλαμβάνουσιν
As-many-as beyond nature fat being not conceive
ἐν γαστρὶ, ταύτῃσι τὸ ἐπίπλοον τὸ στόμα τῶν ὑστερέων
in belly for-these the omentum the mouth of-the wombs
ἀποπιέζει, καὶ, πρὶν ἢ λεπτυνθῆναι, οὐ κύουσιν.
presses and before than to-grow-thin not they-conceive

Ἢν ὑστέρη ἐν τῷ ἰσχίῳ ἐγκειμένη διαπυήσῃ, ἀνάγκη 47
If womb in the hip lying suppurate necessity
ἔμμοτον γενέσθαι.
needing-lint to-become

Ἔμβρυα τὰ μὲν ἄρσενα ἐν τοῖσι δεξιοῖσι, τὰ δὲ θήλεα 48
Fetuses the indeed male in the right(-parts) the but female
ἐν τοῖσιν ἀριστεροῖσι μᾶλλον.
in the left more

Ὑστέρων ἐκπτώσιες, πταρμικὸν προσθεὶς, ἐπιλάμβανε τοὺς 49
Of-wombs prolapses sternutatory having-applied hold-closed the
μυκτῆρας καὶ τὸ στόμα.
nostrils and the mouth

Γυναικὶ τὰ καταμήνια ἢν βούλῃ ἐπισχεῖν, σικύην ὡς 50
For-a-woman the menses if you-wish to-check cupping-glass as
μεγίστην πρὸς τοὺς τιτθοὺς πρόσβαλλε.
largest to the breasts apply

Ὁκόσαι ἐν γαστρὶ ἔχουσι, τουτέων τὸ στόμα τῶν ὑστερέων 51
As-many-as in belly have of-these the mouth of-the wombs
ξυμμέμυκεν.
has-closed

Ἢν γυναικὶ ἐν γαστρὶ ἐχούσῃ γάλα πουλὺ ἐκ τῶν 52
If for-a-woman in belly having milk much from the
μαζῶν ῥυῇ, ἀσθενὲς τὸ ἔμβρυον σημαίνει· ἢν δὲ στερεοὶ
breasts flow weak the fetus it-signifies if but firm
οἱ μαστοὶ ἔωσιν, ὑγιεινότερον τὸ ἔμβρυον σημαίνει.
the breasts be healthier the fetus it-signifies

Ὁκόσαι διαφθείρειν μέλλουσι τὰ ἔμβρυα, ταύτῃσιν οἱ τιτθοὶ 53
As-many-as to-miscarry are-about the fetuses for-these the breasts
ἰσχνοὶ γίνονται· ἢν δὲ πάλιν σκληροὶ γένωνται, ὀδύνη ἔσται
thin become if but again hard they-become pain will-be

ἢ ἐν τοῖσι τιτθοῖσιν, ἢ ἐν τοῖσιν ἰσχίοισιν, ἢ ἐν τοῖσιν
either in the breasts or in the hips or in the
ὀφθαλμοῖσιν, ἢ ἐν τοῖσι γούνασι, καὶ οὐ διαφθείρουσιν.
eyes or in the knees and not they-miscarry

54 Ὁκόσῃσι τὸ στόμα τῶν ὑστερέων σκληρόν ἐστι, ταύτῃσιν
For-whom the mouth of-the wombs hard is for-these
ἀνάγκη τὸ στόμα τῶν ὑστερέων ξυμμύειν.
necessity the mouth of-the wombs to-close

55 Ὁκόσαι ἐν γαστρὶ ἔχουσαι ὑπὸ πυρετῶν λαμβάνονται, καὶ
As-many-as in belly having by fevers are-seized and
ἰσχυρῶς ἰσχναίνονται, ἄνευ προφάσιος φανερῆς τίκτουσι
strongly grow-thin without cause evident bear
χαλεπῶς καὶ ἐπικινδύνως, ἢ ἐκτιτρώσκουσαι κινδυνεύουσιν.
with-difficulty and dangerously or miscarrying are-in-danger

56 Ἐπὶ ῥόῳ γυναικείῳ σπασμὸς καὶ λειποθυμίη ἢν ἐπιγένηται,
Upon flux female convulsion and fainting if supervene
κακόν.
bad

57 Καταμηνίων γενομένων πλειόνων, νοῦσοι ξυμβαίνουσι, καὶ,
Menses happening more diseases happen and
μὴ γινομένων, ἀπὸ τῆς ὑστέρης γίνονται νοῦσοι.
not happening from the womb arise diseases

58 Ἐπὶ ἀρχῷ φλεγμαίνοντι, καὶ ὑστέρῃ φλεγμαινούσῃ,
Upon rectum inflamed and womb inflamed
στραγγουρίη ἐπιγίνεται, καὶ ἐπὶ νεφροῖσιν ἐμπύοισι
strangury supervenes and upon kidneys suppurating
στραγγουρίη ἐπιγίνεται, ἐπὶ δὲ ἥπατι φλεγμαίνοντι λὺγξ
strangury supervenes upon but liver inflamed hiccup
ἐπιγίνεται.
supervenes

Γυνὴ ἢν μὴ λαμβάνῃ ἐν γαστρὶ, βούλῃ δὲ εἰδέναι εἰ 59
A-woman if not she-conceive in belly you-wish but to-know whether
λήψεται, περικαλύψας ἱματίοισι, θυμία κάτω· κἢν μὲν
she-will-conceive having-covered with-cloaks fumigate below and-if indeed
πορεύεσθαι δοκέῃ ἡ ὀδμὴ διὰ τοῦ σώματος ἐς τὰς
to-pass seem the smell through the body into the
ῥῖνας καὶ ἐς τὸ στόμα, γίνωσκε ὅτι αὐτὴ οὐ δι᾽
nostrils and into the mouth know that she not because-of
ἑωυτὴν ἄγονός ἐστιν.
herself barren is
Ἢν γυναικὶ ἐν γαστρὶ ἐχούσῃ αἱ καθάρσιες πορεύωνται, 60
If for-a-woman in belly having the purgings proceed
ἀδύνατον τὸ ἔμβρυον ὑγιαίνειν.
impossible the fetus to-be-healthy
Ἢν γυναικὶ αἱ καθάρσιες μὴ πορεύωνται, μήτε φρίκης, 61
If for-a-woman the purgings not proceed neither shivering
μήτε πυρετοῦ ἐπιγινομένου, ἅσαι δὲ αὐτῇ προσπίπτωσι,
nor fever supervening nauseas but her befall
λογίζου ταύτην ἐν γαστρὶ ἔχειν.
reckon her in belly to-have
Ὁκόσαι ψυχρὰς καὶ πυκνὰς τὰς μήτρας ἔχουσιν, οὐ 62
As-many-as cold and dense the wombs have not
κυΐσκουσιν· καὶ ὁκόσαι καθύγρους ἔχουσι τὰς μήτρας, οὐ
conceive and as-many-as very-moist have the wombs not
κυΐσκουσιν, ἀποσβέννυται γὰρ ὁ γόνος· καὶ ὁκόσαι ξηρὰς
conceive is-quenched for the seed and as-many-as dry
μᾶλλον καὶ περικαέας, ἐνδείῃ γὰρ τῆς τροφῆς φθείρεται
more and very-hot by-lack for of-the nourishment perishes
τὸ σπέρμα· ὁκόσαι δὲ ἐξ ἀμφοτέρων τὴν κρᾶσιν ἔχουσι
the seed as-many-as but from both the temperament have
ξύμμετρον, αἱ τοιαῦται ἐπίτεκνοι γίνονται.
well-proportioned the such fruitful become

63 Παραπλησίως δὲ καὶ ἐπὶ τῶν ἀῤῥένων· ἢ γὰρ διὰ
Similarly and also in the males either for because-of
τὴν ἀραιότητα τοῦ σώματος τὸ πνεῦμα ἔξω φέρεται πρὸς
the looseness of-the body the breath outward is-carried so-as
τὸ μὴ παραπέμπειν τὸ σπέρμα· ἢ διὰ τὴν πυκνότητα
the not to-convey the seed or because-of the density
τὸ ὑγρὸν οὐ διαχωρέει ἔξω· ἢ διὰ τὴν ψυχρότητα
the moisture not passes outward or because-of the coldness
οὐκ ἐκπυροῦται, ὥστε ἀθροίζεσθαι πρὸς τὸν τόπον τοῦτον·
not it-is-heated so-as to-gather to the place this
ἢ διὰ τὴν θερμασίην τὸ αὐτὸ τοῦτο γίνεται.
or because-of the heat the same this happens

64 Γάλα διδόναι κεφαλαλγέουσι κακόν· κακὸν δὲ καὶ
Milk to-give to-those-with-headache bad bad and also
πυρεταίνουσι, καὶ οἷσιν ὑποχόνδρια μετέωρα καὶ
to-the-feverish and to-whom hypochondria raised and
διαβορβορύζοντα, καὶ τοῖσι διψώδεσι· κακὸν δὲ, καὶ οἷσι
rumbling and to-the thirsty bad and also to-whom
χολώδεες αἱ ὑποχωρήσιες ἐν ὀξέσι πυρετοῖσιν ἐοῦσι, καὶ
bilious the evacuations in acute fevers being and
οἷσιν αἵματος πολλοῦ διαχώρησις γέγονεν· ἁρμόζει δὲ
to-whom of-blood much evacuation has-happened it-suits but
φθινώδεσι μὴ λίην πολλῷ πυρέσσουσιν· διδόναι δὲ καὶ ἐν
to-consumptives not very much feverish to-give and also in
πυρετοῖσι μακροῖσι βληχροῖσι, μηδενὸς τῶν προειρημένων
fevers long slight none of-the aforementioned
σημείων παρεόντος, παρὰ λόγον δὲ ἐκτετηκότων.
signs being-present beyond reason but wasted

65 Ὁκόσοισιν οἰδήματα ἐφ' ἕλκεσι φαίνεται, οὐ μάλα σπῶνται,
To-whom swellings upon sores appear not very are-convulsed
οὐδὲ μαίνονται· τουτέων δὲ ἀφανισθέντων ἐξαίφνης, τοῖσι
nor go-mad these but having-vanished suddenly to-those

μὲν ὄπισθεν σπασμοὶ, τέτανοι, τοῖσι δὲ ἔμπροσθεν μανίαι,
indeed behind convulsions tetanuses to-those but in-front madnesses
ὀδύναι πλευροῦ ὀξεῖαι, ἢ ἐμπύησις, ἢ δυσεντερίη, ἢν
pains of-side acute or suppuration or dysentery if
ἐρυθρὰ μᾶλλον ᾖ τὰ οἰδήματα.
red more be the swellings

Ἢν, τραυμάτων ἰσχυρῶν ἐόντων καὶ πονηρῶν, οἴδημα μὴ 66
If wounds severe being and bad swelling not
φαίνηται, μέγα κακόν.
appear great bad

Τὰ χαῦνα, χρηστὰ, τὰ ἔνωμα, κακά. 67
The soft good the crude bad

Τῷ τὰ ὄπισθεν τῆς κεφαλῆς ὀδυνωμένῳ ἡ ἐν μετώπῳ 68
To-the-one the back of-the head aching the in forehead
ὀρθίη φλὲψ τμηθεῖσα, ὠφελέει.
upright vein cut helps

Ῥίγεα ἄρχεται, γυναιξὶ μὲν ἐξ ὀσφύος μᾶλλον καὶ διὰ 69
Rigors begin in-women indeed from loins more and through
νώτου ἐς κεφαλήν· ἀτὰρ καὶ ἀνδράσι μᾶλλον ὄπισθεν, ἢ
back to head but also in-men more behind than
ἔμπροσθεν τοῦ σώματος, οἷον ἀπὸ πήχεων καὶ μηρῶν·
in-front of-the body such-as from forearms and thighs
ἀτὰρ καὶ τὸ δέρμα ἀραιὸν ἔχουσι, δηλοῖ δὲ τοῦτο ἡ θρίξ.
but also the skin loose they-have shows and this the hair

Οἱ ὑπὸ τεταρταίων ἁλισκόμενοι ὑπὸ σπασμοῦ οὐ πάνυ τι 70
Those by quartans seized by convulsion not at-all —
ἁλίσκονται· ἢν δὲ ἁλίσκωνται πρότερον, εἶτα ἐπιγένηται
are-seized if but they-be-seized before then supervene
τεταρταῖος, παύονται.
quartan they-stop

71 Ὁκόσοισι δέρματα περιτείνεται καρφαλέα καὶ σκληρὰ,
To-whom skins are-stretched dry and hard
ἄνευ ἱδρῶτος τελευτῶσιν· ὁκόσοισι δὲ χαλαρὰ καὶ ἀραιὰ,
without sweat die to-whom but slack and loose
σὺν ἱδρῶτι τελευτῶσιν.
with sweat die
72 Οἱ ἰκτεριώδεες οὐ πάνυ τι πνευματώδεές εἰσιν.
The jaundiced not at-all — windy are

TMHMA EKTON

VI · SIGNS AND THEIR SEQUELS

Sour belching late in lientery is good; hemorrhoids help the melancholic; sneezing ends hiccup. Wounds to the bladder, brain, heart, or diaphragm are deadly, and cut bone or cartilage does not grow back. Eunuchs, women before menopause, and boys do not get gout. Hidden cancers are better left untreated, since treatment kills quickly. Delirium with laughter is safer than delirium with seriousness. Apoplexy strikes most between forty and sixty, and a hip long dislocated by sciatica wastes the leg unless it is cauterized.

1 Ἐν τῇσι χρονίῃσι λειεντερίῃσιν ὀξυρεγμίη ἐπιγινομένη, μὴ
In the chronic lienteries sour-belching supervening not
γενομένη πρότερον, σημεῖον ἀγαθόν.
having-happened before sign good
2 Οἷσι ῥῖνες ὑγρότεραι φύσει, καὶ ἡ γονὴ ὑγροτέρη,
To-whom nostrils moister by-nature and the seed moister
ὑγιαίνουσι νοσηρότερον· οἷσι δὲ τἀναντία, ὑγιεινότερον.
are-healthy more-sickly to-whom but the-contraries more-healthily
3 Ἐν τῇσι μακρῇσι δυσεντερίῃσιν αἱ ἀποσιτίαι, κακόν· καὶ
In the long dysenteries the losses-of-appetite bad and
ξὺν πυρετῷ, κάκιον.
with fever worse

Τὰ περιμάδαρα ἕλκεα, κακοήθεα. 4
The bald-edged sores malignant

Τῶν ὀδυνέων ἐν πλευρῇσι, καὶ ἐν στήθεσι, καὶ ἐν τοῖσιν 5
Of-the pains in sides and in chests and in the
ἄλλοισι μέρεσιν, ἢν μέγα διαφέρωσι, καταμαθητέον.
other parts whether much they-differ one-must-learn

Τὰ νεφριτικὰ, καὶ ὁκόσα κατὰ τὴν κύστιν, ἐργωδῶς 6
The nephritic(-diseases) and whatever about the bladder with-difficulty
ὑγιάζεται τοῖσι πρεσβύτῃσιν.
are-cured in-the old

Τὰ ἀλγήματα τὰ κατὰ τὴν κοιλίην γινόμενα, τὰ μὲν 7
The pains the in the belly happening the indeed
μετέωρα κουφότερα, τὰ δὲ μὴ μετέωρα, ἰσχυρότερα.
superficial lighter the but not superficial stronger

Τοῖσιν ὑδρωπικοῖσι τὰ γινόμενα ἕλκεα ἐν τῷ σώματι, οὐ 8
To-the dropsical the arising sores on the body not
ῥηϊδίως ὑγιάζεται.
easily are-cured

Τὰ πλατέα ἐξανθήματα, οὐ πάνυ τι κνησμώδεα. 9
The broad eruptions not at-all — itchy

Κεφαλὴν πονέοντι καὶ περιωδυνέοντι, πῦον, ἢ ὕδωρ, ἢ 10
In-head to-one-aching and in-great-pain pus or water or
αἷμα ῥυὲν κατὰ τὰς ῥῖνας, ἢ κατὰ τὸ στόμα, ἢ κατὰ
blood flowing through the nostrils or through the mouth or through
τὰ ὦτα, λύει τὸ νούσημα.
the ears resolves the illness

Τοῖσι μελαγχολικοῖσι, καὶ τοῖσι νεφριτικοῖσιν αἱμορῥοΐδες 11
To-the melancholic and to-the nephritic hemorrhoids
ἐπιγινόμεναι, ἀγαθόν.
supervening good

12 Τῷ ἰηθέντι χρονίας αἱμορῥοΐδας, ἢν μὴ μία φυλαχθῇ,
To-the-one cured of-chronic hemorrhoids if not one be-kept
κίνδυνος ὕδρωπα ἐπιγενέσθαι ἢ φθίσιν.
danger dropsy to-supervene or consumption

13 Ὑπὸ λυγμοῦ ἐχομένῳ πταρμοὶ ἐπιγενόμενοι λύουσι τὸν
By hiccup to-one-held sneezes supervening resolve the
λυγμόν.
hiccup

14 Ὑπὸ ὕδρωπος ἐχομένῳ, κατὰ τὰς φλέβας ἐς τὴν κοιλίην
By dropsy to-one-held through the veins into the belly
ὕδατος ῥυέντος, λύσις.
water having-flowed resolution

15 Ὑπὸ διαῤῥοίης ἐχομένῳ μακρῆς ἀπὸ ταυτομάτου ἔμετος
By diarrhea to-one-held long of itself vomiting
ἐπιγινόμενος λύει τὴν διάῤῥοιαν.
supervening resolves the diarrhea

16 Ὑπὸ πλευρίτιδος, ἢ ὑπὸ περιπλευμονίης ἐχομένῳ διάῤῥοια
By pleurisy or by pneumonia to-one-held diarrhea
ἐπιγενομένη, κακόν.
supervening bad

17 Ὀφθαλμιῶντι, ὑπὸ διαῤῥοίης ληφθῆναι, ἀγαθόν.
To-one-with-ophthalmia by diarrhea to-be-seized good

18 Κύστιν διακοπέντι, ἢ ἐγκέφαλον, ἢ καρδίην, ἢ φρένας,
In-bladder to-one-cut-through or brain or heart or diaphragm
ἢ τῶν ἐντέρων τι τῶν λεπτῶν, ἢ κοιλίην, ἢ ἧπαρ,
or of-the intestines any of-the thin or belly or liver
θανατῶδες.
deadly

19 Ἐπὴν διακοπῇ ὀστέον, ἢ χονδρὸς, ἢ νεῦρον, ἢ γνάθου τὸ
When be-cut bone or cartilage or sinew or of-cheek the
λεπτὸν, ἢ ἀκροποσθίη, οὔτε αὔξεται, οὔτε ξυμφύεται.
thin(-part) or foreskin neither it-grows nor grows-together

Ἢν ἐς τὴν κοιλίην αἷμα ἐκχυθῇ παρὰ φύσιν, ἀνάγκη 20
If into the belly blood be-poured beyond nature necessity
ἐκπυηθῆναι.
to-suppurate

Τοῖσι μαινομένοισι, κιρσῶν ἢ αἱμορῥοΐδων ἐπιγινομένων, 21
To-the mad varices or hemorrhoids supervening
μανίης λύσις.
of-madness resolution

Ὁκόσα ῥήγματα ἐκ τοῦ νώτου ἐς τοὺς ἀγκῶνας 22
Whatever ruptures from the back to the elbows
καταβαίνει, φλεβοτομίη λύει.
descend venesection resolves

Ἢν φόβος ἢ δυσθυμίη πουλὺν χρόνον διατελέῃ, μελαγχολικὸν 23
If fear or despondency long time continue melancholic
τὸ τοιοῦτον.
the such

Ἐντέρων ἢν διακοπῇ τῶν λεπτῶν τι, οὐ ξυμφύεται. 24
Of-intestines if be-cut of-the thin any not grows-together

Ἐρυσίπελας, ἔξωθεν καταχεόμενον, ἔσω τρέπεσθαι οὐκ 25
Erysipelas from-outside spreading inward to-turn not
ἀγαθόν· ἔσωθεν δὲ ἔξω, ἀγαθόν.
good from-inside but outward good

Ὁκόσοισιν ἂν ἐν τοῖσι καύσοισι τρόμοι γένωνται, παρακοπὴ 26
To-whom — in the ardent-fevers tremblings happen derangement
λύει.
resolves

Ὁκόσοι ἔμπυοι ἢ ὑδρωπικοὶ τέμνονται ἢ καίονται, 27
As-many-as suppurating or dropsical are-cut or are-burned
ἐκρυέντος τοῦ πύου ἢ τοῦ ὕδατος ἀθρόου, πάντως
having-flowed-out the pus or the water all-at-once altogether
ἀπόλλυνται.
perish

28 Εὐνοῦχοι οὐ ποδαγριῶσιν, οὐδὲ φαλακροὶ γίνονται.
Eunuchs not get-gout nor bald become

29 Γυνὴ οὐ ποδαγριᾷ, ἢν μὴ τὰ καταμήνια αὐτέῃ ἐκλίπῃ.
A-woman not gets-gout if not the menses for-her fail

30 Παῖς οὐ ποδαγριᾷ πρὸ τοῦ ἀφροδισιασμοῦ.
A-boy not gets-gout before the sexual-intercourse

31 Ὀδύνας ὀφθαλμῶν ἀκρητοποσίη, ἢ λουτρὸν, ἢ πυρίη,
Pains of-eyes drinking-of-unmixed(-wine) or bath or fomentation
ἢ φλεβοτομίη, ἢ φαρμακοποσίη λύει.
or venesection or drinking-of-purge resolves

32 Τραυλοὶ ὑπὸ διαῤῥοίης μάλιστα ἁλίσκονται μακρῆς.
Lispers by diarrhea most are-seized long

33 Οἱ ὀξυρεγμιώδεες οὐ πάνυ τι πλευριτικοὶ γίνονται.
The sour-belching not at-all — pleuritic become

34 Ὁκόσοι φαλακροὶ, τουτέοισι κιρσοὶ μεγάλοι οὐ γίνονται·
As-many-as bald to-these varices large not happen
ὁκόσοισι δὲ φαλακροῖσιν ἐοῦσιν κιρσοὶ γίνονται, πάλιν
to-whom but bald being varices happen again
οὗτοι γίνονται δασέες.
these become hairy

35 Τοῖσιν ὑδρωπικοῖσι βὴξ ἐπιγενομένη, κακόν.
To-the dropsical cough supervening bad

36 Δυσουρίην φλεβοτομίη λύει, τάμνειν δὲ τὰς ἔσω.
Dysuria venesection resolves to-cut but the inner(-veins)

37 Ὑπὸ κυνάγχης ἐχομένῳ οἰδήματα γενέσθαι ἐν τῷ βρόγχῳ
By quinsy to-one-held swellings to-arise on the windpipe
ἔξω, ἀγαθόν.
outside good

Ὁκόσοισι κρυπτοὶ καρκίνοι γίνονται, μὴ θεραπεύειν βέλτιον· 38
To-whom hidden cancers arise not to-treat better
θεραπευόμενοι γὰρ ἀπόλλυνται ταχέως, μὴ θεραπευόμενοι
being-treated for they-perish quickly not being-treated
δὲ, πουλὺν χρόνον διατελέουσιν.
but long time they-last
Σπασμοὶ γίνονται, ἢ ὑπὸ πληρώσιος, ἢ κενώσιος· οὕτω 39
Convulsions happen either from repletion or evacuation so
δὲ καὶ λυγμός.
and also hiccup
Ὁκόσοισι περὶ τὸ ὑποχόνδριον πόνοι γίνονται ἄτερ 40
To-whom about the hypochondrium pains happen without
φλεγμονῆς, τουτέοισι πυρετὸς ἐπιγενόμενος λύει τὸν πόνον.
inflammation to-these fever supervening resolves the pain
Ὁκόσοισι διάπυόν τι ἐὸν ἐν τῷ σώματι μὴ διασημαίνει, 41
To-whom suppurated something being in the body not shows
τουτέοισι διὰ παχύτητα τοῦ τόπου οὐ διασημαίνει.
to-these because-of thickness of-the place not it-shows
Ἐν τοῖσιν ἰκτερικοῖσι τὸ ἦπαρ σκληρὸν γενέσθαι, πονηρόν. 42
In the jaundiced the liver hard to-become bad
Ὁκόσοι σπληνώδεες ὑπὸ δυσεντερίης ἁλίσκονται, τουτέοισιν, 43
As-many-as splenetic by dysentery are-seized to-these
ἐπιγενομένης μακρῆς τῆς δυσεντερίης, ὕδρωψ ἐπιγίνεται, ἢ
supervening long the dysentery dropsy supervenes or
λειεντερίη, καὶ ἀπόλλυνται.
lientery and they-perish
Ὁκόσοισιν ἐκ στραγγουρίης εἰλεοὶ γίνονται, ἐν ἑπτὰ 44
To-whom from strangury ileuses arise in seven
ἡμέρῃσιν ἀπόλλυνται, ἢν μὴ, πυρετοῦ ἐπιγενομένου, ἄλις
days perish if not fever supervening abundantly
τὸ οὖρον ῥυῇ.
the urine flow

45 Ἕλκεα ὁκόσα ἐνιαύσια γίνεται, ἢ μακρότερον χρόνον ἴσχει,
Sores whatever yearlong become or longer time last
ἀνάγκη ὀστέον ἀφίστασθαι, καὶ τὰς οὐλὰς κοίλας γίνεσθαι.
necessity bone to-come-away and the scars hollow to-become

46 Ὁκόσοι ὑβοὶ ἐξ ἄσθματος ἢ βηχὸς γίνονται πρὸ τῆς
As-many-as hunchbacked from asthma or cough become before the
ἥβης, ἀπόλλυνται.
puberty perish

47 Ὁκόσοισι φλεβοτομίη ἢ φαρμακείη ξυμφέρει, τουτέους
To-whom venesection or purging is-beneficial these
προσῆκον τοῦ ἦρος φλεβοτομεῖν, ἢ φαρμακεύειν.
it-is-fitting in-the spring to-bleed or to-purge

48 Τοῖσι σπληνώδεσι δυσεντερίη ἐπιγενομένη, ἀγαθόν.
To-the splenetic dysentery supervening good

49 Ὁκόσα ποδαγρικὰ νουσήματα γίνεται, ταῦτα
Whatever gouty illnesses arise these
ἀποφλεγμήναντα ἐν τεσσαράκοντα ἡμέρῃσιν ἀποκαθίσταται.
having-ceased-inflaming in forty days subside

50 Ὁκόσοισιν ἂν ὁ ἐγκέφαλος διακοπῇ, τουτέοισιν ἀνάγκη
To-whom — the brain be-cut to-these necessity
πυρετὸν καὶ χολῆς ἔμετον ἐπιγίνεσθαι.
fever and of-bile vomiting to-supervene

51 Ὁκόσοισιν ὑγιαίνουσιν ὀδύναι γίνονται ἐξαίφνης ἐν τῇ
To-whom being-healthy pains arise suddenly in the
κεφαλῇ, καὶ παραχρῆμα ἄφωνοι κεῖνται, καὶ ῥέγκουσιν,
head and at-once speechless they-lie and snore
ἀπόλλυνται ἐν ἑπτὰ ἡμέρῃσιν, ἢν μὴ πυρετὸς ἐπιλάβῃ.
perish in seven days if not fever seize

52 Σκοπεῖν δὲ χρὴ καὶ τὰς ὑποφάσιας τῶν ὀφθαλμῶν ἐν
To-observe and one-must also the underglimpses of-the eyes in
τοῖσιν ὕπνοισιν· ἢν γάρ τι ὑποφαίνηται, ξυμβαλλομένων
the sleeps if for anything show-beneath being-closed

τῶν βλεφάρων, τοῦ λευκοῦ μὴ ἐκ διαῤῥοίης ἐόντι ἢ
the eyelids of-the white not from diarrhea to-one-being or
φαρμακοποσίης, φλαῦρον τὸ σημεῖον καὶ θανατῶδες σφόδρα.
drinking-of-purge bad the sign and deadly very
Αἱ παραφροσύναι αἱ μὲν μετὰ γέλωτος γινόμεναι, 53
The deliriums the indeed with laughter happening
ἀσφαλέστεραι· αἱ δὲ μετὰ σπουδῆς, ἐπισφαλέστεραι.
safer the but with seriousness more-dangerous
Ἐν τοῖσιν ὀξέσι πάθεσι τοῖσι μετὰ πυρετοῦ αἱ κλαυθμώδεες 54
In the acute affections the with fever the weeping
ἀναπνοαὶ, κακαί.
breathings bad
Τὰ ποδαγρικὰ τοῦ ἦρος καὶ τοῦ φθινοπώρου κινέεται ὡς 55
The gouty(-diseases) in-the spring and in-the autumn are-stirred as
ἐπὶ τὸ πουλύ.
for the most
Τοῖσι μελαγχολικοῖσι νουσήμασιν ἐς τάδε ἐπικίνδυνοι αἱ 56
In-the melancholic illnesses to these dangerous the
ἀποσκήψιες· ἢ ἀπόπληξιν τοῦ σώματος, ἢ σπασμὸν, ἢ
determinations either apoplexy of-the body or convulsion or
μανίην, ἢ τύφλωσιν σημαίνουσιν.
madness or blindness they-signify
Ἀπόπληκτοι δὲ μάλιστα γίνονται ἡλικίῃ τῇ ἀπὸ 57
Apoplectic and most become in-age the from
τεσσαράκοντα ἐτέων ἄχρις ἑξήκοντα.
forty years until sixty
Ἢν ἐπίπλοον ἐκπέσῃ, ἀνάγκη ἀποσαπῆναι. 58
If omentum fall-out necessity to-putrefy
Ὁκόσοισιν ὑπὸ ἰσχιάδος ἐνοχλουμένοισιν ἐξίσταται τὸ 59
To-whom by sciatica troubled is-dislocated the
ἰσχίον, καὶ πάλιν ἐμπίπτει, τουτέοισι μύξαι ἐπιγίνονται.
hip and again falls-in to-these mucus supervenes

60 Ὁκόσοισιν ὑπὸ ἰσχιάδος ἐνοχλουμένοισι χρονίης τὸ ἰσχίον
To-whom by sciatica troubled chronic the hip
ἐξίσταται, τουτέοισι τήκεται τὸ σκέλος, καὶ χωλοῦνται,
is-dislocated to-these wastes the leg and they-become-lame
ἢν μὴ καυθέωσιν.
if not they-be-cauterized

ΤΜΗΜΑ ΕΒΔΟΜΟΝ

VII · WHAT FOLLOWS WHAT

Chill of the extremities in acute disease is bad, and so is delirium after a blow to the head. Dropsy follows white phlegm, and dysentery follows diarrhea. The sediments and bubbles in the urine tell the length of a disease. A woman is never ambidextrous. What drugs do not cure, the knife cures; what the knife does not cure, fire cures; what fire does not cure must be held incurable.

1 Ἐν τοῖσιν ὀξέσι νουσήμασι ψύξις ἀκρωτηρίων,
In the acute illnesses chill of-extremities
κακόν.
bad

2 Ἐπὶ ὀστέῳ νοσέοντι σὰρξ πελιδνὴ, κακόν.
Upon bone diseased flesh livid bad

3 Ἐπὶ ἐμέτῳ λὺγξ καὶ ὀφθαλμοὶ ἐρυθροὶ, κακόν.
Upon vomiting hiccup and eyes red bad

4 Ἐπὶ ἱδρῶτι φρίκη, οὐ χρηστόν.
Upon sweat shivering not good

5 Ἐπὶ μανίῃ δυσεντερίη, ἢ ὕδρωψ, ἢ ἔκστασις,
Upon madness dysentery or dropsy or derangement
ἀγαθόν.
good

Ἐν νούσῳ πολυχρονίῃ ἀσιτίη καὶ ἄκρητοι ὑποχωρήσιες, 6
In disease chronic loss-of-appetite and unmixed evacuations
κακόν.
bad

Ἐκ πολυποσίης ῥῖγος καὶ παραφροσύνη, κακόν. 7
From heavy-drinking rigor and delirium bad

Ἐπὶ φύματος ἔσω ῥήξει ἔκλυσις, ἔμετος, καὶ λειποψυχίη 8
Upon of-growth inward rupture prostration vomiting and fainting
γίνεται.
happens

Ἐπὶ αἵματος ῥύσει παραφροσύνη ἢ σπασμὸς, 9
Upon of-blood flow delirium or convulsion
κακόν.
bad

Ἐπὶ εἰλεῷ ἔμετος, ἢ λὺγξ, ἢ σπασμὸς, ἢ παραφροσύνη, 10
Upon ileus vomiting or hiccup or convulsion or delirium
κακόν.
bad

Ἐπὶ πλευρίτιδι περιπλευμονίη, κακόν. 11
Upon pleurisy pneumonia bad

Ἐπὶ περιπλευμονίῃ φρενῖτις, κακόν. 12
Upon pneumonia phrenitis bad

Ἐπὶ καύμασιν ἰσχυροῖσι σπασμὸς ἢ τέτανος, 13
Upon burns severe convulsion or tetanus
κακόν.
bad

Ἐπὶ πληγῇ ἐς τὴν κεφαλὴν ἔκπληξις ἢ παραφροσύνη, 14
Upon blow to the head stupor or delirium
κακόν.
bad

Ἐπὶ αἵματος πτύσει, πύου πτύσις. 15
Upon of-blood spitting of-pus spitting

16 Ἐπὶ πύου πτύσει, φθίσις καὶ ῥύσις· ἐπὴν δὲ τὸ σίελον
Upon of-pus spitting consumption and flux when but the sputum
ἴσχηται, ἀποθνήσκουσιν.
be-checked they-die

17 Ἐπὶ φλεγμονῇ τοῦ ἥπατος λὺγξ, κακόν.
Upon inflammation of-the liver hiccup bad

18 Ἐπὶ ἀγρυπνίῃ σπασμὸς ἢ παραφροσύνη, κακόν.
Upon sleeplessness convulsion or delirium bad
Ἐπὶ ληθάργῳ τρόμος, κακόν.
Upon lethargy trembling bad

19 Ἐπὶ ὀστέου ψιλώσει, ἐρυσίπελας.
Upon of-bone laying-bare erysipelas

20 Ἐπὶ ἐρυσιπέλατι σηπεδὼν ἢ ἐκπύησις.
Upon erysipelas putrefaction or suppuration

21 Ἐπὶ ἰσχυρῷ σφυγμῷ ἐν τοῖσιν ἕλκεσιν, αἱμορῥαγίη.
Upon strong throbbing in the sores hemorrhage

22 Ἐπὶ ὀδύνῃ πολυχρονίῳ τῶν περὶ τὴν κοιλίην,
Upon pain long-lasting of-the about the belly
ἐκπύησις.
suppuration

23 Ἐπὶ ἀκρήτῳ ὑποχωρήσει, δυσεντερίη.
Upon unmixed evacuation dysentery

24 Ἐπὶ ὀστέου διακοπῇ, παραφροσύνη, ἢν κενεὸν
Upon of-bone cutting delirium if hollow
λάβῃ.
it-reach

25 Ἐκ φαρμακοποσίης σπασμὸς, θανατῶδες.
From drinking-of-purge convulsion deadly

26 Ἐπὶ ὀδύνῃ ἰσχυρῇ τῶν περὶ τὴν κοιλίην, ἀκρωτηρίων
Upon pain severe of-the about the belly of-extremities
ψύξις, κακόν.
chill bad

Ἐν γαστρὶ ἐχούσῃ τεινεσμὸς ἐπιγενόμενος ἐκτρῶσαι 27
In belly having tenesmus supervening to-miscarry
ποιέει.
makes

Ὅ τι ἂν ὀστέον, ἢ χόνδρος, ἢ νεῦρον ἀποκοπῇ ἐν τῷ 28
What — — bone or cartilage or sinew be-cut-off in the
σώματι, οὔτε αὔξεται, οὔτε συμφύεται.
body neither grows nor grows-together

Ἢν ὑπὸ λευκοῦ φλέγματος ἐχομένῳ διάῤῥοια ἐπιγένηται 29
If by white phlegm to-one-held diarrhea supervene
ἰσχυρὴ, λύει τὴν νοῦσον.
strong it-resolves the disease

Ὁκόσοισιν ἀφρώδεα τὰ διαχωρήματα ἐν τῇσι 30
To-whom frothy the stools in the
διαῤῥοίῃσι, τουτέοισιν ἀπὸ τῆς κεφαλῆς ταῦτα
diarrheas to-these from the head these
ἀποκαταῤῥέει.
flow-down

Ὁκόσοισι πυρέσσουσιν ἐν τοῖσιν οὔροισι κριμνώδεες 31
To-whom feverish in the urines like-coarse-meal
αἱ ὑποστάσιες γίνονται, μακρὴν τὴν ἀῤῥωστίην
the sediments become long the illness
σημαίνουσιν.
they-signify

Ὁκόσοισι δὲ χολώδεες αἱ ὑποστάσιες, ἄνωθεν δὲ λεπταὶ, 32
To-whom but bilious the sediments above but thin
ὀξείην τὴν ἀῤῥωστίην σημαίνουσιν.
acute the illness they-signify

Ὁκόσοισι δὲ διεστηκότα τὰ οὖρα γίνεται, τουτέοισι ταραχὴ 33
To-whom but separated the urines become to-these disturbance
ἰσχυρὴ ἐν τῷ σώματί ἐστιν.
strong in the body is

34 Ὁκόσοισι δὲ ἐπὶ τοῖσιν οὔροισιν ἐφίστανται πομφόλυγες,
To-whom but on the urines stand bubbles
νεφριτικὰ σημαίνουσι, καὶ μακρὴν τὴν ἀῤῥωστίην
nephritic(-diseases) they-signify and long the illness
ἔσεσθαι.
to-be

35 Ὁκόσοισι δὲ λιπαρὴ ἡ ἐπίστασις καὶ ἀθρόη, τουτέοισι
To-whom but greasy the scum and in-quantity to-these
νεφριτικὰ καὶ ὀξέα σημαίνει.
nephritic(-diseases) and acute it-signifies

36 Ὁκόσοισι δὲ νεφριτικοῖσιν ἐοῦσι τὰ προειρημένα
To-whom but nephritic being the aforementioned
συμβαίνει σημήϊα, πόνοι τε ὀξέες περὶ τοὺς μύας
befall signs pains and acute about the muscles
τοὺς ῥαχιαίους γίνονται, ἢν μὲν περὶ τοὺς ἔξω
the of-the-spine happen if indeed about the outer
τόπους γίνωνται, ἀπόστημα προσδέχου ἐσόμενον ἔξω·
places they-happen abscess expect to-be outside
ἢν δὲ μᾶλλον οἱ πόνοι πρὸς τοὺς ἔσω τόπους
if but more the pains toward the inner places
γίνωνται, καὶ τὸ ἀπόστημα προσδέχου ἐσόμενον μᾶλλον
happen also the abscess expect to-be more
ἔσω.
inside

37 Ὁκόσοι αἷμα ἐμέουσιν, ἢν μὲν ἄνευ πυρετοῦ, σωτήριον·
As-many-as blood vomit if indeed without fever saving
ἢν δὲ ξὺν πυρετῷ, κακόν· θεραπεύειν δὲ τοῖσι ψυκτικοῖσι
if but with fever bad to-treat and with-the cooling
καὶ τοῖσι στυπτικοῖσιν.
and with-the astringent

Κατάῤῥοοι οἱ ἐς τὴν ἄνω κοιλίην ἐκπυέονται ἐν ἡμέρῃσιν 38
Catarrhs the into the upper belly suppurate in days
εἴκοσιν.
twenty

Ἢν οὐρέῃ αἷμα καὶ θρόμβους, καὶ στραγγουρίη ἔχῃ, καὶ 39
If he-urinate blood and clots and strangury have and
ὀδύνη ἐμπίπτῃ ἐς τὸν περίνεον καὶ τὸν κτένα, τὰ περὶ
pain fall into the perineum and the pubes the about
τὴν κύστιν νοσέειν σημαίνει.
the bladder to-be-diseased signifies

Ἢν ἡ γλῶσσα ἐξαίφνης ἀκρατὴς γένηται, ἢ ἀπόπληκτόν 40
If the tongue suddenly powerless become or paralyzed
τι τοῦ σώματος, μελαγχολικὸν τὸ τοιοῦτο
some(-part) of-the body melancholic the such
γίνεται.
is

Ἢν, ὑπερκαθαιρομένων τῶν πρεσβυτέρων, λὺγξ ἐπιγένηται, 41
If being-over-purged the older hiccup supervene
οὐκ ἀγαθόν.
not good

Ἢν πυρετὸς μὴ ἀπὸ χολῆς ἔχῃ, ὕδατος πολλοῦ καὶ 42
If fever not from bile hold water much and
θερμοῦ καταχεομένου κατὰ τῆς κεφαλῆς, λύσις τοῦ
hot poured-down over the head resolution of-the
πυρετοῦ γίνεται.
fever happens

Γυνὴ ἀμφιδέξιος οὐ γίνεται. 43
A-woman ambidextrous not becomes

Ὁκόσοι ἔμπυοι καίονται ἢ τέμνονται, ἢν μὲν 44
As-many-as suppurating are-burned or are-cut if indeed
τὸ πῦον καθαρὸν ῥυῇ καὶ λευκὸν, περιγίνονται·
the pus pure flow and white they-survive

ἢν δὲ ὕφαιμον καὶ βορβορῶδες καὶ δυσῶδες,
if but bloody and muddy and foul-smelling
ἀπόλλυνται.
they-perish

45 Ὁκόσοι τὸ ἧπαρ διάπυον καίονται ἢ τέμνονται, ἢν μὲν
As-many-as the liver suppurated are-burned or are-cut if indeed
τὸ πῦον καθαρὸν ῥυῇ καὶ λευκὸν, περιγίγνονται (ἐν
the pus pure flow and white they-survive in
χιτῶνι γὰρ τὸ πῦον τουτέοισίν ἐστιν)· ἢν δὲ οἷον ἀμόργη
membrane for the pus for-these is if but like oil-lees
ῥυῇ, ἀπόλλυνται.
it-flow they-perish

46 Ὀδύνας ὀφθαλμῶν, ἄκρητον ποτίσας καὶ λούσας
Pains of-eyes unmixed(-wine) having-given-to-drink and having-bathed
πολλῷ θερμῷ, φλεβοτόμει.
with-much hot(-water) bleed

47 Ὑδρωπιῶντα ἢν βὴξ ἔχῃ, ἀνέλπιστός ἐστιν.
One-dropsical if cough have hopeless he-is

48 Στραγγουρίην καὶ δυσουρίην θώρηξις καὶ φλεβοτομίη λύει·
Strangury and dysuria strong-drink and venesection resolve
τάμνειν δὲ τὰς ἔσω.
to-cut but the inner(-veins)

49 Ὑπὸ κυνάγχης ἐχομένῳ οἴδημα καὶ ἐρύθημα ἐν τῷ
By quinsy to-one-held swelling and redness on the
στήθει ἐπιγενόμενον, ἀγαθόν· ἔξω γὰρ τρέπεται τὸ
chest supervening good outward for turns the
νούσημα.
illness

Ὁκόσοισιν ἂν σφακελισθῇ ὁ ἐγκέφαλος, ἐν τρισὶν 50
To-whom — be-gangrened the brain in three
ἡμέρῃσιν ἀπόλλυνται· ἢν δὲ ταύτας διαφύγωσιν, ὑγιέες
days perish if but these they-escape healthy
γίνονται.
they-become

Πταρμὸς γίνεται ἐκ τῆς κεφαλῆς, διαθερμαινομένου 51
Sneezing arises from the head being-heated-through
τοῦ ἐγκεφάλου, ἢ διυγραινομένου τοῦ ἐν τῇ
the brain or being-moistened-through the in the
κεφαλῇ κενεοῦ· ὑπερχέεται οὖν ὁ ἀὴρ ὁ ἐνεὼν,
head empty(-space) overflows then the air the within
ψοφέει δὲ, ὅτι διὰ στενοῦ ἡ διέξοδος αὐτοῦ
makes-noise and because through narrow the passage its
ἐστιν.
is

Ὁκόσοι ἦπαρ περιωδυνέουσι, τουτέοισι πυρετὸς ἐπιγενόμενος 52
As-many-as in-liver have-violent-pain to-these fever supervening
λύει τὴν ὀδύνην.
resolves the pain

Ὁκόσοισι ξυμφέρει αἷμα ἀφαιρέεσθαι ἀπὸ τῶν φλεβῶν, 53
To-whom it-is-beneficial blood to-be-taken from the veins
τουτέοισι ξυμφέρει ἦρος φλεβοτομέεσθαι.
to-these it-is-beneficial in-spring to-be-bled

Ὁκόσοισι μεταξὺ τῶν φρενῶν καὶ τῆς γαστρὸς φλέγμα 54
To-whom between the diaphragm and the belly phlegm
ἀποκλείεται, καὶ ὀδύνην παρέχει, οὐκ ἔχον διέξοδον ἐς
is-shut-up and pain causes not having passage into
οὐδετέρην τῶν κοιλιῶν, τουτέοισι, κατὰ τὰς φλέβας ἐς
either of-the cavities to-these through the veins into

τὴν κύστιν τραπέντος τοῦ φλέγματος, λύσις γίνεται τῆς
the bladder having-turned the phlegm resolution happens of-the
νούσου.
disease

55 Ὁκόσοισι δ' ἂν τὸ ἧπαρ ὕδατος πλησθὲν ἐς τὸ ἐπίπλοον
To-whom and — the liver with-water filled into the omentum
ῥαγῇ, τουτέοισιν ἡ κοιλίη ὕδατος ἐμπίπλαται, καὶ
burst for-these the belly with-water is-filled and
ἀποθνήσκουσιν.
they-die

56 Ἀλύκη, χάσμη, φρίκη, οἶνος ἴσος ἴσῳ πινόμενος
Anxiety yawning shivering wine equal with-equal drunk
λύει.
resolves

57 Ὁκόσοισιν ἐν τῇ οὐρήθρῃ φύματα γίνεται, τουτέοισι,
To-whom in the urethra growths arise for-these
διαπυήσαντος καὶ ἐκραγέντος, λύεται ὁ πόνος.
having-suppurated and having-burst is-resolved the pain

58 Ὁκόσοισιν ἂν ὁ ἐγκέφαλος σεισθῇ ὑπό τινος προφάσιος,
To-whom — the brain be-concussed by some cause
ἀνάγκη ἀφώνους γίνεσθαι παραχρῆμα.
necessity speechless to-become at-once

60 Τοῖσι σώμασι τοῖσιν ὑγρὰς τὰς σάρκας ἔχουσι
To-the bodies the moist the fleshes having
δεῖ λιμὸν ἐμποιέειν· λιμὸς γὰρ ξηραίνει τὰ
one-must hunger to-produce hunger for dries the
σώματα.
bodies

Ἢν ὑπὸ πυρετοῦ ἐχομένῳ, οἰδήματος μὴ ἐόντος ἐν τῇ 59
If by fever to-one-held swelling not being in the
φάρυγγι, πνὶξ ἐξαίφνης ἐπιγένηται, καὶ καταπίνειν μὴ
throat choking suddenly supervene and to-swallow not
δύνηται, ἀλλ᾽ ἢ μόλις, θανάσιμον.
he-can but except hardly deadly

Ἢν ὑπὸ πυρετοῦ ἐχομένῳ ὁ τράχηλος ἐπιστραφῇ, καὶ
If by fever to-one-held the neck be-twisted and
καταπίνειν μὴ δύνηται, οἰδήματος μὴ ἐόντος ἐν τῷ
to-swallow not he-can swelling not being in the
τραχήλῳ, θανάσιμον.
neck deadly

Ὅκου ἂν ἐν ὅλῳ τῷ σώματι μεταβολαὶ, καὶ 61
Where — in whole the body changes and
τὸ σῶμα καταψύχηται, καὶ πάλιν θερμαίνηται, ἢ
the body be-chilled and again be-heated or
χρῶμα ἕτερον ἐξ ἑτέρου μεταβάλλῃ, μῆκος νούσου
color one from another change length of-disease
σημαίνει.
signifies

Ἱδρὼς πουλὺς, θερμὸς ἢ ψυχρὸς, ῥέων αἰεὶ, 62
Sweat much hot or cold flowing always
σημαίνει ἔχειν πλησμονὴν ὑγροῦ· ἀπάγειν οὖν
signifies to-have repletion of-moisture to-draw-off then
χρὴ τῷ μὲν ἰσχυρῷ ἄνωθεν, τῷ δὲ ἀσθενεῖ
one-must for-the indeed strong from-above for-the but weak
κάτωθεν.
from-below

63 Οἱ πυρετοὶ οἱ μὴ διαλείποντες, ἢν ἰσχυρότεροι διὰ τρίτης
The fevers the not intermitting if stronger every third(-day)
γίνωνται, ἐπικίνδυνοι· ὅτῳ δ' ἂν τρόπῳ διαλείπωσι,
they-become dangerous in-whatever but — manner they-intermit
σημαίνει ὅτι ἀκίνδυνοι.
it-signifies that not-dangerous

64 Ὁκόσοισι πυρετοὶ μακροὶ, τουτέοισιν ἢ φύματα, ἢ ἐς
To-whom fevers long to-these either growths or into
τὰ ἄρθρα πόνοι ἐγγίνονται.
the joints pains arise

65 Ὁκόσοισι φύματα ἢ ἐς τὰ ἄρθρα πόνοι ἐκ πυρετῶν
To-whom growths or into the joints pains from fevers
γίνονται, οὗτοι σιτίοισι πλείοσι χρέονται.
arise these foods more use

66 Ἤν τις πυρέσσοντι τροφὴν διδῷ, ἢν ὑγιεῖ,
If someone to-one-feverish food give which to-a-healthy
τῷ μὲν ὑγιαίνοντι ἰσχὺς, τῷ δὲ κάμνοντι
to-the indeed healthy strength to-the but sick
νοῦσος.
disease

67 Τὰ διὰ τῆς κύστιος διαχωρέοντα ὁρῆν δεῖ, εἰ
The through the bladder passing to-see one-must whether
οἷα τοῖς ὑγιαίνουσιν ὑποχωρέεται· τὰ ἥκιστα οὖν
such-as in-the healthy is-passed the least then
ὅμοια τουτέοισι, ταῦτα νοσωδέστερα, τὰ δ' ὅμοια τοῖσιν
like to-these these more-diseased the but like to-the
ὑγιαίνουσιν, ἥκιστα νοσερά.
healthy least diseased

68 Καὶ οἷσι τὰ ὑποχωρήματα, ἢν ἐάσῃς στῆναι καὶ μὴ
And to-whom the stools if you-let to-stand and not
κινήσῃς, ὑφίσταται οἱονεὶ ξύσματα, τουτέοισι ξυμφέρει
you-stir settle like scrapings for-these it-is-beneficial

ὑποκαθῆραι τὴν κοιλίην· ἢν δὲ μὴ καθαρὴν ποιήσας
to-purge-gently the belly if but not clean having-made
διδῷς τὰ ῥοφήματα, ὁκόσῳ ἂν πλείω διδῷς, μᾶλλον
you-give the gruels by-how-much — more you-give the-more
βλάψεις.
you-will-harm

Ὁκόσοισιν ἂν κάτω ὠμὰ διαχωρέῃ, ἀπὸ χολῆς 69
To-whom — below raw(-stools) pass from bile
μελαίνης ἐστὶν, ἢν πλείονα, πλείονος, ἢν ἐλάσσονα,
black it-is if more from-more if less
ἐλάσσονος.
from-less

Αἱ ἀποχρέμψιες αἱ ἐν τοῖσι πυρετοῖσι τοῖσι 70
The expectorations the in the fevers the
μὴ διαλείπουσι, πελιδναὶ καὶ αἱματώδεες καὶ
not intermitting livid and bloody and
δυσώδεες, πᾶσαι κακαί· ἀποχωρέουσαι δὲ καλῶς,
foul-smelling all bad passing but well
ἀγαθαὶ, καὶ κατὰ κοιλίην καὶ κύστιν· καὶ ὅκου
good both by belly and bladder and where
ἄν τι ἀποχωρέον στῇ μὴ κεκαθαρμένῳ,
— anything passing stop not for-one-purged
κακόν.
bad

Τὰ σώματα χρὴ, ὅκου τις βούλεται καθαίρεσθαι, εὔροα 71
The bodies one-must where one wishes to-be-purged free-flowing
ποιέειν· κἢν μὲν ἄνω βούλῃ εὔροα ποιέειν, στῆσαι
to-make and-if indeed upward you-wish free-flowing to-make to-check
τὴν κοιλίην· ἢν δὲ κάτω εὔροα ποιέειν, ὑγρῆναι τὴν
the belly if but downward free-flowing to-make to-moisten the
κοιλίην.
belly

72 Ὕπνος, ἀγρυπνίη, ἀμφότερα μᾶλλον τοῦ μετρίου
Sleep sleeplessness both more than-the measure
γινόμενα, νοῦσος.
happening disease

73 Ἐν τοῖσι μὴ διαλείπουσι πυρετοῖσιν, ἢν τὰ μὲν ἔξω
In the not intermitting fevers if the indeed outer
ψυχρὰ ᾖ, τὰ δὲ ἔσω καίηται, καὶ πυρετὸς ἔχῃ,
cold be the but inner burn and fever have
θανάσιμον.
deadly

74 Ἐν μὴ διαλείποντι πυρετῷ, ἢν χεῖλος, ἢ ῥὶς, ἢ
In not intermitting fever if lip or nose or
ὀφθαλμὸς διαστραφῇ, ἢν μὴ βλέπῃ, ἢν μὴ ἀκούῃ,
eye be-distorted if not he-see if not he-hear
ἤδη ἀσθενὴς ἐὼν, ὅ τι ἂν ᾖ τουτέων τῶν σημείων,
already weak being what — — be of-these the signs
θανάσιμον.
deadly

75 Ἐπὶ λευκῷ φλέγματι ὕδρωψ ἐπιγίνεται.
Upon white phlegm dropsy supervenes

76 Ἐπὶ διαῤῥοίῃ δυσεντερίη.
Upon diarrhea dysentery

77 Ἐπὶ δυσεντερίῃ λειεντερίη.
Upon dysentery lientery

78 Ἐπὶ σφακέλῳ ἀπόστασις ὀστέου.
Upon gangrene coming-away of-bone

79 Ἐπὶ αἵματος ἐμέτῳ φθορὴ, καὶ πύου κάθαρσις ἄνω· ἐπὶ
Upon of-blood vomiting wasting and of-pus purging upward upon
φθορῇ ῥεῦμα ἐκ τῆς κεφαλῆς· ἐπὶ ῥεύματι διάῤῥοια·
wasting flux from the head upon flux diarrhea

ἐπὶ διαῤῥοίῃ σχέσις τῆς ἄνω καθάρσιος· ἐπὶ τῇ σχέσει
upon diarrhea stoppage of-the upward purging upon the stoppage
θάνατος.
death

Ὁκοῖα καὶ ἐν τοῖσι κατὰ τὴν κύστιν, καὶ τοῖσι 81
Such-as also in the by the bladder and the
κατὰ τὴν κοιλίην ὑποχωρήμασι, καὶ ἐν τοῖσι κατὰ
by the belly evacuations and in the by
τὰς σάρκας, καὶ ἤν που ἄλλῃ τῆς φύσιος
the fleshes and if anywhere elsewhere from-the nature
ἐκβαίνῃ τὸ σῶμα, ἢν ὀλίγον, ὀλίγη ἡ νοῦσος γίνεται,
departs the body if little slight the disease becomes
ἢν πουλὺ, πολλὴ, ἢν πάνυ πουλὺ, θανάσιμον τὸ
if much great if very much deadly the
τοιοῦτον.
such

Ὁκόσοι ὑπὲρ τὰ τεσσαράκοντα ἔτεα φρενιτικοὶ γίνονται, 82
As-many-as beyond the forty years phrenitic become
οὐ πάνυ τι ὑγιάζονται· ἧσσον γὰρ κινδυνεύουσιν, οἷσιν
not at-all — are-cured less for are-in-danger to-whom
ἂν οἰκείη τῆς φύσιος καὶ τῆς ἡλικίης ἡ νοῦσος
— akin to-the nature and to-the age the disease
ᾖ.
be

Ὁκόσοισιν ἐν τῇσιν ἀῤῥωστίῃσιν οἱ ὀφθαλμοὶ κατὰ 83
To-whom in the illnesses the eyes by
προαίρεσιν δακρύουσιν, ἀγαθόν· ὁκόσοισι δὲ ἄνευ
choice weep good to-whom but without
προαιρέσιος, κακόν.
choice bad

84 Ὁκόσοισιν ἐν τοῖσι πυρετοῖσι τεταρταίοισιν ἐοῦσιν αἷμα
To-whom in the fevers on-the-fourth being blood
ἐκ τῶν ῥινῶν ῥυῇ, πονηρόν.
from the nostrils flow bad

85 Ἱδρῶτες ἐπικίνδυνοι ἐν τῇσι κρισίμοισιν ἡμέρῃσι μὴ
Sweats dangerous on the critical days not
γινόμενοι, σφοδροί τε καὶ ταχέως ὠθούμενοι ἐκ τοῦ
happening violent both and quickly forced from the
μετώπου, ὥσπερ σταλαγμοὶ καὶ κρουνοὶ, καὶ ψυχροὶ
forehead like drops and streams and cold
σφόδρα καὶ πολλοί· ἀνάγκη γὰρ τὸν τοιοῦτον ἱδρῶτα
very and many necessity for the such sweat
πορεύεσθαι μετὰ βίης, καὶ πόνου ὑπερβολῆς, καὶ ἐκθλίψιος
to-proceed with force and pain excess and squeezing
πολυχρονίου.
long-continued

86 Ἐπὶ χρονίῳ νουσήματι κοιλίης καταφορὴ, κακόν.
Upon chronic illness of-belly flux bad

87 Ὁκόσα φάρμακα οὐκ ἰῆται, σίδηρος ἰῆται· ὅσα σίδηρος
Whatever drugs not cure iron cures whatever iron
οὐκ ἰῆται, πῦρ ἰῆται· ὅσα δὲ πῦρ οὐκ ἰῆται, ταῦτα
not cures fire cures whatever but fire not cures these
χρὴ νομίζειν ἀνίατα.
one-must to-consider incurable

HIPPOCRATES

ΠΑΡΑΓΓΕΛΙΑΙ

Precepts

ΠΑΡΑΓΓΕΛΙΑΙ

PRACTICE, FEES, AND CONSULTATION

Medicine is learned by practice joined to reasoning that starts from what is seen, not from plausible theory, and a physician may ask even laymen what helps. He should not begin with fees, which make the patient fear neglect, and should sometimes treat for nothing, for where there is love of man there is love of the art. A physician at a loss should call in others without shame, and physicians should never quarrel. Avoid luxurious headgear, elaborate scent, and lectures quoting the poets, and prefer practice to doctrine. Short notes close on regimen, fear and joy, and speech.

Χρόνος ἐστὶν ἐν ᾧ καιρὸς, καὶ καιρὸς ἐν ᾧ χρόνος 1
Time is in which opportunity and opportunity in which time
οὐ πολύς· ἄκεσις χρόνῳ, ἔστι δὲ ἡνίκα καὶ καιρῷ.
not much healing by-time there-is and when also by-opportunity
Δεῖ γε μὴν ταῦτα εἰδότα μὴ λογισμῷ πρότερον
One-must at-least however these knowing not to-reasoning first
πιθανῷ προσέχοντα ἰητρεύειν, ἀλλὰ τριβῇ μετὰ λόγου.
plausible attending to-treat but by-practice with reason
Ὁ γὰρ λογισμὸς μνήμη τίς ἐστι ξυνθετικὴ τῶν
The for reasoning memory a-kind-of is combining of-the-things
μετ᾽ αἰσθήσιος ληφθέντων· ἐφαντασιώθη γὰρ ἐναργέως ἡ
with perception grasped received-images for vividly the
αἴσθησις προπαθὴς καὶ ἀναπομπὸς ἐοῦσα εἰς διάνοιαν
perception first-affected and conveying being to understanding
τῶν ὑποκειμένων· ἡ δὲ παραδεξαμένη πολλάκις, οἷς, ὅτε,
of-the underlying(-things) it and having-received often by-which when
ὁκοίως τηρήσασα, καὶ ἐς ἑωυτὴν καταθεμένη, ἐμνημόνευσεν.
how having-observed and into itself having-stored remembered
Ξυγκαταινέω μὲν οὖν καὶ τὸν λογισμὸν, ἤνπερ ἐκ
I-approve indeed then also the reasoning if-indeed from
περιπτώσιος ποιῆται τὴν ἀρχὴν, καὶ τὴν καταφορὴν
incidence it-make the beginning and the deduction

ἐκ τῶν φαινομένων μεθοδεύῃ· ἐκ γὰρ τῶν ἐναργέως
from the phenomena it-pursue from for the-things vividly
ἐπιτελεομένων ἢν τὴν ἀρχὴν ποιήσηται ὁ λογισμὸς, ἐν
accomplished if the beginning make the reasoning in
διανοίης δυνάμει ὑπάρχων εὑρίσκεται, παραδεχομένης
of-understanding power being is-found receiving
αὐτῆς ἕκαστα παρ᾽ ἄλλων. Ὑποληπτέον οὖν τὴν φύσιν
it each-thing from others One-must-suppose then the nature
ὑπὸ τῶν πολλῶν καὶ παντοίων πρηγμάτων κινηθῆναί τε
by the many and various things to-be-moved both
καὶ διδαχθῆναι, βίης ὑπεούσης· ἡ δὲ διάνοια παρ᾽ αὐτῆς
and to-be-taught force underlying the and understanding from it
λαβοῦσα, ὡς προεῖπον, ὕστερον εἰς ἀληθείην ἤγαγεν· εἰ δὲ
having-taken as I-said-before later into truth led if but
μὴ ἐξ ἐναργέος ἐφόδου, ἐκ δὲ πιθανῆς ἀναπλάσιος λόγου,
not from vivid approach from but plausible fiction of-reason
πολλάκις βαρείην καὶ ἀνιηρὴν ἐπήνεγκε διάθεσιν. Οὗτοι δὲ
often grievous and painful it-brought condition These and
ἀνοδίην χειρίζουσι· τί γὰρ ἂν ἦν κακὸν, ἢν τὰ ἐπίχειρα
pathlessness handle what for — would-be bad if the wages
ἐκομίζοντο οἱ τὰ τῆς ἰητρικῆς ἔργα κακῶς δημιουργέοντες;
received those the of-the medicine works badly practicing
νῦν δὲ τοῖσιν ἀναιτίοισιν ἐοῦσι τῶν καμνόντων, ὁκόσοισιν οὐχ
now but to-the blameless being of-the sick to-as-many-as not
ἱκανὴ ἐφαίνετο ἐοῦσα τοῦ νοσέειν βίη, εἰ μὴ ξυνέλθοι τῇ τοῦ
sufficient appeared being of-the being-ill force if not it-should-join to-the of-the
ἰητροῦ ἀπειρίῃ. Περὶ μὲν οὖν τουτέων ἅλις ἔστω διειλεγμένα.
physician inexperience About indeed then these enough let-be discussed

2 Τῶν δ᾽ ὡς λόγου μόνου ξυμπεραινομένων μὴ εἴη
Of-the-things but as by-reason alone concluded not may-it-be
ἐπαύρασθαι, τῶν δὲ ὡς ἔργου ἐνδείξιος· σφαλερὴ γὰρ καὶ
to-reap of-those but as of-work demonstration perilous for and

εὔπταιστος ἡ μετ᾽ ἀδολεσχίης ἰσχύρισις. Διὸ καὶ καθόλου
stumbling the with prating assertion Therefore also generally
δεῖ ἔχεσθαι τῶν γινομένων, καὶ περὶ ταῦτα μὴ ἐλαχίστως
one-must to-hold-to the facts and about these not least
γίγνεσθαι, ἢν μέλλῃ ἕξειν ῥηϊδίην καὶ ἀναμάρτητον ἕξιν,
to-be-occupied if one-is-going to-have easy and unerring habit
ἣν δὴ ἰητρικὴν προσαγορεύομεν. Κάρτα γὰρ μεγάλην
which indeed medicine we-call Very for great
ὠφελίην περιποιήσει τοῖσί γε νοσέουσι καὶ τοῖσι τουτέων
benefit it-will-procure to-the at-least sick and to-the of-these
δημιουργοῖσιν. Μὴ ὀκνέειν δὲ καὶ παρὰ ἰδιωτέων ἱστορέειν,
practitioners Not to-hesitate and even from laymen to-inquire
ἤν τι δοκέῃ συνοίσειν εἰς καιρὸν θεραπείης. Οὕτω
if anything seem to-be-useful to occasion of-treatment So
γὰρ δοκέω τὴν ξύμπασαν τέχνην ἀναδειχθῆναι, διὰ
for I-think the whole art to-have-been-shown because-of
τὸ ἐξ ἑκάστου τοῦ τέλους τηρηθῆναι καὶ εἰς ταὐτὸ
the from each the end to-have-been-observed and into the-same
ξυναλισθῆναι. Προσέχειν οὖν δεῖ περιπτώσει τῇ ὡς
to-have-been-gathered To-attend then one-must to-incidence the as
ἐπιτοπολὺ, καὶ μετ᾽ ὠφελίης καὶ ἠρεμαιότητος μᾶλλον ἢ
for-the-most-part both with benefit and calmness rather than
ἐπαγγελίης καὶ ἀπολογίης τῆς μετὰ πρήξιας.
promise and excuse the after action
Χρήσιμος δὲ καὶ ποικίλος τῶν προσφερομένων τῷ νοσέοντι 3
Useful and also various of-the things-administered to-the patient
καὶ ὁ προορισμὸς, ὅτι μόνον τι προσενεχθὲν ὠφελήσει·
also the prescription that only something administered will-help
οὐ γὰρ ἰσχυρίσιος δεῖ· πάντα γὰρ τὰ πάθη διὰ
not for of-assertion there-is-need all for the affections because-of
πολλὰς περιστάσιας καὶ μεταβολὰς μονῇ τινὶ προσκαθίζει.
many circumstances and changes in-persistence some settle

4 Παραινέσιος δ' ἂν καὶ τοῦτο ἐπιδεηθείη τῆς θεωρίης· εἰ
Of-exhortation and — also this would-need the consideration if
γὰρ ἄρξαιο παρὰ μισθαρίων, ξυμβάλλει γάρ τι
for you-should-begin from fees it-contributes for something
καὶ τῷ ξύμπαντι, τῷ μὲν ἀλγέοντι τοιαύτην διανόησιν
also to-the whole in-the indeed sufferer such thought
ἐμποιήσεις τὴν ὅτι ἀπολιπὼν αὐτὸν πορεύσῃ μὴ ξυνθέμενος,
you-will-produce the that having-left him you-will-go not having-agreed
ἢ ὅτι ἀμελήσεις, καὶ οὐχ ὑποθήσεις τινὰ τῷ παρεόντι.
or that you-will-neglect and not you-will-prescribe anything for-the present
Ἐπιμελεῖσθαι οὖν οὐ δεῖ περὶ στάσιος μισθοῦ· ἄχρηστον
To-be-concerned then not one-must about fixing of-fee useless
γὰρ ἡγεύμεθα ἐνθύμησιν ὀχλεομένῳ τὴν τοιαύτην, πουλὺ δὲ
for we-consider worry to-one-troubled the such much and
μᾶλλον ἐν ὀξεῖ νοσήματι· νόσου γὰρ ταχύτης καιρὸν μὴ
more in acute illness of-disease for quickness opportunity not
διδοῦσα ἐς ἀναστροφὴν οὐκ ἐποτρύνει τὸν καλῶς ἰητρεύοντα
giving for turning-back not urges the well treating
ζητεῖν τὸ λυσιτελὲς, ἔχεσθαι δὲ δόξης μᾶλλον· κρέσσον οὖν
to-seek the profitable to-hold-to but reputation rather better then
σωζομένοισιν ὀνειδίζειν ἢ ὀλεθρίως ἔχοντας προμύσσειν.
to-those-being-saved to-reproach than fatally being to-fleece-beforehand
5 Καί τοι ἔνιοι νοσέοντες ἀλλάσσουσι, τὸ ξενοπρεπὲς καὶ τὸ
And yet some patients change the strange and the
ἄδηλον προκρίνοντες, ἄξιοι μὲν ἀμελίης, οὐ μέντοι γε
uncertain preferring worthy indeed of-neglect not however at-least
κολάσιος· διὸ τουτέοισιν ἀντιτάξῃ εἰκότως μεταβολῆς ἐπὶ
of-punishment therefore to-these you-will-oppose reasonably of-change on
σάλου πορευομένοισιν. Τίς γὰρ ὦ πρὸς Διὸς ἠδελφισμένος
tossing-sea traveling Who for O by Zeus akin
ἰητρὸς ἰητρεύειν πεισθείη ἀτεραμνίῃ; ὥστ' ἐν ἀρχῇ
physician to-treat would-be-persuaded with-harshness so-that at beginning

ἀνακρίνοντα πᾶν πάθος μὴ οὐχ ὑποθέσθαι τινὰ ξυμφέροντα ἐς
examining every affection not — to-prescribe some beneficial(-things) for
θεραπηΐην, ἀποθεραπεῦσαί τε τὸν νοσέοντα καὶ μὴ παριδεῖν.
treatment to-cure both the patient and not to-overlook
Τῆς δ' ἐπικαρπίης, μὴ ἄνευ τῆς ἐπισκευαζούσης 6
Of-the and profit not without the preparing
πρὸς μάθησιν ἐπιθυμίης. Παρακελεύομαι δὲ μὴ λίην
for learning desire I-urge and not too-much
ἀπανθρωπίην εἰσάγειν, ἀλλ' ἀποβλέπειν ἔς γε περιουσίην
inhumanity to-introduce but to-look to at-least abundance
καὶ οὐσίην· ὁτὲ δὲ προῖκα, ἀναφέρων μνήμην εὐχαριστίης
and substance at-times and free referring memory of-gratitude
προτέρην ἢ παρεοῦσαν εὐδοκίην. Ἢν δὲ καιρὸς εἴη
earlier or present reputation If and occasion be
χορηγίης ξένῳ τε ἐόντι καὶ ἀπορέοντι, μάλιστα
of-supplying to-a-stranger both being and being-poor most
ἐπαρκέειν τοῖσι τοιουτέοισιν· ἢν γὰρ παρῇ φιλανθρωπίη,
to-help to-the such(-ones) if for be-present love-of-man
πάρεστι καὶ φιλοτεχνίη. Ἔνιοι γὰρ νοσέοντες ᾐσθημένοι
is-present also love-of-art Some for patients having-perceived
τὸ περὶ ἑωυτοὺς πάθος μὴ ἐὸν ἐν ἀσφαλείῃ, καὶ τῇ
the about themselves affection not being in safety and with-the
τοῦ ἰητροῦ ἐπιεικείῃ εὐδοκέοντες, μεταλλάσσονται ἐς
of-the physician kindness being-content change to
ὑγιείην. Εὖ δ' ἔχει νοσεόντων μὲν ἐπιστατέειν, ἕνεκεν
health Well and it-is of-patients indeed to-take-charge for-the-sake
ὑγιείης· ὑγιαινόντων δὲ φροντίζειν, ἕνεκεν ἀνοσίης·
of-health of-the-healthy and to-take-care for-the-sake of-freedom-from-disease
φροντίζειν καὶ ὑγιαινόντων, ἕνεκεν εὐσχημοσύνης.
to-take-care also of-the-healthy for-the-sake of-decorum

7 Οἱ μὲν οὖν ἐόντες ἐν βυθῷ ἀτεχνίης τῶν προλελεγμένων
Those indeed then being in depth of-unskill of-the things-said-before
οὐκ ἂν αἰσθάνοιντο. Καὶ γὰρ οὗτοι ἀνίητροι ἐόντες,
not — would-perceive And for these unphysicianly being
ἐλέγχῃ, ἐκ ποδὸς ὑψεύμενοι, τύχης γε μὴν δεόμενοι,
refutations from foot being-exalted of-fortune at-least however needing
ὑπό τινων εὐπόρων καὶ ἀσθενῶν ἔνδοσιν ἀναλαμβανόντων
by some well-off and weak remission receiving
ἑκάτερῃ ἐπιτυχίῃ εὐδοκιμέουσι, καὶ διαπιπτόντων ἐπὶ
in-either success are-esteemed and failing toward
τὸ χεῖρον, καταχλιδεῦσι καταμεμεληκότες τὰ τῆς τέχνης
the worse they-swagger having-neglected the of-the art
ἀνυπεύθυνα· ἐφ' οἷς ἂν ἰητρὸς ἀγαθὸς ἀκμάζοι
unaccountable(-things) in which — physician good would-flourish
ὁμότεχνος καλεόμενος· ὁ δὲ τὰς ἀκέσιας ἀναμαρτήτους
fellow-craftsman called he but the cures unerring
ῥηϊδίως ἐπιτελέων οὐθὲν ἂν τουτέων παραβαίη, οὐ πάντη
easily accomplishing nothing — of-these would-transgress not wholly
σπάνει τοῦ δύνασθαι· οὐ γὰρ ἄπιστός ἐστιν ὡς ἐν ἀδικίῃ.
through-lack of-the being-able not for untrustworthy is as in injustice
Πρὸς γὰρ θεραπηΐην οὐ γίνονται, σκοπέοντες διάθεσιν
To for treatment not they-come observing condition
φθινώδεα, φυλασσόμενοι ἑτέρων ἰητρῶν ἐπεισαγωγὴν,
consumptive guarding-against other physicians' introduction
ἐνόντες ἐν μισοπονηρίῃ βοηθήσιος. Οἵ τε νοσέοντες
being in hatred of-help The and patients
ἀνιέμενοι νήχονται ἐπὶ ἑκατέρῃ μοχθηρίῃ μὴ ἐγκεχειρικότες
being-relaxed swim in either wretchedness not having-entrusted
ἑωυτοὺς ἕως τέλους τῇ ἐν τῇ τέχνῃ πλείονι θεραπηΐῃ·
themselves until end to-the in the art fuller treatment
ἄνεσις γάρ νούσου τινὸς κάμνοντι παρέχει μεγάλην
remission for of-disease some to-the-sick gives great

ἀλεωρήν· διὸ δεόμενοι τὴν ὑγιεινὴν διάθεσιν, οὐκ
relief therefore needing the healthy condition not
ἐθέλουσι τὴν αὐτὴν χρῆσιν αἰεὶ προσδέχεσθαι, μὴ νοέοντες
they-wish the same use always to-accept not understanding
ἰητροῦ ποικιλίην. Πολυτελεῖς γὰρ ἀπορέουσιν ἐόντες,
physician's variety Extravagant for they-are-in-want being
κακοτροπίῃ προσκυρεῦντες καὶ ἀχαριστέοντες ξυντυχεῖν,
with-perversity meeting and being-ungrateful to-succeed
δυνατοὶ ἐόντες εὐπορέειν, διαντλίζονται περὶ μισθαρίων,
able being to-be-rich they-baggle about fees
ἀτρεκέως ἐθέλοντες ὑγιέες εἶναι εἵνεκεν ἐργασίης τόκων
exactly wishing healthy to-be for-the-sake of-business of-interest
ἢ γεωργίης, ἀφροντιστέοντες μὴ ὑπὲρ αὐτέων λαμβάνειν.
or of-farming not-caring not for them to-take
Περὶ σημασίης τοιαύτης ἅλις ἔστω· ἄνεσις γὰρ καὶ ἐπίτασις 8
About indication such enough let-it-be remission for and intensification
νοσέοντος ἐπινέμησιν ἰητρικὴν κέχρηνται. Οὐκ ἄσχημον
of-patient distribution medical require Not unseemly
δὲ, οὐδ' ἤν τις ἰητρὸς στενοχωρέων τῷ παρεόντι ἐπί
and not-even if some physician being-at-a-loss in-the present at
τινι νοσέοντι καὶ ἐπισκοτεόμενος τῇ ἀπειρίῃ κελεύῃ καὶ
some patient and being-darkened by-the inexperience bid also
ἑτέρους εἰσάγειν εἵνεκα τοῦ ἐκ κοινολογίης ἱστορῆσαι τὰ
others to-bring-in for-the-sake of-the from consultation to-learn the
περὶ τὸν νοσέοντα, καὶ συνεργοὺς γενέσθαι ἐς εὐπορίην
about the patient and fellow-workers to-become toward abundance
βοηθήσιος. Ἐν γὰρ κακοπαθείης παρεδρίῃ, ἐπιτείνοντος
of-help In for of-distress persistence intensifying
τοῦ πάθεος, δι' ἀπορίην τὰ πλεῖστα ἐκκλίνουσι τῷ
the affection because-of perplexity the most they-turn-aside from-the
παρεόντι· θαῤῥητέον οὖν ἐν καιρῷ τοιουτέῳ· οὐδέποτε
present one-must-be-confident then in occasion such never

γὰρ ἐγὼ τὸ τοιοῦτο ὁριεῦμαι, ὅτι ἡ τέχνη κέκριται περὶ
for I the such will-define that the art has-been-judged about
τουτέου. Μηδέποτε φιλονεικέειν προσκυρέοντας ἀλλήλοισι
this Never to-quarrel meeting one-another
καὶ κατασιλλαίνειν· ὃ γὰρ ἂν μεθ' ὅρκου ἐρέω, οὐδέποτε
and to-mock which for — with oath I-will-say never
ἰητροῦ λογισμὸς φθονήσειεν ἂν ἑτέρῳ, ἀκιδνὸς γὰρ
of-physician reasoning would-envy — another feeble for
ἂν φανείη· ἀλλὰ μᾶλλόν οἱ ἀγχιστεύοντες ἀγοραίης
— it-would-appear but rather those bordering-on of-marketplace
ἐργασίης πρήσσουσι ταῦτα εὐμαρέως. Καίτοι γε οὐδὲ
trade do these easily And-yet at-least not-even
ψευδέως κατανενόηται· πάσῃ γὰρ εὐπορίῃ ἀπορίη ἔνεστι.
falsely it-has-been-observed in-all for abundance want is-in
9 Μετὰ τουτέων δὲ πάντων μέγα ἂν τεκμήριον φανείη
With these and all great — evidence would-appear
ξὺν τῇ οὐσίῃ τῆς τέχνης, εἴ τις καλῶς ἰητρεύων
with the substance of-the art if someone well treating
προσαγορεύσιος τοιαύτης μὴ ἀποσταίη, κελεύων τοῖσι
address such not should-desist bidding the
νοσέουσι μηδὲν ὀχλεῖσθαι κατὰ διάνοιαν, ἐν τῷ σπεύδειν
patients not-at-all to-be-troubled in mind in the hastening
ἀφικέσθαι ἐς καιρὸν σωτηρίης. Ἡγεύμεθα γὰρ ἃ χρὴ
to-arrive at moment of-safety We-lead for what is-needed
ἐς τὴν ὑγιείην, καὶ προστασσόμενος γε οὐ διαμαρτήσει.
for the health and being-commanded at-least not he-will-fail
Αὐτοὶ μὲν γὰρ οἱ νοσέοντες διὰ τὴν ἀλγεινὴν διάθεσιν
Themselves indeed for the patients because-of the painful condition
ἀπαυδέοντες ἑωυτούς τε μεταλλάσσουσι τῆς ζωῆς· ὁ δ'
giving-up themselves and depart from-the life he but
ἐγκεχειρισμένος τὸν νοσέοντα, ἐὰν ἀποδείξῃ τὰ τῆς τέχνης
having-been-entrusted the patient if he-display the of-the art

ἐξευρήματα, σώζων οὐκ ἀλλοιῶν φύσιν, ἀποίσει τὴν
discoveries preserving not altering nature he-will-remove the
παρεοῦσαν πικρίην ἢ τὴν παραυτίκα ἀπιστίην. Ἡ γὰρ τοῦ
present bitterness or the immediate distrust The for of-the
ἀνθρώπου εὐεξίη φύσις τίς ἐστι φύσει περιπεποιημένη
man good-condition nature a-kind-of is by-nature having-acquired
κίνησιν οὐκ ἀλλοτρίην, ἀλλὰ λίην γε εὐαρμοστεῦσαν,
motion not foreign but very at-least well-harmonizing
πνεύματί τε καὶ θερμασίῃ καὶ χυμῶν κατεργασίῃ, πάντη
with-breath both and with-heat and of-humors with-concoction in-every-way
τε καὶ πάσῃ διαίτῃ καὶ τοῖσι ξύμπασι δεδημιουργημένη,
both and in-all regimen and in-the whole fashioned
ἢν μή τι ἐκ γενετῆς ἢ ἀπ᾽ ἀρχῆς ἔλλειμμα ᾖ· ἢν δὲ
if not some from birth or from beginning defect be if and
γένηταί τι, ἐξιτήλου ἐόντος, πειρᾶσθαι ἐξομοιοῦν τῇ
happen something of-fading being to-try to-assimilate to-the
ὑποκειμένῃ· παρὰ γὰρ φύσιν τὸ μινύθημα καὶ διὰ χρόνου.
underlying beyond for nature the wasting also after time
Φευκτέη δὲ καὶ θρύψις ἐπικρατίδων διὰ προσκύρησιν 10
To-be-avoided and also luxury of-headgear for attaining
ἀκέσιος, ὀδμή τε περίεργος· διὰ γὰρ ἱκανὴν ἀξυνηθείην
of-healing scent and elaborate because-of for great strangeness
διαβολὴν κέκτησαι, διὰ δὲ τὴν ὀλίγην, εὐσχημοσύνην·
ill-repute you-have-acquired because-of but the little decorum
ἐν γὰρ μέρει πόνος ὀλίγος, ἐν πᾶσι ἱκανός. Εὐχαριστίην
in for part pain little in all great Gracefulness
δὲ οὐ περιαιρέω· ἀξίη γὰρ ἰητρικῆς προστασίης.
but not I-take-away worthy for of-medical office
Προσθέσιος δὲ δι᾽ ὀργάνων καὶ σημαντικῶν ἐπιδείξιος, καὶ 11
Of-application and by instruments and of-indicative demonstration and
τῶν τοιουτοτρόπων μνήμην παρεῖναι.
of-the such-kinds memory to-be-present

12 Ἢν δὲ καὶ εἵνεκα ὁμίλου θέλῃς ἀκρόασιν ποιήσασθαι,
If and also for-the-sake of-a-crowd you-wish a-lecture to-give
οὐκ ἀγακλεῶς ἐπιθυμέεις, μὴ μέντοι γε μετὰ μαρτυρίης
not gloriously you-desire not however at-least with testimony
ποιητικῆς· ἀδυναμίην γὰρ ἐμφαίνει φιλοπονίη· ἀπαρνέομαι
poetic incapacity for it-shows industry I-renounce
γὰρ εἰς χρῆσιν ἑτέρην φιλοπονίην μετὰ πόνου ἱστοριευμένην,
for for use other industry with toil inquired
διὸ ἐν ἑωυτῇ μούνῃ αἵρεσιν ἔχουσαν χαρίεσσαν· περιποιήσῃ
therefore in itself alone choice having graceful you-will-procure
γὰρ κηφῆνος μετὰ παραπομπῆς ματαιοκοπίην.
for of-drone with escort vain-labor

13 Εὐκτέη δὲ καὶ διάθεσις ἐκτὸς ἐοῦσα ὀψιμαθίης·
To-be-prayed-for and also condition outside being of-late-learning
παρεόντων μὲν οὐδὲν ἐπιτελέει· ἀπεόντων δὲ μνήμη ἀνεκτή.
of-present(-things) indeed nothing it-accomplishes of-absent but memory tolerable
Γίνεται τοίνυν πάμμαχος ἀτυχίη, μετὰ λύμης νεαρῆς,
There-arises then all-fighting misfortune with outrage fresh
ἀφροντιστεῦσα εὐπρεπίης, ὁρισμοῖς τε καὶ ἐπαγγελίῃσιν
not-caring for-seemliness with-definitions both and with-promises
ὅρκοις τε παμμεγέθεσι, θεῶν εἵνεκεν, ἰητροῦ προστατέοντος
oaths and enormous of-gods for-the-sake of-physician presiding
νόσου, ἀναγνώσιος ξυνεχείης, κατηχήσιός τε ἰδιωτέων
of-disease of-reading of-continuity of-instruction and of-laymen
φιλαλυστέων λόγους ἐκ μεταφορῆς διαζηλευομένου, καὶ
restless words from transference emulating and
πρινὴ νούσῳ καταπορέωσιν ἠθροισμένοι. Τῶν μὲν οὖν
before disease they-be-at-a-loss gathered Of-the indeed then
τοιουτέων ὅποι ἂν καὶ ἐπιστατήσαιμι, οὐκ ἂν ἐπὶ θεραπηΐης
such wherever — even I-should-preside not — at of-treatment
ξυλλόγου αἰτήσαιμι ἂν θαρσαλέως βοηθεῖν· ἱστορίης γὰρ
consultation I-would-ask — boldly to-help of-inquiry for

εὐσχήμονος σύνεσις ἐν τουτέοισι διεφθαρμένη. Τουτέων
seemly understanding in these corrupted These
οὖν δι᾽ ἀνάγκην ἀξυνέτων ἐόντων, παρακελεύομαι χρησίμην
then by necessity unintelligent being I-urge useful
εἶναι τὴν τριβὴν, μὴ τὴν τήρησιν δογμάτων ἱστορίης. Τίς
to-be the practice not the observance of-doctrines of-inquiry Who
γὰρ ἐπιθυμεῖ δογμάτων πολυσχιδίην ἀτρεκέως ἱστορέειν, μή
for desires of-doctrines many-branchedness exactly to-inquire not
γε χειροτριβίης ἀτρεμεότητι; διὸ παραινέω τουτέοισι
at-least of-practice by-steadiness therefore I-advise to-these
λέγουσι μὲν προσέχειν, ποιέουσι δὲ ἐγκόπτειν.
speaking indeed to-attend doing but to-hinder
Ξυνεσταλμένης διαίτης, μὴ μακρὴν ἐγχειρέειν· τοῦ κάμνοντος 14
Restricted regimen not long to-undertake of-the sick-man
χρονίη ἡ ἐπιθυμίη· ἀνίστησι καὶ ξυγχωρίη ἐν χρονίῃ
long-lasting the desire raises-up and indulgence in chronic
νούσῳ, ἤν τις προσέχῃ τυφλῷ τὸ δέον. Ὡς μέγας φόβος
disease if someone attend to-a-blind the needful As great fear
φυλακτέος, καὶ χάρας δεινότης. Ἠέρος αἰφνιδίη ταραχὴ
to-be-guarded-against also of-joy intensity Of-air sudden disturbance
φυλακτέη. Ἀκμὴ ἡλικίης πάντα ἔχει χαρίεντα, ἀπόληξις
to-be-guarded-against Prime of-age all has graceful decline
δὲ τοὐναντίον. Ἀσαφίη δὲ γλώττης γίνεται ἢ διὰ
but the-contrary Indistinctness and of-tongue arises either because-of
πάθος, ἢ διὰ τὰ οὔατα, πρίν τε πρότερα ἐξαγγεῖλαι,
affection or through the ears before and former-things to-announce
ἕτερα ἐπιλαλεῖν, ἢ πρὶν τὸ διανενοημένον εἰπεῖν, ἕτερα
other-things to-speak-upon or before the thought to-say other-things
ἐπιδιανοεῖσθαι· τὸ μὲν ἄνευ πάθους ὁρατοῦ λελεγμένου
to-think-besides this indeed without affection visible having-been-said
μάλιστα ξυμβαίνει φιλοτεχνοῦσιν. Ἡλικίης, σμικροῦ ἐόντος
most happens to-the-art-lovers Of-age small being

τοῦ ὑποκειμένου, δύναμις ἐνίοτε πάμπουλυς. Νούσου ἀταξίη
the underlying power sometimes very-great Of-disease disorder
μῆκος σημαίνει· κρίσις δὲ ἀπόλυσις νούσου. Μικρὴ αἰτίη
length signifies crisis and release of-disease Small cause
ἄκεσι λύεται, ἢν μή τι περὶ τόπον καίριον πάθῃ.
by-remedies is-resolved if not anything about place vital suffer
Διότι ξυμπάθησις ὑπὸ λύπης ἐοῦσα ὀχλέει, ἐξ ἑτέρου
Because sympathy from grief being troubles from another's
συμπαθείης τινὲς ὀχλεῦνται. Καταύδησις λυπέει. Φιλοπονίης
sympathy some are-troubled Incantation gives-pain Of-industry
κρατερῆς ὕπο, παραίνεσις, ἀλέα, ᾠδὴ, τόπος ὀνησιφόρος.
strong from exhortation warmth song place beneficial
