LATIN SERIES · VOLUME 76

On Medicine

Celsus

De Medicina

On Medicine

Part One: Books I–IV

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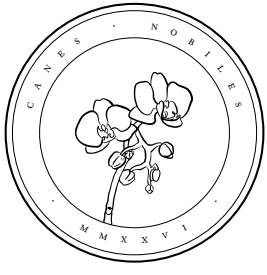
with a word-for-word interlinear English translation

preserving the original word order



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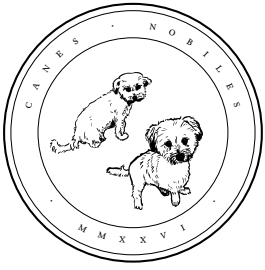

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BOOK I

PREFACE · REASON AND EXPERIENCE IN MEDICINE

Medicine promises health to the sick as farming promises food to the healthy. It grew among the Greeks from Aesculapius, whose sons healed only wounds, through the philosophers to Hippocrates, who first parted it from philosophy, and was then divided into diet, drugs, and surgery. The Rationalists seek hidden causes, natural actions, and the inner parts, and praise Herophilus and Erasistratus for cutting open living criminals; the Empiricists trust experience alone; Themison's followers look only to what diseases share, bound, flowing, or mixed. Celsus holds that medicine should reason from evident causes, that dissecting the living is cruel and needless, and that dissecting the dead is necessary for learners.

Ut alimenta sanis corporibus Agricultura, sic sanitatem aegris
As nourishment to-healthy bodies Agriculture so health to-the-sick
Medicina promittit. Haec nusquam quidem non est: siquidem
Medicine promises This nowhere indeed not is since-indeed
etiam imperitissimae gentes herbas, aliaque promta
even the-most-ignorant peoples herbs and-other-things ready-to-hand
in auxilium vulnerum morborumque noverunt. Verumtamen
for the-aid of-wounds and-of-diseases have-known Nevertheless
apud Graecos aliquanto magis, quam in ceteris nationibus,
among the-Greeks somewhat more than among the-other nations
exculta est; ac ne apud hos quidem a prima origine,
cultivated it-has-been and not among these even from the-first origin
sed paucis ante nos saeculis; utpote quum vetustissimus
but few before us by-ages inasmuch-as since the-most-ancient
auctor Aesculapius celebretur. Qui, quoniam adhuc rudem et
author Aesculapius is-celebrated Who because still rude and
vulgarem hanc scientiam paulo subtilius excoluit, in Deorum
common this science a-little more-subtly cultivated into of-the-Gods

numerum receptus est. Hujus deinde duo filii, Podalirius et
the-number received was Of-him then two sons Podalirius and
Machaon, bello Trojano ducem Agamemnonem sequuti,
Machaon in-the-war Trojan the-leader Agamemnon having-followed
non mediocrem opem commilitonibus suis attulerunt. Quos
no moderate help to-fellow-soldiers their brought Whom
tamen Homerus, non in pestilentia, neque in variis
yet Homer not in pestilence nor in various
generibus morborum aliquid attulisse auxilii, sed vulneribus
kinds of-diseases any to-have-brought of-help but wounds
tantummodo ferro et medicamentis mederi solitos esse,
only with-iron and with-medicaments to-heal accustomed to-be
proposuit. Ex quo apparet, has partes medicinae solas ab iis
has-set-forth From which it-appears these parts of-medicine alone by them
esse tractatas, easque esse vetustissimas. Eodemque auctore
to-be handled and-these to-be the-most-ancient And-by-the-same authority
disci potest, morbos tum ad iram Deorum immortalium
to-be-learned can diseases then to the-anger of-the-Gods immortal
relatos esse, et ab iisdem opem posci solitam.
referred to-be and from the-same help to-be-asked accustomed
Verique simile est, inter nulla auxilia adversae valetudinis,
And-of-the-truth like it-is amid no aids of-adverse health
plerumque tamen eam bonam contigisse ob bonos
mostly yet it good to-have-befallen on-account-of good
mores, quos neque desidia, neque luxuria vitiarant: siquidem
morals which neither idleness nor luxury had-spoiled since-indeed
haec duo, corpora, prius in Graecia, deinde apud nos,
these two-things bodies first in Greece then among us
afflixerunt. Ideoque multiplex ista medicina, neque olim,
afflicted And-therefore manifold that medicine neither formerly
neque apud alias gentes necessaria, vix aliquos ex nobis
nor among other peoples necessary scarcely some of us

ad senectutis principia perducit. Ergo etiam post eos, de
to of-old-age the-beginnings brings-through Therefore even after those about
quibus retuli, nulli clari viri medicinam exercuerunt; donec
whom I-have-told no famous men medicine practiced until
majore studio literarum disciplina agitari coepit, quae, ut
with-greater zeal of-letters the-discipline to-be-pursued began which as
animo praecipue omnium necessaria, sic corpori inimica
for-the-mind especially of-all necessary so to-the-body hostile
est. Primoque medendi scientia sapientiae pars habebatur,
is And-at-first of-healing the-science of-wisdom a-part was-held
ut et morborum curatio, et rerum naturae contemplatio
so-that both of-diseases the-cure and of-things of-the-nature the-contemplation
sub iisdem auctoribus nata sit: scilicet iis hanc maxime
under the-same authors born was namely by-those this most
requirentibus, qui corporum suorum robora quieta cogitatione,
requiring who of-bodies their the-strength by-quiet thought
nocturnaque vigilia minuerant. Ideoque multos ex sapientiae
and-by-nocturnal wakefulness had-diminished And-therefore many of of-wisdom
professoribus peritos ejus fuisse accepimus; clarissimos
the-professors skilled in-it to-have-been we-have-received the-most-famous
vero ex iis Pythagoram, et Empedoclem, et Democritum.
indeed of them Pythagoras and Empedocles and Democritus
Hujus autem, ut quidam crediderunt, discipulus Hippocrates
Of-him however as some have-believed the-pupil Hippocrates
Cous, primus quidem ex omnibus memoria dignis, ab studio
of-Cos first indeed of all of-memory worthy from the-study
sapientiae disciplinam hanc separavit, vir et arte et facundia
of-wisdom discipline this separated a-man both in-art and in-eloquence
insignis. Post quem Diocles Carystius, deinde Praxagoras et
distinguished After whom Diocles of-Carystus then Praxagoras and
Chrysippus, tum Herophilus et Erasistratus sic artem hanc
Chrysippus then Herophilus and Erasistratus so art this

exercuerunt, ut etiam in diversas curandi vias processerint.
practiced that even into different of-curing ways they-advanced
Iisdemque temporibus in tres partes medicina diducta est: ut
And-in-the-same times into three parts medicine divided was so-that
una esset, quae victu; altera, quae medicamentis; tertia, quae
one was which by-diet another which by-medicaments a-third which
manu mederetur. Primam διαιτητικήν, secundam φαρμακευτικήν,
by-hand healed The-first dietetic the-second pharmaceutic
tertiam χειρουργικήν Graeci nominarunt. Ejus autem, quae
the-third surgical the-Greeks named Of-that however which
victu morbos curat, longe clarissimi auctores, etiam altius
by-diet diseases cures by-far the-most-famous authorities even more-deeply
quaedam agitare conati, rerum quoque naturae sibi
certain-things to-pursue having-tried of-things also of-the-nature for-themselves
cognitionem vindicarunt, tamquam sine ea trunca et debilis
the-knowledge claimed as-if without it maimed and weak
medicina esset. Post quos Serapion, primus omnium, nihil hanc
medicine were After whom Serapion first of-all nothing this
rationalem disciplinam pertinere ad medicinam professus, in
rational discipline to-pertain to medicine having-professed in
usu tantum et experimentis eam posuit. Quem Apollonius,
practice only and experiments it placed Whom Apollonius
et Glaucias, et aliquanto post Heraclides Tarentinus, et alii
and Glaucias and somewhat after Heraclides of-Tarentum and others
quoque non mediocres viri sequuti, ex ipsa professione
too no moderate men having-followed from the-very profession
se ἐμπειρικοὺς appellaverunt. Sic in duas partes ea
themselves empirics called So into two parts that
quoque, quae victu curat, medicina divisa est, aliis rationalem
also which by-diet cures medicine divided was some rational
artem, aliis usum tantum sibi vindicantibus: nullo
art others practice only for-themselves claiming with-no-one

vero quidquam post eos qui supra comprehensi sunt, agitante,
indeed anything after those who above included are pursuing
nisi quod acceperat, donec Asclepiades medendi rationem ex
except what he-had-received until Asclepiades of-healing the-method in
magna parte mutavit. Ex cujus successoribus Themison nuper
great part changed Of whose successors Themison lately
ipse quoque quaedam in senectute deflexit. Et per hos
he-himself also certain-things in old-age turned-aside And through these
quidem maxime viros salutaris ista nobis professio increvit.
indeed chiefly men healing that to-us profession has-grown
Quoniam autem ex tribus medicinae partibus, ut difficillima,
Since however of the-three of-medicine parts as most-difficult
sic etiam clarissima est ea, quae morbis medetur, ante omnia
so also most-famous is that which diseases heals before all-things
de hac dicendum est. Et quia prima in eo dissensio est,
about this to-be-spoken is And because the-first in this disagreement is
quod alii sibi experimentorum tantummodo notitiam
that some for-themselves of-experiments only the-knowledge
necessariam esse contendunt, alii, nisi corporum rerumque
necessary to-be contend others unless of-bodies and-of-things
ratione comperta, non satis potentem usum esse proponunt,
the-reason ascertained not enough powerful practice to-be maintain
indicandum est, quae maxime ex utraque parte dicantur,
to-be-shown it-is what chiefly from each side are-said
quo facilius nostra quoque opinio interponi possit. Igitur
so-that more-easily our also opinion to-be-interposed may Therefore
ii, qui rationalem medicinam profitentur, haec necessaria
those who rational medicine profess these-things necessary
esse proponunt: abditarum et morbos continentium causarum
to-be maintain of-hidden and diseases containing causes
notitiam, deinde evidentium; post haec etiam naturalium
the-knowledge then of-evident after these also of-natural

actionum; novissime partium interiorum. Abditas causas vocant,
actions lastly of-parts interior Hidden causes they-call
in quibus requiritur, ex quibus principiis nostra corpora
those-in which is-inquired from what elements our bodies
sint, quid secundam, quid adversam valetudinem faciat. Neque
are what favorable what adverse health makes Nor
enim credunt, posse eum scire, quomodo morbos curare
for they-believe to-be-able him to-know how diseases to-cure
conveniat, qui, unde hi sint, ignoret; neque esse dubium,
is-proper who whence these are is-ignorant nor to-be doubtful
quin alia curatione opus sit, si ex quatuor principiis vel
but-that another treatment need there-is if of the-four elements either
superans aliquid, vel deficiens adversam valetudinem creat; ut
exceeding something or falling-short adverse health creates as
quidam ex sapientiae professoribus dixerunt: alia, si in humidis
some of of-wisdom the-professors have-said another if in the-humors
omne vitium est, ut Herophilo visum est; alia, si in spiritu,
all fault is as to-Herophilus seemed it-has another if in the-breath
ut Hippocrati; alia, si sanguis in eas venas, quae spiritui
as to-Hippocrates another if the-blood into those veins which for-the-breath
accommodatae sunt, transfunditur, et inflammationem, quam
fitted are is-transfused and an-inflammation which
Graeci φλεγμονήν nominant, excitat, eaque inflammatio talem
the-Greeks phlegmone name excites and-that inflammation such
motum efficit, qualis in febre est, ut Erasistrato placuit; alia,
motion produces as in fever is as to-Erasistratus seemed-good another
si manantia corpuscula, per invisibilia foramina subsistendo,
if flowing particles through invisible pores by-halting
iter claudunt, ut Asclepiades contendit; eum vero recte
the-path close as Asclepiades contends him indeed rightly
curaturum, quem prima origo causae non fefellerit.
going-to-cure whom the-first origin of-the-cause not has-deceived

Neque vero infitiantur, experimenta quoque esse necessaria;
Nor indeed they-deny experiments also to-be necessary
sed ne ad haec quidem aditum fieri potuisse, nisi ab
but not to these even access to-be-made to-have-been-able except from
aliqua ratione, contendunt; non enim quidlibet antiquiores
some reason they-contend not for anything-at-all the-older
viros aegris inculcasse, sed cogitasse, quid maxime
men on-the-sick to-have-forced but to-have-considered what most
conveniret, et id usu explorasse, quo ante conjectura
would-suit and that by-use to-have-tested to-which before conjecture
aliqua duxisset; neque interesse, an nunc jam pleraque
some had-led nor to-matter whether now already most-things
explorata sint, si a consilio tamen coeperunt. Et id quidem
tested are if from deliberation yet they-began And that indeed
in multis ita se habere. Saepe vero etiam nova incidere
in many-cases so itself to-hold Often indeed also new to-befall
genera morborum, in quibus nihil adhuc usus ostenderit,
kinds of-diseases in which nothing yet practice has-shown
et ideo necessarium sit animadvertere, unde ea coeperint;
and therefore necessary it-is to-observe whence they began
sine quo nemo reperire mortalium possit, cur hoc, quam
without which no-one to-find of-mortals could why this than
illo, potius utatur. Et ob haec quidem in obscuro
that rather he-should-use And on-account-of these-things indeed in obscurity
positas causas persequuntur. Evidentes vero eas appellant,
placed causes they-pursue Evident indeed those they-call
in quibus quaerunt, initium morbi calor attulerit, an
in which they-ask the-beginning of-the-disease heat has-brought or
frigus; fames, an satietas; et quae similia sunt; occursurum
cold hunger or surfeit and what like are going-to-meet
enim vitio dicunt eum, qui originem non ignorarit.
for the-fault they-say him who the-origin not has-been-ignorant-of

Naturales vero corporis actiones appellant, per quas spiritum
Natural indeed of-the-body actions they-call through which breath
trahimus et emittimus; cibum potionemque et assumimus
we-draw and send-out food and-drink both we-take
et concoquimus: itemque per quas eadem haec in omnes
and we-digest and-likewise through which same these into all
membrorum partes digeruntur. Tum requirunt etiam, quare
of-the-limbs parts are-distributed Then they-ask also why
venae nostrae modo submittant se, modo attollant;
veins our now lower themselves now raise
quae ratio somni, quae vigiliae sit: sine quorum notitia
what the-reason of-sleep what of-waking is without whose knowledge
neminem putant vel occurrere, vel mederi morbis inter
no-one they-think either to-meet or to-heal diseases among
haec nascentibus posse. Ex quibus quia maxime pertinere
these arising to-be-able Of which because most to-pertain
ad rem concoctio videtur, huic potissimum insistunt; et,
to the-matter digestion seems on-this especially they-dwell and
duce alii Erasistrato, teri cibum in ventre contendunt;
as-leader some Erasistratus to-be-ground food in the-belly contend
alii, Plistonico Praxagorae discipulo, putrescere; alii credunt
others Plistonicus of-Praxagoras the-pupil to-putrefy others believe
Hippocrati, per calorem cibos concoqui: acceduntque
Hippocrates through heat foods to-be-digested and-there-come-in
Asclepiadis aemuli, qui, omnia ista vana et supervacua
of-Asclepiades the-rivals who all those-things vain and superfluous
esse, proponunt: nihil enim concoqui, sed crudam materiam,
to-be maintain nothing for to-be-digested but raw matter
sicut assumta est, in corpus omne diduci. Et haec
as taken it-has-been into the-body whole to-be-distributed And these-things

quidem inter eos parum constant: illud vero convenit, alium
indeed among them little are-agreed that indeed is-agreed another
dandum cibum laborantibus, si hoc; alium, si illud verum est.
to-be-given food to-the-suffering if this another if that true is
Nam si teritur intus, eum quaerendum esse, qui facillime
For if it-is-ground within that to-be-sought to-be which most-easily
teri possit; si putrescit, eum, in quo hoc expeditissimum
to-be-ground can if it-putrefies that in which this most-readily-done
est; si calor concoquit, eum, qui maxime calorem movet:
is if heat digests that which most heat stirs
at nihil ex his esse quaerendum, si nihil concoquitur; ea
but none of these to-be to-be-sought if nothing is-digested those
vero sumenda, quae maxime manent qualia assumta sunt.
indeed to-be-taken which most remain such-as taken they-were
Eademque ratione, quum spiritus gravis est, quum somnus
And-by-the-same reasoning when the-breath heavy is when sleep
aut vigilia urget, eum mederi posse arbitrantur, qui prius
or waking presses him to-heal to-be-able they-judge who first
illa ipsa qualiter eveniant, perceperit. Praeter haec
those very-things how they-come-about has-grasped Besides these-things
quum in interioribus partibus et dolores et morborum varia
since in the-interior parts both pains and of-diseases various
genera nascantur, neminem putant his adhibere posse
kinds arise no-one they-think to-these to-apply to-be-able
remedia, qui ipsas ignoret. Necessarium ergo
remedies who the-parts-themselves is-ignorant-of Necessary therefore
esse incidere corpora mortuorum, eorumque viscera atque
to-be to-cut-open the-bodies of-the-dead and-their viscera and
intestina scrutari; longeque optime fecisse Herophilum et
intestines to-examine and-by-far best to-have-done Herophilus and
Erasistratum, qui nocentes homines, a regibus ex carcere
Erasistratus who guilty men from kings out-of prison

acceptos, vivos inciderint, considerarintque, etiamnum spiritu
received alive cut-open and-examined still with-breath
remanente, ea, quae natura ante clausisset, eorumque
remaining those-things which nature before had-shut-up and-their
positum, colorem, figuram, magnitudinem, ordinem, duritiem,
position color shape size order hardness
mollitiem, laevorem, contactum; processus deinde singulorum
softness smoothness contact the-projections then of-each
et recessus, et sive quid inseritur alteri, sive quid
and recesses and whether anything is-inserted into-another or anything
partem alterius in se recipit.
a-part of-another into itself receives
Neque enim, quum dolor intus incidit, scire quid doleat, eum,
Nor for when pain within befalls to-know what hurts him
qui, qua parte quodque viscus intestinumve sit, non cognoverit:
who in-what part each organ or-intestine is not has-learned
neque curari id, quod aegrum est, posse ab eo, qui, quid sit,
nor to-be-cured that which sick is to-be-able by him who what it-is
ignoret. Et quum per vulnus alicujus viscera patefacta sunt,
is-ignorant-of And when through a-wound of-someone the-viscera laid-open are
eum, qui sanae cujusque colorem partis ignoret, nescire
him who of-a-healthy each color part is-ignorant-of not-to-know
quid integrum, quid corruptum sit; ita ne succurrere quidem
what sound what corrupted is so not to-help even
posse corruptis. Aptiusque extrinsecus imponi remedia,
to-be-able the-corrupted And-more-fitly from-outside to-be-applied remedies
compertis interiorum et sedibus et figuris, cognitaque eorum
ascertained of-the-interior both the-seats and the-shapes and-known their
magnitudine: similesque omnia, quae posita sunt, rationes
size and-like all-things which placed are reasons
habere. Neque esse crudele, sicut plerique proponunt, hominum
to-have Nor to-be cruel as most maintain of-men

nocentium, et horum quoque paucorum, suppliciis, remedia
guilty and of-these also few by-the-punishments remedies
populis innocentibus saeculorum omnium quaeri.
for-peoples innocent of-ages all to-be-sought
Contra ii, qui se ἐμπειρικοὺς ab experientia
On-the-other-hand those who themselves empirics from experience
nominant, evidentes quidem causas, ut necessarias,
name evident indeed causes as necessary
amplectuntur: obscurarum vero causarum et naturalium
embrace of-obscure indeed causes and of-natural
actionum quaestionem ideo supervacuam esse contendunt,
actions the-inquiry therefore superfluous to-be contend
quoniam non comprehensibilis natura sit. Non posse vero
because not comprehensible nature is Not to-be-able indeed
comprehendi, patere ex eorum, qui de his disputarunt,
to-be-comprehended to-be-plain from of-those who about these-things have-disputed
discordia; quum de ista re, neque inter sapientiae professores,
the-discord since about that matter neither among of-wisdom the-professors
neque inter ipsos medicos conveniat. Cur enim potius aliquis
nor among the-very physicians it-is-agreed Why for rather anyone
Hippocrati credat, quam Herophilo? cur huic potius,
Hippocrates should-believe than Herophilus why this-one rather
quam Asclepiadi? Si rationes sequi velit, omnium posse
than Asclepiades If reasons to-follow he-should-wish of-all to-be-able
videri non improbabiles; si curationes, ab omnibus his aegros
to-seem not improbable if cures by all these the-sick
perductos esse ad sanitatem. Ita neque disputationi, neque
brought to-have-been to health So neither from-argument nor
auctoritati cujusquam fidem derogari oportuisse: etiam
from-the-authority of-anyone credit to-be-withdrawn to-have-been-proper even
sapientiae studiosos maximos medicos esse, si ratiocinatio hoc
of-wisdom the-students the-greatest physicians to-be if reasoning this

faceret; nunc illis verba superesse, deesse medendi scientiam.
made now to-them words to-be-left-over to-be-lacking of-healing the-science
Differre quoque pro natura locorum genera medicinae;
To-differ also according-to the-nature of-places the-kinds of-medicine
et aliud opus esse Romae, aliud in Aegypto, aliud in Gallia.
and one need to-be at-Rome another in Egypt another in Gaul
Quod si morbos eae causae facerent, quae ubique eaedem
But if diseases those causes made which everywhere the-same
essent, remedia quoque ubique eadem esse debuisse. Saepe
were remedies also everywhere the-same to-be to-have-been-bound Often
etiam causas apparere, ut puta lippitudinis, vulneris; neque
also causes to-be-apparent as suppose of-inflamed-eyes of-a-wound nor
ex his patere medicinam. Quod si scientiam hanc non
from these to-be-plain the-treatment But if the-science this not
subjiciat evidens causa, multo minus eam posse subjicere, quae
supplies an-evident cause much less it to-be-able to-supply which
in dubio est. Quum igitur illa incerta, incomprehensibilis sit,
in doubt is Since therefore that uncertain incomprehensible is
a certis potius et exploratis petendum esse praesidium;
from certain-things rather and tested to-be-sought to-be help
id est, iis, quae experientia in ipsis curationibus
that is from-those-things which experience in the-very cures
docuerit; sicut in ceteris omnibus artibus; nam ne agricolam
has-taught as in other all arts for not a-farmer
quidem aut gubernatorem disputatione, sed usu fieri.
even or a-helmsman by-argument but by-practice to-be-made
Ac nihil istas cogitationes ad medicinam pertinere, eo
And nothing those speculations to medicine to-pertain by-this
quoque disci, quod qui diversa de his senserint,
also to-be-learned that those-who different-things about these have-thought
ad eamdem tamen sanitatem homines perduxerint. Id enim
to the-same yet health men have-brought This for

fecisse, quia non ab obscuris causis, neque a naturalibus
to-have-done because not from obscure causes nor from natural
actionibus, quae apud eos diversae erant, sed ab experimentis,
actions which among them different were but from experiments
prout cuique responderant, medendi vias traxerint.
according-as to-each had-answered of-healing the-ways they-drew
Ne inter initia quidem ab istis quaestionibus deductam
Not at the-beginnings even from those questions derived
esse medicinam, sed ab experimentis. Aegrorum enim,
to-have-been medicine but from experiments Of-the-sick for
qui sine medicis erant, alios propter aviditatem primis
who without physicians were some because-of greed on-the-first
diebus protinus cibum assumsisse, alios propter fastidium
days at-once food to-have-taken others because-of disgust
abstinuisse; levatumque magis eorum morbum esse, qui
to-have-abstained and-relieved more of-those the-disease to-have-been who
abstinuerant. Itemque alios in ipsa febre aliquid edisse,
had-abstained And-likewise some in the-very fever something to-have-eaten
alios paulo ante eam, alios post remissionem ejus; optime
others a-little before it others after the-remission of-it best
deinde iis cessisse, qui post finem febris id
then to-those to-have-turned-out who after the-end of-the-fever that
fecerant. Eademque ratione alios inter principia protinus
had-done And-by-the-same reasoning some at the-beginnings at-once
usos esse cibo pleniore, alios exiguo; gravioresque eos factos,
used to-have food fuller others slight and-worse those made
qui se implerant. Haec similiaque quum quotidie
who themselves had-filled These-things and-like-things since daily
inciderent, diligentes homines notasse, quae plerumque melius
they-happened careful men to-have-noted what mostly better
responderent: deinde aegrotantibus ea praecipere coepisse.
answered then to-the-sick those-things to-prescribe to-have-begun

Sic medicinam ortam, subinde aliorum salute, aliorum
So medicine to-have-arisen repeatedly of-some by-the-recovery of-others
interitu, perniciosa discernentem a salutaribus. Repertis
by-the-death the-harmful distinguishing from the-healthful Found
deinde jam remediis, homines de rationibus eorum disserere
then now remedies men about the-reasons of-them to-discourse
coepisse: nec post rationem medicinam esse inventam;
to-have-begun nor after reason medicine to-have-been found
sed post inventam medicinam rationem esse quaesitam.
but after found medicine reason to-have-been sought
Requirere etiam ratio idem doceat quod experientia, an aliud:
To-ask also reason the-same teaches as experience or another
si idem, supervacuam esse; si aliud, etiam contrariam. Primo
if the-same superfluous to-be if another even contrary At-first
tamen remedia exploranda summa cura fuisse, nunc vero
yet remedies to-be-explored with-utmost care to-have-been now indeed
jam explorata esse; neque aut nova genera morborum reperiri,
already explored to-be nor either new kinds of-diseases to-be-found
aut novam desiderari medicinam. Quod si jam incidat mali
or new to-be-required treatment But if now should-befall of-evil
genus aliquod ignotum, non ideo tamen fore medico
a-kind some unknown not therefore yet to-be-going for-the-physician
de rebus cogitandum obscuris: sed eum protinus visurum,
about things to-be-thought obscure but him at-once going-to-see
cui morbo id proximum sit; tentaturumque remedia similia
to-which disease it nearest is and-going-to-try remedies similar
illis, quae vicino malo saepe succurrerint, et per ejus
to-those which to-a-neighboring evil often have-brought-relief and through its
similitudinem opem reperturum. Neque enim se dicere,
likeness help going-to-find Nor for themselves to-say
consilio medicum non egere, et irrationale animal hanc
of-judgment the-physician not to-have-need and an-irrational animal this

artem posse praestare; sed has latentium rerum conjecturas
art to-be-able to-perform but these of-hidden things conjectures
ad rem non pertinere; quia non intersit, quid morbum
to the-matter not to-pertain because not it-matters what the-disease
faciat, sed quid tollat, neque quomodo, sed quid optime
makes but what removes nor how but what best
digeratur; sive hac de causa concoctio incidat, sive de
is-distributed whether this from cause digestion occur or from
illa; et sive concoctio sit illa, sive tantum digestio.
that and whether digestion be that or only distribution
Neque quaerendum esse quomodo spiremus, sed quid gravem
Nor to-be-asked to-be how we-breathe but what heavy
tardumque spiritum expediat; neque quid venas moveat,
and-slow breath relieves nor what the-veins moves
sed quid quaeque motus genera significent. Haec autem
but what each of-motion kinds signify These-things however
cognosci experimentis. Et in omnibus ejusmodi cogitationibus
to-be-known by-experiments And in all of-this-kind speculations
in utramque partem disseri posse; itaque ingenium et
on either side to-be-argued to-be-able and-so talent and
facundiam vincere; morbos autem non eloquentia, sed remediis
eloquence to-win diseases however not by-eloquence but by-remedies
curari. Quae si quis elinguis usu discreta bene norit,
to-be-cured Which if anyone tongueless by-practice distinguished well should-know
hunc aliquanto majorem medicum futurum, quam si sine
this-man somewhat greater physician going-to-be than if without
usu linguam suam excoluerit. Atque ea quidem, de
practice tongue his-own he-has-cultivated And those-things indeed about
quibus est dictum, supervacua esse tantummodo; id vero,
which it-has-been said superfluous to-be only that indeed
quod restat, etiam crudele: vivorum hominum alvum atque
which remains even cruel of-living men the-belly and

praecordia incidi, et salutis humanae praesidem artem non
the-praecordia to-be-cut-open and of-health human the-guardian art not
solum pestem alicui, sed hanc etiam atrocissimam, inferre;
only destruction on-someone but this even most-atrocious to-inflict
quum praesertim ex iis, quae tanta violentia quaerantur,
since especially of those-things which with-such violence are-sought
alia non possint omnino cognosci, alia possint etiam sine
some not can at-all to-be-known others can even without
scelere. Nam colorem, laevorem, mollitiem, duritiem, similiaque
crime For color smoothness softness hardness and-similar
omnia, non esse talia, inciso corpore, qualia integro
all not to-be such with-cut-open body as with-whole
fuerint: quia quum, corporibus inviolatis, haec tamen
they-were because since in-bodies unviolated these-things yet
metu, dolore, inedia, cruditate, lassitudine, mille aliis
by-fear by-pain by-fasting by-indigestion by-weariness by-a-thousand other
mediocribus affectibus saepe mutentur; multo magis verisimile
moderate affections often are-changed much more probable
est, interiora, quibus major mollities, et lux ipsa nova sit,
it-is the-interior-parts to-which greater softness and light itself new is
sub gravissimis vulneribus et ipsa trucidatione mutari.
under the-gravest wounds and by-the-very butchery to-be-changed
Neque quidquam esse stultius, quam quale quid vivo
Nor anything to-be more-foolish than of-what-kind anything with-a-living
homine est, tale existimare esse moriente, imo jam mortuo;
man is such to-think to-be with-him-dying nay already dead
nam uterum quidem, qui minus ad rem pertineat,
for the-belly indeed which less to the-matter pertains
spirante homine posse diduci: simul atque vero ferrum
while-breathing the-man to-be-able to-be-opened as-soon as indeed the-iron
ad praecordia accessit, et discissum transversum septum est,
to the-praecordia has-come and torn-through the-transverse partition is

quod membrana quadam superiores partes ab inferioribus
which by-a-membrane certain the-upper parts from the-lower
diducit (διάφραγμα Graeci vocant), hominem protinus animam
separates diaphragm the-Greeks call the-man at-once his-life
amittere: ita mortui demum praecordia et viscus omne
to-lose so of-the-dead-man only-then the-praecordia and organ every
in conspectum latrocinantis medici dari necesse est tale,
into the-view of-the-murdering physician to-be-given necessary it-is such
quale mortui sit, non quale vivi fuit. Itaque consequi
as of-a-dead-man it-is not as of-the-living it-was And-so to-achieve
medicum ut hominem crudeliter jugulet, non ut sciat,
the-physician that a-man cruelly he-butchers not that he-knows
qualia vivi viscera habeamus. Si quid tamen sit, quod
of-what-kind living viscera we-have If anything yet there-be which
adhuc spirante homine conspectui subjiciatur, id saepe
still while-breathing a-man to-view is-subjected that often
casum offerre curantibus. Interdum enim gladiatorem in arena,
chance to-offer to-those-treating Sometimes for a-gladiator in the-arena
vel militem in acie, vel viatorem a latronibus exceptum sic
or a-soldier in the-line or a-traveler by robbers waylaid so
vulnerari, ut ejus interior aliqua pars aperiatur, et in alio
to-be-wounded that of-him interior some part is-opened and in one
alia: ita sedem, positum, ordinem, figuram, similiaque alia
another so the-seat position order shape and-similar other-things
cognoscere prudentem medicum, non caedem, sed sanitatem
to-learn the-wise physician not slaughter but health
molientem; idque per misericordiam discere, quod alii dira
working-at and-that through compassion to-learn which others by-dire
crudelitate cognorint. Ob haec ne mortuorum quidem
cruelty have-learned On-account-of these-things not of-the-dead even
lacerationem necessariam esse, quae, etsi non crudelis, tamen
the-mangling necessary to-be which although not cruel yet

foeda sit; quum aliter pleraque in mortuis se habeant:
foul is since otherwise most-things in the-dead themselves hold
quantum vero in vivis cognosci potest, ipsa curatio ostendat.
as-much-as indeed in the-living to-be-known can the-very treatment shows
Quum haec per multa volumina, perque magnae
Since these-things through many volumes and-through of-great
contentionis disputationes a medicis saepe tractata sint
contention disputations by physicians often handled have-been
atque tractentur: subjiciendum est, quae proxima vero videri
and are-handled to-be-added it-is what nearest to-the-truth to-seem
possint. Ea neque addicta alterutri opinioni sunt, neque ab
can These neither bound to-either opinion are nor from
utraque nimium abhorrentia; media quodammodo inter diversas
either too-much shrinking midway in-a-way between opposing
sententias: quod in plurimis contentionibus deprehendere
views which in most disputes to-discover
licet, sine ambitione verum scrutantibus, ut in hac ipsa
it-is-allowed without partisanship the-truth to-those-searching as in this very
re; nam quae demum causae, vel secundam valetudinem
matter for what precisely causes either good health
praestent, vel morbos excitent; quomodo spiritus, aut cibus,
provide or diseases arouse how breath or food
vel trahatur, vel digeratur, ne sapientiae quidem professores
either is-drawn or is-distributed not of-wisdom even the-professors
scientia comprehendunt, sed conjectura persequuntur. Cujus
by-knowledge grasp but by-conjecture pursue Of-which
autem rei non est certa notitia, ejus opinio certum reperire
however thing not is certain knowledge of-it opinion a-certain to-find
remedium non potest. Verumque est, ad ipsam curandi
remedy not can And-true it-is to the-very of-treating
rationem nihil plus conferre, quam experientiam. Quamquam
method nothing more to-contribute than experience Although

igitur multa sint ad ipsas artes proprie non pertinentia,
therefore many-things are to the-very arts properly not pertaining
tamen eas adjuvant, excitando artificis ingenium. Itaque
yet them they-help by-rousing of-the-practitioner the-talent And-so
ista quoque naturae rerum contemplatio, quamvis non faciat
that also of-the-nature of-things contemplation although not it-makes
medicum, aptiorem tamen medicinae reddit.
a-physician fitter yet for-medicine it-renders
Verique simile est, et Hippocratem et Erasistratum et
And-of-the-truth like it-is both Hippocrates and Erasistratus and
quicumque alii, non contenti febres et ulcera agitare, rerum
whoever others not content fevers and ulcers to-handle of-things
quoque naturam ex aliqua parte scrutati sunt, non ideo
also the-nature in some part examined have not for-that-reason
quidem medicos fuisse, verum ideo quoque majores
indeed physicians to-have-been but for-that-reason also greater
medicos extitisse. Ratione vero opus est ipsi medicinae,
physicians to-have-proved By-reasoning indeed need is to-the-very medicine
etsi non inter obscuras causas, neque inter naturales
though not among obscure causes nor among natural
actiones, tamen saepe; est enim haec ars conjecturalis; neque
actions yet often is for this art conjectural nor
respondet ei plerumque non solum conjectura, sed etiam
answers to-it mostly not only conjecture but even
experientia. Et interdum non febris, non cibus, non somnus
experience And sometimes not fever not food not sleep
subsequitur, sicut assuevit. Rarius, sed aliquando morbus
follows as it-has-been-wont More-rarely but sometimes the-disease
quoque ipse novus est: quem non incidere, manifeste falsum
also itself new is which not to-occur manifestly false
est; quum aetate nostra quaedam, ex naturalibus partibus
is since in-age our a-certain-woman from the-natural parts

carne prolapsa et arente, intra paucas horas expiraverit sic,
the-flesh having-prolapsed and drying within few hours expired so
ut nobilissimi medici neque genus mali, neque remedium
that the-most-noble physicians neither the-kind of-the-evil nor a-remedy
invenerint. Quos eo nihil tentasse judico, quia nemo
found Whom for-this nothing to-have-tried I-judge because no-one
in splendida persona periclitari conjectura sua voluerit, ne
in a-splendid person to-risk by-conjecture his-own wished lest
occidisse, nisi servasset, videretur: veri tamen simile est,
to-have-killed unless he-had-saved he-should-seem of-the-truth yet like it-is
potuisse aliquid cogitari, detracta tali verecundia; et
to-have-been-possible something to-be-thought-of removed such scruple and
fortasse responsurum fuisse id, quod aliquis esset expertus.
perhaps going-to-answer to-have-been that which someone had tried
Ad quod medicinae genus neque semper similitudo aliquid
To which of-medicine kind neither always likeness anything
confert; et si quando confert, tamen id ipsum rationale
contributes and if ever it-contributes yet that itself rational
est, inter multa similia genera et morborum et remediorum,
is among many similar kinds both of-diseases and of-remedies
cogitare, quo potissimum medicamento sit utendum. Quum
to-consider which chiefly medicament is to-be-used When
igitur talis res incidit, medicus aliquid oportet inveniat,
therefore such a-thing befalls the-physician something must find
quod non utique fortasse, sed saepius tamen etiam
which not necessarily perhaps but more-often yet even
respondeat. Petet autem novum quoque consilium non
answers He-will-seek however new also counsel not
ab rebus latentibus, istae enim dubiae et incertae sunt, sed
from things hidden those for doubtful and uncertain are but
ab iis, quae explorari possunt, id est evidentibus causis.
from those which to-be-explored can that is from-evident causes

Interest enim, fatigatio morbum, an sitis, an frigus, an calor,
It-matters for weariness the-disease or thirst or cold or heat
an vigilia, an fames fecerit, an cibi vinique abundantia, an
or waking or hunger has-made or of-food and-of-wine abundance or
intemperantia libidinis. Neque ignorare hunc oportet, quae
intemperance of-lust Nor to-be-ignorant this-man it-behooves what
sit aegri natura: humidum magis, an magis siccum
is of-the-sick-man the-nature moist more or more dry
corpus ejus sit; validi nervi, an infirmi; frequens adversa
the-body of-him is strong the-sinews or weak frequent adverse
valetudo, an rara; eaque, quum est, vehemens esse soleat,
health or rare and-that when it-is violent to-be is-wont
an levis; brevis, an longa: quod is vitae genus sit sequutus,
or light short or long what he of-life kind has followed
laboriosum, an quietum; cum luxu, an cum frugalitate. Ex
laborious or quiet with luxury or with frugality From
his enim, similibusque, saepe curandi nova ratio ducenda est.
these for and-similar-things often of-treating a-new method to-be-drawn is
Quamvis ne haec quidem sic praeteriri debent, quasi
Although not these-things even so to-be-passed-over ought as-if
nullam controversiam recipiant; nam et Erasistratus non ex
no controversy they-admit for both Erasistratus not from
his fieri morbos dixit; quoniam et alii, et iidem alias
these to-arise diseases said because both others and the-same at-other-times
post ista non febricitarent: et quidam medici saeculi
after those-things not had-fever and certain physicians of-age
nostri, sub auctore, ut ipsi videri volunt, Themisone,
our under the-authority as they-themselves to-seem wish Themison
contendunt, nullius causae notitiam quidquam ad curationes
contend of-no cause the-knowledge anything to cures
pertinere; satisque esse, quaedam communia morborum intueri.
to-pertain and-enough to-be certain common-features of-diseases to-observe

Siquidem horum tria genera esse, unum adstrictum, alterum
Since-indeed of-these three kinds to-be one constricted another
fluens, tertium mixtum. Nam modo parum excernere aegros,
flowing a-third mixed For now too-little to-excrete the-sick
modo nimium; modo alia parte parum, alia nimium. Haec
now too-much now in-one part too-little in-another too-much These
autem genera morborum modo acuta esse, modo longa; et
however kinds of-diseases now acute to-be now long and
modo increscere, modo consistere, modo minui. Cognito igitur
now to-increase now to-stand-still now to-diminish Known therefore
eo, quod ex his est, si corpus adstrictum est, digerendum
that which of these it-is if the-body constricted is to-be-loosened
esse; si profluvio laborat, continendum; si mixtum vitium
to-be if from-flux it-suffers to-be-checked if a-mixed fault
habet, occurrendum subinde vehementiori malo. Et aliter
it-has to-be-met successively the-more-violent evil And otherwise
acutis morbis medendum, aliter vetustis, aliter increscentibus,
acute diseases to-be-healed otherwise chronic otherwise increasing
aliter subsistentibus, aliter jam ad sanitatem inclinatis.
otherwise standing otherwise already to health inclining
Horum observationem medicinam esse; quam ita finiunt,
Of-these the-observation medicine to-be which so they-define
ut quasi viam quamdam, quam μέθοδον Graeci nominant,
that as-if a-way certain which method the-Greeks name
eorumque, quae in morbis communia sunt, contemplatricem
and-of-those-things which in diseases common are the-observer
esse contendant. Ac neque rationalibus se, neque
to-be they-contend And neither among-the-rationalists themselves nor
experimenta tantum spectantibus adnumerari volunt: quum
experiments only among-those-regarding to-be-counted they-wish since
ab illis eo nomine dissentiant, quod in conjectura rerum
from the-former on-that account they-dissent that in conjecture of-things

latentium nolunt esse medicinam; ab his eo,
hidden they-are-unwilling to-be medicine from the-latter on-that-account
quod parum artis esse in observatione experimentorum
that too-little of-art to-be in the-observation of-experiments
credunt. Quod ad Erasistratum pertinet, primum ipsa
they-believe What to Erasistratus pertains first the-very
evidentia ejus opinioni repugnat; quia raro, nisi post horum
evidence his opinion contradicts because rarely unless after of-these
aliquid, morbus venit. Deinde non sequitur, ut quod alium
something disease comes Then not it-follows that what another
non afficit, aut eumdem alias, id ne alteri quidem, aut
not affects or the-same-man at-other-times that not another even or
eidem tempore alio noceat. Possunt enim quaedam subesse
the-same at-time other harms They-can for certain-things to-lie-beneath
corpori, vel ex infirmitate ejus, vel ex aliquo affectu, quae
in-the-body either from weakness its or from some affection which
vel in alio non sunt, vel in hoc alias non fuerunt;
either in another not are or in this-one at-other-times not were
eaque per se non tanta, ut concitent morbum, tamen
and-those by themselves not so-great that they-rouse disease yet
obnoxium magis aliis injuriis corpus efficiant.
liable more to-other injuries the-body make
Quod si contemplationem rerum naturae, quam non temere
But if the-contemplation of-things of-the-nature which not rashly
medici sibi vindicant, satis comprehendisset, etiam illud
physicians for-themselves claim enough he-had-grasped also that
scisset, nihil omnino ob unam causam fieri,
he-would-have-known nothing at-all on-account-of one cause to-happen
sed id pro causa apprehendi, quod contulisse plurimum
but that for the-cause to-be-taken which to-have-contributed most
videtur. Potest autem id, dum solum est, non movere, quod
seems It-can however that while alone it-is not to-move which

junctum aliis maxime movet. Accedit ad haec, quod ne
joined to-others most moves There-is-added to these-things that not
ipse quidem Erasistratus, qui transfuso in arterias sanguine
himself even Erasistratus who transfused into the-arteries blood
febrem fieri dicit, idque nimis repleto corpore incidere, reperit,
fever to-arise says and-that too filled body to-happen has-found
cur ex duobus aeque repletis, alter in morbum inciderit, alter
why of two equally filled the-one into disease has-fallen the-other
omni periculo vacarit; quod quotidie fieri apparet. Ex quo
of-all danger has-been-free which daily to-happen appears From which
disci potest, ut vera sit illa transfusio, tamen illam
to-be-learned can that-though true be that transfusion yet it
non per se, quum plenum corpus est, fieri, sed quum horum
not by itself when full the-body is to-happen but when of-these
aliquid accesserit. Themisonis vero aemuli, si perpetua, quae
something has-been-added of-Themison indeed the-rivals if perpetual what
promittunt, habent, magis etiam quam ulli, rationales sunt.
they-promise they-hold more even than any rationalists are
Neque enim, si quis non omnia tenet, quae rationalis alius
Nor for if anyone not all-things holds which rationalist another
probat, protinus alio novo nomine artis indiget; si modo,
approves at-once of-another new name of-art needs if only
quod primum est, non memoriae soli, sed rationi quoque insistit.
what first is not on-memory alone but on-reason also he-rests
Sin, quod vero propius est, vix ulla perpetua praecepta
But-if what to-the-truth nearer is scarcely any perpetual precepts
medicinalis ars recipit, idem sunt, quod ii, quos experimenta
medical art admits the-same they-are as those whom experiments
sola sustinent: eo magis, quoniam, compresserit aliquem
alone sustain the more since has-constricted someone
morbus, an fuderit, quilibet etiam imperitissimus videt: quid
disease or has-loosened anyone even the-most-unskilled sees what

autem compressum corpus resolvat, quid solutum teneat, si a
however a-constricted body loosens what a-loosened holds if from
ratione tractum est, rationalis est medicus; si, ut ei qui se
reason drawn is rational is the-physician if as for-him who himself
rationalem negat, confiteri necesse est, ab experientia, empiricus.
rational denies to-confess necessary it-is from experience an-empiric
Ita apud eum morbi cognitio extra artem, medicina intra
So with him of-disease the-knowledge outside art treatment within
usum est. Neque adjectum quidquam empiricorum professioni,
practice is Nor added anything of-the-empirics to-the-profession
sed demtum est; quoniam illi multa circumspiciunt, hi
but taken-away it-is since those many-things look-around-at these
tantum facillima, et non plus, quam vulgaria; nam et
only the-easiest and not more than common-things for both
ii, qui pecoribus ac iumentis medentur, quum propria
those who flocks and beasts-of-burden heal since the-peculiarities
cujusque ex mutis animalibus nosse non possint, communibus
of-each of dumb animals to-know not they-can on-common-features
tantummodo insistunt; et exterae gentes, quum subtilem
only rest and foreign peoples since the-subtle
medicinae rationem non noverint, communia tantum vident; et
of-medicine method not they-know common-things only see and
qui ampla valetudinaria nutriunt, quia singulis summa
those-who large infirmaries keep because to-individuals with-utmost
cura consulere non sustinent, ad communia ista confugiunt.
care to-attend not they-can-bear to common those they-take-refuge
Neque, hercules, istud antiqui medici nescierunt, sed his
Nor by-Hercules that the-ancient physicians were-ignorant-of but with-these
contenti non fuerunt. Ergo etiam vetustissimus auctor
content not they-were Therefore even the-most-ancient author
Hippocrates dixit, mederi oportere et communia et propria
Hippocrates said to-heal it-behooves both the-common and the-particular

intuentem. Ac ne isti quidem ipsi intra suam professionem
regarding And not these even themselves within their-own profession
consistere ullo modo possunt: siquidem et compressorum et
to-stand in-any way can since-indeed both of-constricted and
fluentium morborum genera diversa sunt; faciliusque id in iis,
of-flowing diseases the-kinds different are and-more-easily that in those
quae fluunt, inspici potest. Aliud est enim sanguinem, aliud
which flow to-be-seen can One-thing it-is for blood another
bilem, aliud cibum vomere; aliud dejectionibus, aliud torminibus
bile another food to-vomit another from-purgings another from-gripes
laborare; aliud sudore digeri, aliud tabe consumi. Atque
to-suffer another by-sweat to-be-dispersed another by-wasting to-be-consumed And
in partes quoque humor erumpit, ut in oculos, auresque:
into parts also moisture bursts as into the-eyes and-ears
quo periculo nullum humanum membrum vacat. Nihil
from-which danger no human limb is-free None
autem horum sic, ut aliud, curatur. Ita protinus in his a
however of-these so as another is-cured So at-once in these from
communi fluentis morbi contemplatione ad propriam medicina
the-common of-flowing disease contemplation to the-particular medicine
descendit. Atque in hac quoque rursus alia proprietatis notitia
descends And in this also again another of-peculiarity knowledge
saepe necessaria est; quia non eadem omnibus, etiam in
often necessary is because not the-same-things to-all even in
similibus casibus, opitulantur: siquidem certae quaedam res
similar cases bring-help since-indeed certain some things
sunt, quae in pluribus ventrem aut adstringunt, aut resolvunt;
there-are which in most-people the-belly either bind or loosen
inveniuntur tamen, in quibus aliter, atque in ceteris, id eveniat.
there-are-found yet in whom otherwise than in the-rest that happens

In his ergo communium inspectio contraria est, propriorum
In these therefore of-common-features observation contrary is of-particular
tantum salutaris. Et causae quoque aestimatio saepe
only healthful And of-the-cause also the-assessment often
morbum solvit. Ergo etiam ingeniosissimus saeculi nostri
the-disease dissolves Therefore even the-most-ingenious of-age our
medicus, quem nuper vidimus, Cassius, febricitanti cuidam,
physician whom lately we-saw Cassius to-a-feverish someone
et magna siti affecto, quum post ebrietatem eum premi
and by-great thirst affected when after drunkenness him to-be-oppressed
coepisse cognosset, aquam frigidam ingessit. Qua ille
to-have-begun he-learned water cold gave Which he
epota, quum vini vim miscendo fregisset, protinus
drunk-up since of-the-wine the-strength by-mixing he-had-broken at-once
febrem somno et sudore discussit. Quod auxilium medicus
the-fever by-sleep and sweat dispelled Which aid the-physician
opportune providit, non ex eo, quod aut adstrictum corpus
timely foresaw not from that that either constricted the-body
erat, aut fluebat; sed ex ea causa, quae ante praecesserat.
was or flowed but from that cause which before had-gone-before
Estque etiam proprium aliquid et loci et temporis istis
And-there-is also peculiar something both of-place and of-time to-those
quoque auctoribus: qui quum disputant, quemadmodum
too authorities who when they-discuss how
sanis hominibus agendum sit, praecipiunt, ut gravibus aut
healthy men to-be-done it-is prescribe that in-oppressive either
locis aut temporibus magis vitetur frigus, aestus, satietas,
places or times more be-avoided cold heat surfeit
labor, libido; magisque ut conquiescat iisdem locis aut
toil lust and-more that he-rest in-the-same places or

temporibus, si quis gravitatem corporis sentit; ac neque
times if anyone heaviness of-body feels and neither
vomitu stomachum, neque purgatione alvum sollicitet.
by-vomiting the-stomach nor by-purging the-bowel he-disturb
Quae vera quidem sunt; a communibus tamen ad quaedam
Which true indeed are from common-things yet to certain
propria descendunt. Nisi persuadere nobis volunt, sanis
particular-things descend Unless to-persuade us they-wish for-the-healthy
quidem considerandum esse, quod coelum, quod tempus
indeed to-be-considered to-be what climate what season
anni sit; aegris vero non esse: quibus tanto magis omnis
of-the-year it-is for-the-sick indeed not to-be for-whom so-much more all
observatio necessaria est, quanto magis obnoxia offensis
observation necessary is by-how-much more liable to-mishaps
infirmitas est. Quin etiam morborum in iisdem hominibus
weakness is Nay even of-diseases in the-same men
aliae atque aliae proprietates sunt; et qui secundis aliquando
other and other peculiarities are and he-who by-favorable sometimes
frustra curatus est, contrariis saepe restituitur. Plurimaque
in-vain treated has-been by-contrary often is-restored And-very-many
in dando cibo discrimina reperiuntur: ex quibus contentus
in giving food distinctions are-found of which content
uno ero. Nam famem facilius adolescens, quam puer;
with-one I-shall-be For hunger more-easily a-youth than a-boy
facilius in denso coelo, quam in tenui; facilius hieme, quam
more-easily in thick air than in thin more-easily in-winter than
aestate; facilius uno cibo, quam prandio quoque assuetus;
in-summer more-easily to-one meal than to-luncheon also accustomed
facilius inexercitatus, quam exercitatus homo sustinet. Saepe
more-easily an-unexercised than an-exercised man bears Often
autem in eo magis necessaria cibi festinatio est, qui minus
however in him more necessary of-food haste is who less

inediam tolerat. Ob quae concipio, eum, qui propria
fasting endures On-account-of which I-conceive him who the-particular
non novit, communia tantum intueri debere; eumque, qui
not knows the-common only to-regard ought and-him who
nosse propria potest, illa quidem non oportere negligere,
to-know the-particular can those indeed not ought to-neglect
sed his quoque insistere. Ideoque, quum par scientia sit,
but on-these also to-dwell And-therefore when equal knowledge is
utiliorem tamen medicum esse amicum, quam extraneum.
more-useful yet physician to-be a-friend than a-stranger
Igitur, ut ad propositum meum redeam, rationalem quidem
Therefore that to purpose my I-may-return rational indeed
puto medicinam esse debere: instrui vero ab evidentibus
I-think medicine to-be ought to-be-furnished indeed from evident
causis; obscuris omnibus, non a cogitatione artificis,
causes with-the-obscure all not from the-thought of-the-practitioner
sed ab ipsa arte rejectis. Incidere autem vivorum corpora,
but from the-very art rejected To-cut-open however of-the-living the-bodies
et crudele, et supervacuum est: mortuorum, discentibus
both cruel and superfluous is of-the-dead for-learners
necessarium; nam positum et ordinem nosse debent; quae
necessary for position and order to-know they-ought which
cadavera melius, quam vivus et vulneratus homo, repraesentant.
corpses better than a-living and wounded man present
Sed et cetera, quae modo in vivis cognosci possunt, in
But also the-rest which only in the-living to-be-known can in
ipsis curationibus vulneratorum paulo tardius, sed aliquanto
the-very treatments of-the-wounded a-little more-slowly but somewhat
mitius usus ipse monstrabit. His propositis, primum dicam,
more-gently practice itself will-show These set-forth first I-will-say

quemadmodum sanos agere conveniat: tum ad ea transibo,
how the-healthy to-act it-suits then to those I-will-pass
quae ad morbos curationesque eorum pertinebunt.
which to diseases and-the-treatments of-them will-pertain

I · THE HEALTHY

A healthy man who is his own master should bind himself by no rules and need neither physician nor trainer. He should vary his life between town and country, sail, hunt, rest, and exercise more often, bathe now hot now cold, refuse no food the people eat, and sometimes eat more than enough. An athlete's regimen is needless and ages the body. Sex is neither to be craved nor dreaded; it is harmless when neither languor nor pain follows.

Sanus homo, qui et bene valet, et suae spontis est, nullis
A-healthy man who both well fares and of-his-own will is by-no
obligare se legibus debet; ac neque medico, neque alipta
to-bind himself rules ought and neither of-a-physician nor of-a-trainer
egere. Hunc oportet varium habere vitae genus: modo
to-have-need This-man it-behooves varied to-have of-life kind now
ruri esse, modo in urbe, saepiusque in agro; navigare,
in-the-country to-be now in the-city and-more-often in the-field to-sail
venari, quiescere interdum, sed frequentius se exercere:
to-hunt to-rest sometimes but more-often himself to-exercise
siquidem ignavia corpus hebetat, labor firmat; illa maturam
since-indeed idleness the-body dulls toil strengthens the-former early
senectutem, hic longam adolescentiam reddit. Prodest etiam
old-age the-latter long youth renders It-is-useful also
interdum balneo, interdum aquis frigidis uti; modo ungi,
sometimes the-bath sometimes waters cold to-use now to-be-anointed
modo id ipsum negligere; nullum cibi genus fugere, quo
now that very-thing to-neglect no of-food kind to-shun which

populus utatur; interdum in convivio esse, interdum ab eo
the-people uses sometimes at a-banquet to-be sometimes from it
se retrahere; modo plus justo, modo non amplius assumere;
himself to-withdraw now more than-right now not more to-take
bis die potius, quam semel cibum capere, et semper quam
twice a-day rather than once food to-take and always as
plurimum, dummodo hunc concoquat. Sed ut hujus generis
most provided-that this he-digests But as of-this kind
exercitationes cibique necessarii sunt; sic athletici supervacui;
exercises and-foods necessary are so athletic superfluous
nam et intermissus, propter civiles aliquas necessitates, ordo
for both interrupted because-of civil some necessities the-order
exercitationis corpus affligit: et ea corpora, quae more
of-exercise the-body afflicts and those bodies which in-the-manner
eorum repleta sunt, celerrime et senescunt, et aegrotant.
of-them filled-up are most-quickly both grow-old and fall-ill
Concubitus vero neque nimis concupiscendus, neque nimis
Sexual-intercourse indeed neither too-much to-be-desired nor too-much
pertimescendus est: rarus corpus excitat; frequens solvit.
to-be-feared is rare the-body stirs frequent relaxes
Quum autem frequens non numero sit, sed ratione aetatis
Since however frequent not by-number is but by-reckoning of-age
et corporis, scire licet, eum non inutilem esse, quem
and of-body to-know it-is-allowed it not useless to-be which
corporis neque languor, neque dolor sequitur. Idem interdiu
of-body neither languor nor pain follows The-same by-day
pejor est, noctu tutior: ita tamen, si neque illum cibus,
worse is by-night safer so yet if neither the-former food
neque hunc cum vigilia labor statim sequitur. Haec
nor the-latter with wakefulness toil at-once follows These-things

firmis servanda sunt; cavendumque, ne in secunda
by-the-strong to-be-observed are and-to-be-guarded-against lest in good
valetudine adversae praesidia consumantur.
health of-adverse the-defenses be-used-up

II · THE WEAK

The weak, among them most townsmen and nearly all lovers of letters, need more care. Celsus sets out the day: rise according to digestion, wash the face in cold water, live in a bright house, and keep some time for the body. Exercise, reading aloud, arms, ball, running, walking, should come before food and end in sweat or weariness, then anointing or a bath. Meals should begin with salt fish and vegetables and go on to meat; excess is safer in drink than in food, and work is to be avoided after a full meal.

At imbecillis (quo in numero magna pars urbanorum,
But for-the-weak which in number a-great part of-city-dwellers
omnesque paene cupidi literarum sunt), observatio major
and-all almost lovers of-letters are observance greater
necessaria est; ut, quod vel corporis, vel loci, vel studii
necessary is that what either of-body or of-place or of-study
ratio detrahit, cura restituat. Ex his igitur, qui bene
the-condition takes-away care may-restore Of these therefore who well
concoxit, mane tuto surget; qui parum, quiescere debet,
has-digested in-the-morning safely will-rise who too-little to-rest ought
et, si mane surgendi necessitas fuerit, redormire: qui
and if in-the-morning of-rising necessity shall-have-been to-sleep-again who
non concoxit, ex toto conquiescere, ac neque labori se,
not has-digested from the-whole to-rest and neither to-toil himself
neque exercitationi, neque negotiis credere. Qui crudum
nor to-exercise nor to-business to-entrust Who undigested-food

sine praecordiorum dolore ructat, is ex intervallo aquam
without of-the-praecordia pain belches he at intervals water
frigidam bibere, et se nihilo minus continere. Habitare vero
cold to-drink and himself none the-less to-restrain To-dwell indeed
aedificio lucido, perflatum aestivum, hibernum solem habente;
in-a-building bright a-through-breeze summer winter sun having
cavere meridianum solem, matutinum et vespertinum frigus;
to-beware-of the-midday sun the-morning and evening cold
itemque auras fluminum atque stagnorum; minimeque,
and-likewise the-breezes of-rivers and of-pools and-least
nubilo coelo, soli aperienti, se committere, ne modo
in-cloudy weather to-the-sun opening itself to-entrust lest now
frigus, modo calor moveat; quae res maxime gravedines
cold now heat should-stir which thing most colds
destillationesque concitat. Magis vero gravibus locis ista
and-catarrhs arouses More indeed in-unhealthy places these-things
servanda sunt, in quibus etiam pestilentiam faciunt.
to-be-observed are in which even pestilence they-make
Scire autem licet, integrum corpus esse, quum quotidie
To-know however it-is-allowed sound the-body to-be when daily
mane urina alba, deinde rufa est: illud concoquere,
in-the-morning the-urine white then reddish is the-former to-be-digesting
hoc concoxisse significat. Ubi experrectus est aliquis,
the-latter to-have-digested signifies When awakened has someone
paulum intermittere: deinde, nisi hiems est, fovere os
a-little to-pause then unless winter it-is to-bathe the-face
multa aqua frigida debet. Longis diebus meridiari
with-much water cold he-ought On-long days to-take-a-midday-rest
potius ante cibum; sin minus, post eum: per hiemem
rather before food but-if not after it through winter
potissimum totis noctibus conquiescere. Sin lucubrandum
especially whole nights to-rest But-if to-be-worked-by-lamplight

est, non post cibum id facere, sed post concoctionem. Quem
it-is not after food that to-do but after digestion Whom
interdiu vel domestica, vel civilia officia tenuerunt, huic
by-day either domestic or civil duties have-held for-him
tempus aliquod servandum curationi corporis sui est. Prima
time some to-be-kept for-the-care of-body his-own is The-first
autem ejus curatio, exercitatio est, quae semper antecedere
however of-it care exercise is which always to-precede
cibum debet: in eo, qui minus laboravit, et bene concoxit,
food ought in him who less has-toiled and well has-digested
amplior; in eo, qui fatigatus est, et minus concoxit, remissior.
fuller in him who wearied is and less has-digested gentler
Commode vero exercent clara lectio, arma, pila, cursus,
Suitably indeed exercise clear reading arms ball running
ambulatio; atque haec non utique plana, commodior est;
walking and this not necessarily level more-suitable is
siquidem melius ascensus quoque et descensus cum quadam
since-indeed better ascent also and descent with a-certain
varietate corpus movet; nisi tamen id perquam imbecillum est.
variety the-body moves unless yet it very weak is
Melior autem est sub divo, quam in porticu; melior, si caput
Better however is under the-sky than in a-colonnade better if the-head
patitur, in sole, quam in umbra; melior in umbra quam
allows in the-sun than in the-shade better in the-shade which
parietes aut viridia efficiunt, quam quae tecto subest; melior
walls or greenery make than that-which a-roof lies-under better
recta, quam flexuosa. Exercitationis autem plerumque finis
straight than winding Of-exercise however mostly the-end
esse debet sudor, aut certe lassitudo, quae citra fatigationem
to-be ought sweat or at-least weariness which short-of exhaustion
sit: idque ipsum modo minus, modo magis faciendum est.
is and-that very-thing now less now more to-be-done is

Ac ne his quidem, athletarum exemplo, vel certa esse
And not for-these even of-athletes by-the-example either fixed to-be
lex, vel immodicus labor debet. Exercitationem recte sequitur
law or excessive toil ought Exercise rightly follows
modo unctio, vel in sole, vel ad ignem; modo balneum, sed
now anointing either in the-sun or at the-fire now the-bath but
conclavi quam maxime et alto et lucido et spatioso. Ex his
in-a-room as most both lofty and bright and spacious Of these
vero neutrum semper fieri oportet; sed saepius alterutrum,
indeed neither always to-be-done it-behooves but more-often one-or-the-other
pro corporis natura. Post haec paulum conquiescere
according-to of-body nature After these-things a-little to-rest
opus est. Ubi ad cibum ventum est, numquam utilis
need is When to food come it-has never useful
est nimia satietas; saepe inutilis nimia abstinentia; si qua
is excessive surfeit often useless excessive abstinence if any
intemperantia subest, tutior est in potione, quam in esca.
excess lies-beneath safer it-is in drink than in food
Cibus a salsamentis, oleribus, similibusque rebus melius
A-meal with salt-fish vegetables and-similar things better
incipit: tum caro assumenda est, quae assa optima, aut elixa
begins then meat to-be-taken is which roasted best or boiled
est. Condita omnia duabus de causis inutilia sunt; quoniam
is Preserved all two from reasons useless are since
et plus propter dulcedinem assumitur, et quod modo par
both more because-of sweetness is-taken and what only equal
est, tamen aegrius concoquitur. Secunda mensa bono
is yet with-more-difficulty is-digested The-second course to-a-good
stomacho nihil nocet, in imbecillo coacescit. Si quis itaque
stomach nothing harms in a-weak it-turns-sour If anyone and-so
hoc parum valet, palmulas, pomaque, et similia melius
in-this too-little is-strong dates and-fruits and similar better

primo cibo assumit. Post multas potiones, quae aliquantum
at-the-first meal takes After many drinks which somewhat
sitim excesserunt, nihil edendum est: post satietatem, nihil
thirst have-exceeded nothing to-be-eaten is after surfeit nothing
agendum. Ubi expletus est aliquis, facilius concoquit, si
to-be-done When filled is someone more-easily he-digests if
quidquid assumsit, potione aquae frigidae includit, tum
whatever he-has-taken with-a-drink of-water cold he-shuts-in then
paulisper invigilat, deinde bene dormit. Si quis interdiu
for-a-little he-stays-awake then well sleeps If anyone by-day
se implevit, post cibum neque frigori, neque aestui, neque
himself has-filled after food neither to-cold nor to-heat nor
labori se debet committere: neque enim tam facile haec
to-toil himself ought to-entrust nor for so easily these-things
inani corpore, quam repleto nocent. Si quibus de causis
to-an-empty body as to-a-filled harm If some from reasons
futura inedia est, labor omnis vitandus est.
going-to-be fasting is toil all to-be-avoided is

Every change, of place, food, or labor, should be made gradually. Celsus prescribes for the weary, the sunburned, the chilled, and the seasick, and bids each know his own body and correct it by its opposite. Vomiting and purging he limits, and he fits the regimen to age and season.

Atque haec quidem paene perpetua sunt. Quasdam autem
And these-things indeed almost perpetual are Certain however
observationes desiderant et novae res, et corporum genera,
observances require both new things and of-bodies kinds
et aetates, et tempora anni. Nam neque ex salubri loco in
and ages and seasons of-the-year For neither from a-healthy place to
gravem, neque ex gravi in salubrem transitus satis tutus
an-unhealthy nor from an-unhealthy to a-healthy the-passage enough safe
est. Ex salubri in gravem, prima hieme; ex gravi
is From a-healthy to an-unhealthy at-the-beginning-of winter from an-unhealthy
in eum, qui salubris est, prima aestate transire melius
to one which healthy is at-the-beginning-of summer to-pass better
est. Neque vero ex multa fame nimia satietas; neque ex
is Nor indeed after much hunger excessive surfeit nor after
nimia satietate fames idonea est. Periclitaturque, et qui semel,
excessive surfeit hunger suitable is And-he-runs-risk both who once
et qui bis die cibum incontinenter, contra consuetudinem,
and who twice a-day food immoderately against custom
assumit. Item neque ex nimio labore subitum otium, neque
takes Likewise neither after excessive toil sudden leisure nor
ex nimio otio subitus labor, sine gravi noxa est. Ergo, quum
after excessive leisure sudden toil without grave harm is Therefore when
quis mutare aliquid volet, paulatim debebit assuescere.
anyone to-change something shall-wish gradually he-will-have-to to-accustom-himself

Omnem etiam laborem facilius vel puer vel senex, quam
All also toil more-easily either a-boy or an-old-man than
insuetus homo sustinet. Atque ideo quoque nimis otiosa
an-unaccustomed man bears And therefore also too idle
vita utilis non est; quia potest incidere laboris necessitas.
life useful not is because can befall of-toil necessity
Si quando tamen insuetus aliquis laboravit, aut si multo plus,
If ever yet unaccustomed someone has-toiled or if much more
quam solet, etiam is, qui assuevit, huic jejuno dormiendum
than he-is-wont even he who is-accustomed for-him fasting to-be-slept
est: multo magis, si etiam os amarum est, vel oculi
is much more if also the-mouth bitter is or the-eyes
caligant, aut venter perturbatur. Tum enim non dormiendum
are-dim or the-belly is-disturbed Then for not to-be-slept
tantummodo jejuno est, sed etiam in posterum diem
only fasting is but also into the-next day
permanendum; nisi cito id quies sustulit. Quod si factum
to-be-continued unless quickly it rest has-removed But if done
est, surgere oportet, et lente paululum ambulare. At si somni
it-is to-rise it-behooves and slowly a-little to-walk But if of-sleep
necessitas non fuit, quia modice magis aliquis laboravit,
necessity not was because moderately more someone toiled
tamen ingredi aliquid eodem modo debet. Communia deinde
yet to-walk somewhat in-the-same way he-ought Common then
omnibus sunt post fatigationem cibum sumpturis, ubi paulum
to-all are after fatigue food going-to-take when a-little
ambulaverunt, si balneum non est, calido loco, vel in sole,
they-have-walked if a-bath not is in-a-warm place either in the-sun
vel ad ignem ungi, atque sudare; si est, ante omnia
or at the-fire to-be-anointed and to-sweat if there-is before all-things
in tepidario sedere, deinde, ubi paulum conquieverunt,
in the-warm-room to-sit then when a-little they-have-rested

intrare et descendere in solium; tum multo oleo ungi,
to-enter and to-go-down into the-tub then with-much oil to-be-anointed
leniterque perfricari, iterum in solium descendere: post
and-gently to-be-rubbed again into the-tub to-go-down after
haec os aqua calida, deinde frigida fovere.
these-things the-face with-water hot then cold to-bathe
Balneum his fervens idoneum non est. Ergo si nimium
A-bath for-these boiling-hot suitable not is Therefore if too-much
alicui fatigato paene febris est, huic abunde est loco
to-someone wearied almost fever there-is for-him abundantly it-is in-a-place
tepido demittere se inguinibus tenus in aquam calidam,
lukewarm to-let-down himself the-groin as-far-as into water hot
cui paulum olei sit adjectum; deinde totum quidem
to-which a-little of-oil has been-added then whole indeed
corpus, maxime tamen eas partes, quae in aqua fuerunt,
the-body most yet those parts which in the-water were
leniter perfricare ex oleo, cui vinum et paulum contriti
gently to-rub-down with oil to-which wine and a-little of-ground
salis sit adjectum. Post haec omnibus fatigatis aptum est
salt has been-added After these-things for-all the-wearied fit it-is
cibum sumere, eoque humido uti; aqua, vel certe diluta
food to-take and-it moist to-use with-water or at-least diluted
potione esse contentos; maximeque ea, quae moveat urinam.
drink to-be content and-most that which stirs urine
Illud quoque nosse oportet, quod ex labore sudanti
That also to-know it-behooves that after toil to-one-sweating
frigida potio perniciosissima est; atque etiam, quum sudor
a-cold drink most-pernicious is and even when the-sweat
se remisit, itinere fatigatis inutilis. A balneo quoque
itself has-abated by-a-journey to-the-wearied useless From the-bath also
venientibus Asclepiades inutilem eam judicavit: quod in iis
to-those-coming Asclepiades useless it judged which in those

verum est, quibus alvus facile, nec tuto, resolvitur, quique
true is whose bowel easily and-not safely is-loosened and-who
facile inhorrescunt; perpetuum in omnibus non est, quum
easily shiver perpetual in all not is since
potius naturale sit, potione aestuantem stomachum refrigerari.
rather natural it-is by-drink the-burning stomach to-be-cooled
Quod ita praecipio, ut tamen fatear, ne ex hac quidem causa
Which so I-prescribe that yet I-may-confess not from this even cause
sudanti adhuc frigidum bibendum esse. Solet etiam prodesse,
by-one-sweating still cold-water to-be-drunk to-be Is-wont also to-help
post varium cibum, frequentesque dilutas potiones, vomitus, et
after varied food and-frequent diluted drinks vomiting and
postero die longa quies, deinde modica exercitatio. Si assidua
on-the-next day long rest then moderate exercise If continual
fatigatio urget, invicem modo aqua, modo vinum bibendum
fatigue presses in-turn now water now wine to-be-drunk
est, raroque balneo utendum. Levatque lassitudinem etiam
is and-rarely the-bath to-be-used And-relieves weariness also
laboris mutatio: eumque, quem novum genus laboris pressit,
of-toil a-change and-him whom a-new kind of-toil has-oppressed
id, quod in consuetudine est, reficit. Fatigato quotidianum
that which in custom is restores For-the-wearied the-daily
cubile tutissimum est: insolitum contra lassat. Quod enim
bed safest is an-unusual on-the-contrary tires What for
contra consuetudinem est, nocet, seu molle, seu durum est.
against custom is harms whether soft or hard it-is
Proprie quaedam ad eum pertinent, qui ambulando fatigatur.
Particularly certain-things to him pertain who by-walking is-wearied
Hunc reficit in ipso quoque itinere frequens frictio; post
Him restores in the-very also journey frequent rubbing after
iter, primum sedile, deinde unctio: tum calida aqua in
the-journey first a-seat then anointing then hot water in

balneo magis inferiores partes, quam superiores foveat. Si
the-bath more the-lower parts than the-upper should-bathe If
quis vero exustus in sole est, huic in balneum protinus
anyone indeed scorched in the-sun is for-him into the-bath at-once
eundum, perfundendumque oleo corpus et caput; deinde in
to-be-gone and-to-be-drenched with-oil the-body and head then into
solium bene calidum descendendum est; tum multa aqua per
the-tub well hot to-be-descended is then much water over
caput infundenda, prius calida, deinde frigida. At ei, qui
the-head to-be-poured first hot then cold But for-him who
perfrixit, opus est in balneo primum involuto sedere, donec
has-been-chilled need is in the-bath first wrapped-up to-sit until
insudet; tum ungi; deinde lavari: cibum modicum,
he-sweats then to-be-anointed then to-be-washed food moderate
potiones meracas assumere. Is vero qui navigavit, et nausea
drinks undiluted to-take He indeed who has-sailed and by-nausea
pressus est, si multam bilem evomuit, vel abstinere
oppressed has-been if much bile he-has-vomited either to-abstain
a cibo debet, vel paulum aliquid assumere; si pituitam
from food ought or a-little something to-take if phlegm
acidam effudit, utique sumere cibum, sed assueto
sour he-has-poured-out at-all-events to-take food but than-usual
leviorem; si sine vomitu nausea fuit, vel abstinere, vel
lighter if without vomiting nausea was either to-abstain or
post cibum vomere. Qui vero toto die, vel in vehiculo,
after food to-vomit Who indeed the-whole day either in a-carriage
vel in spectaculis sedit, huic nihil currendum, sed lente
or at the-shows has-sat for-him not-at-all to-be-run but slowly
ambulandum est: lenta quoque in balneo mora, dein coena
to-be-walked is a-slow also in the-bath stay then a-dinner
exigua prodesse consueverunt. Si quis in balneo aestuat,
slight to-help have-been-wont If anyone in the-bath is-overheated

reficit hunc ore exceptum, et in eo retentum acetum:
restores him in-the-mouth received and in it held vinegar
si id non est, eodem modo frigida aqua assumta.
if that not there-is in-the-same way cold water taken
Ante omnia autem norit quisque naturam sui corporis:
Before all-things however let-know each-man the-nature of-his-own body
quoniam alii graciles, alii obesi sunt, alii calidi, alii frigidiores,
since some slender others fat are some hot others colder
alii humidi, alii sicci; alios adstricta, alios resoluta alvus exercet:
some moist others dry some a-constricted others a-loose bowel troubles
raro quisquam non aliquam partem corporis imbecillam habet.
rarely anyone not some part of-the-body weak has
Tenuis vero homo implere se debet, plenus extenuare, calidus
A-thin indeed man to-fill-out himself ought a-full to-thin a-hot
refrigerare, frigidus calefacere, madens siccare, siccus madefacere:
to-cool a-cold to-warm a-moist to-dry a-dry to-moisten
itemque alvum firmare is, cui fusa; solvere is, cui adstricta
and-likewise the-bowel to-firm he whose loose to-loosen he whose constricted
est: succurrendumque semper parti maxime laboranti est.
is and-to-be-helped always the-part most suffering is
Implet autem corpus modica exercitatio, frequentior quies,
Fills-out however the-body moderate exercise more-frequent rest
unctio, et, si post prandium est, balneum, contracta alvus,
anointing and if after luncheon it-is the-bath a-contracted bowel
modicum frigus hieme, somnus et plenus et non nimis longus,
moderate cold in-winter sleep both full and not too long
molle cubile, animi securitas, assumta per cibos et potiones
a-soft bed of-mind freedom-from-care taken through foods and drinks
maxime dulcia et pinguia, cibus et frequentior et quantus
chiefly sweet and fat-things food both more-frequent and as-much
plenissimus potest concoqui. Extenuat corpus aqua calida, si
fullest can to-be-digested Thins the-body water hot if

quis in eam descendit, magisque si salsa est; in jejuno
anyone into it goes-down and-more if salt it-is in a-fasting-man
balneum, inurens sol et omnis calor, cura, vigilia, somnus
the-bath scorching sun and all heat care waking sleep
nimium vel brevis vel longus; durum cubile; cursus, multa
too either short or long a-hard bed running much
ambulatio, omnisque vehemens exercitatio, vomitus, dejectio,
walking and-all violent exercise vomiting purging
acidae res et austerae, et semel die assumtae, et vini
sour things and astringent and once a-day taken and of-wine
non praefrigidi potio jejuno in consuetudinem adducta.
not very-cold drink by-a-fasting-man into habit brought
Quum vero inter extenuantia posuerim vomitum et
Since indeed among thinning-things I-have-put vomiting and
dejectionem, de his quoque proprie quaedam dicenda sunt.
purging about these also particularly certain-things to-be-said are
Ejectum esse ab Asclepiade vomitum in eo volumine,
Cast-out to-have-been by Asclepiades vomiting in that volume
quod De tuenda sanitate composuit, video: neque reprehendo,
which On protecting health he-composed I-see nor I-blame-him
si offensus eorum est consuetudine, qui quotidie ejiciendo,
if offended of-those he-was by-the-habit who daily by-ejecting
vorandi facultatem moliuntur. Paulo etiam longius processit:
of-devouring the-capacity contrive A-little even further went
idem purgationes quoque eodem volumine expulit. Et sunt
the-same purgings too in-the-same volume expelled And are
eae perniciosae, si nimis valentibus medicamentis fiunt; sed
these pernicious if with-too strong medicaments they-are-done but
haec tamen submovenda esse, non est perpetuum; quia
these-things yet to-be-removed to-be not is perpetual because
corporum temporumque ratio potest ea facere necessaria,
of-bodies and-of-seasons the-condition can them to-make necessary

dum et modo, et non nisi quum opus est, adhibeantur.
provided-that both in-measure and not except when need is they-be-applied
Ergo ille quoque ipse, si quid jam corruptum esset,
Therefore he too himself if anything already corrupted were
expelli debere confessus est: ita non ex toto res
to-be-expelled to-be-bound confessed has so not from the-whole the-thing
condemnanda est; sed esse ejus etiam plures causae possunt;
to-be-condemned is but to-be of-it even more causes can
estque in ea quaedam paulo subtilior observatio adhibenda.
and-there-is in it a-certain a-little more-subtle observation to-be-applied
Vomitus utilior est hieme, quam aestate: nam tunc et
Vomiting more-useful is in-winter than in-summer for then both
pituitae plus, et capitis gravitas major subest. Inutilis
of-phlegm more and of-the-head heaviness greater lies-beneath Useless
est gracilibus, et imbecillum stomachum habentibus: utilis
it-is for-the-slender and a-weak stomach for-those-having useful
plenis et biliosis omnibus, si vel nimium se replerunt,
for-the-full and the-bilious all if either too-much themselves they-have-filled
vel parum concoxerunt; nam sive plus est, quam quod
or too-little have-digested for whether more there-is than what
concoqui possit, periclitari ne corrumpatur, non oportet; sive
to-be-digested can to-run-the-risk lest it-be-corrupted not it-behooves or
corruptum est, nihil commodius est, quam id, qua via
corrupted it-is nothing more-suitable is than it by-which way
primum expelli potest, ejicere. Itaque, ubi amari ructus cum
first to-be-expelled it-can to-eject And-so when bitter belchings with
dolore et gravitate praecordiorum sunt, ad hunc protinus
pain and heaviness of-the-praecordia there-are to this at-once
confugiendum est. Idem prodest ei, cui pectus aestuat, et
to-be-resorted is The-same helps him whose chest burns and
frequens saliva, vel nausea est; aut sonant aures, aut madent
frequent saliva or nausea is or ring the-ears or water

oculi, aut os amarum est: similiterque ei, qui vel coelum,
the-eyes or the-mouth bitter is and-likewise him who either climate
vel locum mutat; iisque, quibus, si per plures dies non
or place changes and-those to-whom if for several days not
vomuerunt, dolor praecordia infestat. Neque ignoro inter
they-have-vomited pain the-praecordia troubles Nor I-am-unaware among
haec praecipi quietem: quae non semper contingere potest
these to-be-prescribed rest which not always to-fall-to-the-lot can
agendi necessitatem habentibus; nec in omnibus idem facit.
of-acting necessity to-those-having nor in all the-same does
Itaque istud luxuriae causa fieri non oportere confiteor;
And-so that of-luxury for-the-sake to-be-done not to-behoove I-confess
interdum valetudinis causa recte fieri, experimentis credo:
sometimes of-health for-the-sake rightly to-be-done from-experiments I-believe
cum eo tamen, ne quis, qui valere et senescere volet, hoc
with this yet lest anyone who to-be-well and to-grow-old shall-wish this
quotidianum habeat. — Qui vomere post cibum vult, si ex
daily should-have Who to-vomit after food wishes if from
facili facit, aquam tantum tepidam ante debet assumere; si
easy he-does-it water only lukewarm before ought to-take if
difficilius, aquae vel salis, vel mellis paulum adjicere.
with-more-difficulty to-the-water either of-salt or of-honey a-little to-add
At qui mane vomiturus est, ante bibere mulsum, vel
But who in-the-morning going-to-vomit is before to-drink honey-wine or
hyssopum, aut esse radiculam debet; deinde aquam tepidam,
hyssop or to-eat radish ought then water lukewarm
ut supra scriptum est, bibere. Cetera, quae antiqui
as above written it-has-been to-drink The-other-things which the-ancient
medici praeceperunt, stomachum omnia infestant. Post
physicians prescribed the-stomach all trouble After
vomitum, si stomachus infirmus est, paulum cibi, sed hujus
vomiting if the-stomach weak is a-little of-food but of-this

idonei, gustandum, et aquae frigidae cyathi tres bibendi
suitable to-be-tasted and of-water cold cyathi three to-be-drunk
sunt, nisi tamen fauces vomitus exasperarit. Qui vomuit, si
are unless yet the-throat the-vomiting has-roughened Who has-vomited if
mane id fecit, ambulare debet, tum ungi, deinde
in-the-morning that he-did to-walk ought then to-be-anointed then
coenare: si post coenam, postero die lavari, et in balneo
to-dine if after dinner on-the-next day to-be-washed and in the-bath
sudare. Huic proximus cibus mediocris utilior est; isque
to-sweat For-him the-next meal moderate more-useful is and-it
esse debet cum pane hesterno, vino austero meraco, et carne
to-be ought with bread of-yesterday wine dry undiluted and meat
assa, cibisque omnibus quam siccissimis. Qui vomere bis
roast and-foods all as driest Who to-vomit twice
in mense vult, melius consulet, si biduo continuarit,
in a-month wishes better will-consult if for-two-days he-shall-have-continued
quam si post quintumdecimum diem vomuerit; nisi
than if after the-fifteenth day he-shall-have-vomited unless
haec mora gravitatem pectori faciet.
this delay heaviness to-the-chest shall-make
Dejectio autem a medicamento quoque petenda est,
Purging however from a-medicament also to-be-sought is
ubi venter suppressus parum reddit, ex eoque inflationes,
when the-belly checked too-little returns from and-it flatulence
caligines, capitis dolores, aliaque superioris partis mala
dimnesses of-the-head pains and-other of-the-upper part evils
increscunt. Quid enim inter haec adjuvare possunt quies et
increase What for among these to-help can rest and
inedia, per quae illa maxime eveniunt? Qui dejicere
fasting through which those-things most come-about Who to-purge
vult, primum cibis vinisque utetur iis, quae hoc praestant;
wishes first foods and-wines will-use those which this perform

dein, si parum illa proficient, aloen sumat. Sed purgationes
then if too-little those will-avail aloe let-him-take But purgings
quoque, ut interdum necessariae sunt, sic, ubi frequentes
also as sometimes necessary are so when frequent
sunt, periculum afferunt. Assuescit enim non ali
they-are danger bring Grows-used for not to-be-nourished
corpus; quum omnibus morbis obnoxia maxime infirmitas sit.
the-body since to-all diseases liable most weakness is
Calefacit autem unctio, aqua salsa, magisque si calida est,
Warms however anointing water salt and-more if hot it-is
omnia salsa, amara, carnosa, si post cibum est, balneum,
all salty bitter fleshy-things if after food is the-bath
vinum austerum. Refrigerat in jejuno et balneum, et
wine dry Cools in a-fasting-man both the-bath and
somnus, nisi nimis longus est, omnia acida; aqua quam
sleep unless too long it-is all sour-things water as
frigidissima; oleum, si aqua miscetur. Humidum autem
coldest oil if with-water it-is-mixed Moist however
corpus efficit labor minor, quam ex consuetudine, frequens
the-body makes toil less than from custom frequent
balneum, cibus plenior, multa potio; post haec ambulatio,
bath food fuller much drink after these-things walking
et vigilia; per se quoque ambulatio multa et vehemens, et
and waking by itself also walking much and violent and
matutinae exercitationi non protinus cibus adjectus; ea genera
to-the-morning exercise not at-once food added those kinds
escae, quae veniunt ex locis frigidis, et pluviis, et irriguis.
of-food which come from places cold and rainy and well-watered
Contra siccat immodica exercitatio, fames, unctio sine
On-the-other-hand dries immoderate exercise hunger anointing without

aqua, calor, sol immodicus, frigida aqua, cibus exercitationi
water heat sun immoderate cold water food to-exercise
statim subjectus, et is ipse ex siccis et aestuosis locis veniens.
at-once joined and it itself from dry and hot places coming
Alvum adstringit labor, sedile, creta figularis corpori illita,
The-bowel binds toil sitting clay potter's on-the-body smeared
cibus imminutus, et is ipse semel die assumtus ab eo,
food diminished and it itself once a-day taken by him
qui bis solet; exigua potio, neque adhibita, nisi quum
who twice is-wont slight drink nor applied except when
cibi quis quantum assumturus est, cepit; post cibum
of-food one as-much-as going-to-take is has-taken after food
quies. Contra solvit aucta ambulatio atque esca, motus
rest On-the-other-hand loosens increased walking and food motion
qui post cibum est, subinde potiones cibo immixtae.
which after food is repeatedly drinks with-food mixed
Illud quoque scire oportet, quod ventrem vomitus solutum
That also to-know it-behooves that the-belly vomiting loose
comprimit, compressum solvit: itemque comprimit is vomitus,
checks checked loosens and-likewise checks that vomiting
qui statim post cibum est; solvit is, qui tarde supervenit.
which at-once after food is loosens that which late comes-on
Quod ad aetates vero pertinet, inediam facillime sustinent
What to ages indeed pertains fasting most-easily bear
mediae aetates, minus juvenes, minime pueri et senectute
middle ages less the-young least boys and by-old-age
confecti. Quo minus fert facile quisque, eo saepius debet cibum
worn-out The less bears easily each-one the more-often ought food
assumere; maximeque eo eget, qui increscit. Calida lavatio
to-take and-most of-it needs one-who is-growing Hot bathing
et pueris et senibus apta est. Vinum dilutius pueris, senibus
both for-boys and for-old-men fit is Wine more-diluted for-boys for-old-men

meracius, neutri aetati quae inflationes movent. Juvenum
less-diluted to-neither age things-which flatulence stir Of-the-young
minus, quae assumant, et quomodo curentur, interest. Quibus
less what they-take and how they-are-treated matters In-whom
juvenibus fluxit alvus, plerumque in senectute contrahitur:
young flowed the-bowel mostly in old-age it-is-contracted
quibus in adolescentia fuit adstricta, saepe in senectute solvitur.
in-whom in youth was constricted often in old-age it-is-loosened
Melior est autem in juvene fusior, in sene adstrictior.
Better is however in a-young-man looser in an-old-man more-constricted
Tempus quoque anni considerare oportet. Hieme plus
The-season also of-the-year to-consider it-behooves In-winter more
esse convenit; minus, sed meracius bibere; multo pane uti,
to-eat it-suits less but less-diluted to-drink much bread to-use
carne potius assa, modice oleribus semel die cibum capere,
meat rather roast moderately vegetables once a-day food to-take
nisi si nimis venter adstrictus est. Si prandet aliquis,
unless if too-much the-belly constricted is If lunches someone
utilius est exiguum aliquid, et ipsum siccum sine carne,
more-useful it-is small something and that dry without meat
sine potione sumere. Eo tempore anni calidis omnibus
without drink to-take At-that time of-the-year hot all
potius utendum est, vel calorem moventibus. Venus tum non
rather to-be-used is or heat stirring Sex then not
aeque perniciosa est. At vere paulum cibo demendum,
equally pernicious is But in-spring a-little from-food to-be-taken
adjiciendumque potioni, sed dilutius tamen bibendum est;
and-to-be-added to-the-drink but more-diluted yet to-be-drunk is
magis carne utendum, magis oleribus; transeundum paulatim
more meat to-be-used more vegetables to-be-passed gradually
ab assis ad elixa. Venus eo tempore anni tutissima
from roasts to boiled Sex at-that time of-the-year safest

est. Aestate vero et potione et cibo saepius corpus
is In-summer indeed both of-drink and of-food more-often the-body
eget; ideo prandere quoque commodum est. Eo tempore
has-need therefore to-lunch also suitable is At-that time
aptissima sunt et caro et olus; potio quam dilutissima,
most-fitting are both meat and vegetable drink as most-diluted
ut et sitim tollat, nec corpus incendat; frigida lavatio,
so-that both thirst it-remove nor the-body inflame cold bathing
caro elixa, frigidi cibi, vel qui refrigerent.
meat boiled cold foods or those-which cool
Ut saepius autem cibo utendum, sic exiguo est. Per
As more-often however food to-be-used so slight is Through
autumnum vero, propter coeli varietatem, periculum
autumn indeed because-of of-the-weather the-variability danger
maximum est. Itaque neque sine veste, neque sine calceamentis
greatest is And-so neither without clothing nor without shoes
prodire oportet, praecipueque diebus frigidioribus, neque sub
to-go-out it-behooves and-especially on-days colder nor under
divo noctu dormire, aut certe bene operiri. Cibo vero jam
the-sky by-night to-sleep or at-least well to-be-covered Food indeed now
paulo pleniore uti licet; minus, sed meracius bibere. Poma
a-little fuller to-use it-is-allowed less but less-diluted to-drink Fruits
nocere quidam putant, quae immodice toto die plerumque
to-harm some think which immoderately the-whole day mostly
sic assumuntur, ne quid ex densiore cibo remittatur: ita
so are-taken that-not anything from the-denser food be-remitted so
non haec, sed consummatio omnium nocet. Ex quibus in nullo
not these but the-sum of-all harms Of which in none
tamen minus, quam in his noxae est. Sed his uti non saepius,
yet less than in these of-harm is But these to-use not more-often
quam alio cibo, convenit. Denique aliquid densiori cibo,
than other food it-suits Finally something from-the-denser food

quum hic accedit, necessarium est demi. Neque aestate
when this is-added necessary it-is to-be-taken-away Neither in-summer
vero, neque autumno utilis venus est: tolerabilior tamen per
indeed nor in-autumn useful sex is more-tolerable yet through
autumnum; aestate in totum, si fieri potest, abstinendum est.
autumn in-summer in whole if to-be-done it-can to-be-abstained is

IV · A WEAK HEAD

One whose head is weak should rub it gently each morning, leave it uncovered, crop the hair, walk much but out of the sun, and prefer anointing to the bath. In the bath he pours hot, then tepid, then cold water over his head; nothing helps the head as much as cold water. He needs moderate food, wine and water in turn as medicines, and no writing, reading, or loud speaking after dinner; vomiting least of all.

Proximum est, ut de iis dicam, qui partes aliquas
Next it-is that about those I-may-speak who parts some
corporis imbecillas habent. Cui caput infirmum est, is, si
of-the-body weak have Whose head weak is he if
bene concoxit, leniter perfricare id mane manibus suis
well he-has-digested gently to-rub it in-the-morning with-hands his-own
debet; numquam id, si fieri potest, veste velare; ad
ought never it if to-be-done it-can with-a-garment to-cover to
cutem tonderi; sed numquam post cibum. Si cui capilli
the-skin to-be-shorn but never after food If to-whom hairs
sunt, eos quotidie pectere; multum ambulare, sed, si licet,
there-are them daily to-comb much to-walk but if it-is-possible
neque sub tecto, neque in sole; utique autem vitare solis
neither under a-roof nor in the-sun at-all-events however to-avoid of-the-sun
ardorem, maximeque post cibum et vinum; potius ungi,
the-heat and-most after food and wine rather to-be-anointed

quam lavari; numquam ad flammam ungi, interdum ad
than to-be-washed never at a-flame to-be-anointed sometimes at
prunam. Si in balneum venit, sub veste primum paulum in
live-coals If into the-bath he-comes under a-garment first a-little in
tepidario insudare, ibi ungi, tum transire in calidarium;
the-warm-room to-sweat there to-be-anointed then to-pass into the-hot-room
ubi insudarit, in solium non descendere, sed multa calida
when he-has-sweated into the-tub not to-go-down but with-much hot
aqua per caput se totum perfundere, tum tepida, deinde
water over the-head himself whole to-drench then with-lukewarm then
frigida; diutiusque ea caput, quam ceteras partes perfundere;
cold and-longer with-it the-head than the-other parts to-drench
deinde id aliquamdiu perfricare; novissime detergere, et ungere.
then it for-some-time to-rub lastly to-wipe and to-anoint
Capiti nihil aeque prodest atque aqua frigida: itaque is, cui
To-the-head nothing equally helps as water cold and-so he to-whom
hoc infirmum est, per aestatem id bene largo canali quotidie
this weak is through summer it well to-a-large spout daily
debet aliquamdiu subjicere. Semper autem, etiamsi sine balneo
ought for-some-time to-put-under Always however even-if without bath
unctus est, neque totum corpus refrigerare sustinet, caput tamen
anointed he-is nor whole the-body to-cool can-bear the-head yet
aqua frigida perfundere. Sed quum ceteras partes attingi
with-water cold to-drench But since the-other parts to-be-touched
nolit, demittere id, ne ad cervices aqua descendat; eamque,
he-wishes-not to-bend-down it lest to the-neck the-water run-down and-it
ne quid oculis, aliisve partibus noceat, defluentem subinde
lest anything to-the-eyes or-other parts it-harm flowing-down repeatedly
manibus ad hoc regerere. Huic modicus cibus necessarius
with-the-hands for this to-throw-back For-him moderate food necessary
est, quem facile concoquat; isque, si jejuno caput laeditur,
is which easily he-may-digest and-it if when-fasting the-head is-hurt

assumendus etiam medio die est; si non laeditur, semel potius.
to-be-taken even at-mid day is if not it-is-hurt once rather
Bibere huic assidue vinum dilutum, lene, quam aquam,
To-drink for-him constantly wine diluted mild than water
magis expedit; ut, quum caput gravius esse coeperit, sit
more is-expedient so-that when the-head heavier to-be has-begun there-be
quo confugiat: eique ex toto neque vinum, neque
something-to-which he-may-turn and-to-him from the-whole neither wine nor
aqua semper utilia sunt; medicamentum utrumque est, quum
water always useful are a-medicament each is when
invicem assumitur. Scribere, legere, voce contendere, huic
in-turn it-is-taken To-write to-read with-the-voice to-strain for-him
opus non est, utique post coenam; post quam ne cogitatio
need not is at-all-events after dinner after which not thought
quidem ei satis tuta est: maxime tamen vomitus alienus est.
even for-him enough safe is most yet vomiting foreign is

V · INFLAMED EYES, COLDS, CATARRH, AND TONSILS

Cold water helps those troubled by inflamed eyes, colds, catarrh, and tonsils as well: they should drench the head and bathe the face daily, above all when south winds make the weather heavy. Effort and thought after food harm them. Colds and catarrh are avoided by keeping to one place and water, shielding the head from sun and sudden cloud, shaving it fasting, and neither reading nor writing after a meal.

Neque vero his solis, quos capitis imbecillitas torquet,
Nor indeed to-these alone whom of-the-head weakness tortures
usus aquae frigidae prodest, sed iis etiam, quos assiduae
the-use of-water cold helps but to-those also whom constant
lippitudines, gravedines, destillationes, tonsillaeque male habent.
inflamed-eyes colds catarrhs and-tonsils badly afflict

His autem non caput tantum quotidie perfundendum, sed
For-these however not the-head only daily to-be-drenched but
os quoque multa frigida aqua fovendum est; praecipueque
the-face also with-much cold water to-be-bathed is and-especially
omnibus, quibus hoc utile auxilium est, eo utendum est,
for-all for-whom this useful aid is it to-be-used is
ubi gravius coelum austri reddiderunt. Quumque omnibus
when heavier the-weather south-winds have-made And-since for-all
inutilis sit post cibum aut contentio, aut cogitatio; tum
useless is after food either straining or thinking then
iis praecipue, qui vel capitis, vel arteriae dolores
for-those especially who either of-the-head or of-the-windpipe pains
habere consuerunt, vel quoslibet alios oris affectus.
to-have have-been-wont or any other of-the-mouth affections
Vitari etiam gravedines, destillationesque possunt, si quam
To-be-avoided also colds and-catarrhs can if as
minime, qui his opportunus est, loca aquasque mutat;
least he-who to-these exposed is places and-waters changes
si caput in sole protegit, ne incendatur, neve subitum
if the-head in the-sun he-protects lest it-be-burned nor-lest sudden
ex repentino nubilo frigus id moveat; si post concoctionem
from sudden cloud cold it should-stir if after digestion
jejunus caput radit; si post cibum neque legit, neque scribit.
fasting the-head he-shaves if after food neither he-reads nor writes

One often troubled by a loose bowel should exercise the upper body, walk fasting, avoid strong sun and constant baths, and eat foods slow to digest, game, hard fish, roast meat, with harsh, full-bodied wine. After an offending dinner he vomits, and after every meal he rests.

Quem vero frequenter cita alvus exercet, huic opus est
Whom indeed frequently a-quick bowel troubles for-him need is
pila similibusque superiores partes exercere; dum jejunus
with-ball and-similar-things the-upper parts to-exercise while fasting
est, ambulare; vitare solis nimium ardorem, continua balnea;
he-is to-walk to-avoid of-the-sun the-excessive heat continuous baths
ungi citra sudorem; non uti cibis variis, minimeque
to-be-anointed short-of sweat not to-use foods various and-least
jurulentis, aut leguminibus oleribusve iis, quae celeriter
brothy or pulses or-vegetables those which quickly
descendunt; omnia denique sumere quae tarde concoquuntur.
pass-down all finally to-take which slowly are-digested
Venatio, durique pisces, et ex domesticis animalibus assa caro
Game and-hard fish and of domestic animals roast meat
maxime juvant. Numquam vinum salsum bibere expedit, ne
most help Never wine salted to-drink is-expedient not
tenue quidem, aut dulce; sed austerum et plenius, neque id
thin even or sweet but dry and fuller nor that
ipsum pervetus. Si mulso uti volet, id ex decocto melle
very very-old If honey-wine to-use he-will-wish it from boiled honey
faciendum est. Si frigidae potiones ventrem ejus non turbant,
to-be-made is If cold drinks the-belly of-him not disturb
his utendum potissimum est. Si quid offensae in coena sensit,
these to-be-used especially is If anything of-offense at dinner he-felt

vomere debet; idque postero quoque die facere: tertio,
to-vomit he-ought and-that on-the-next also day to-do on-the-third
modici ponderis panem ex vino esse, adjecta uva ex olla,
of-moderate weight bread from wine to-eat added grapes from a-pot
vel ex defruto, similibusque aliis: deinde ad consuetudinem
or from must-syrup and-similar other-things then to custom
redire. Semper autem post cibum conquiescere, ac neque
to-return Always however after food to-rest and neither
intendere animum, neque ambulatione quamvis leni dimoveri.
to-strain the-mind nor by-walking however gentle to-be-disturbed

VII · PAIN OF THE COLON

When the looser intestine is given to ache, since this is only a kind of flatulence, a man should see that he digests, exercise by reading and the like, take hot baths, hot food, and hot drinks, and avoid cold, sweet things, pulses, and whatever inflates.

At si laxius intestinum dolere consuevit, quum id nihil nisi
But if the-looser intestine to-ache has-been-wont since that nothing but
genus inflationis sit, id agendum est, ut concoquat aliquis, ut
a-kind of-flatulence is this to-be-done is that digest one that
lectione, aliisque generibus exerceatur, utatur balneo calido, cibis
by-reading and-other kinds he-be-exercised he-use the-bath hot foods
quoque et potionibus calidis; denique omni modo frigus vitet,
also and drinks hot finally in-every way cold he-avoid
item dulcia omnia, leguminaque, et quidquid inflare consuevit.
likewise sweet all and-pulses and whatever to-inflate is-wont

VIII · A WEAK STOMACH

One with a weak stomach should read aloud, walk, drink hot wine fasting, and eat twice a day. Pallor, leanness, nausea, and headache when fasting mark it; Celsus warns against those who blame the stomach to excuse a craving for wine. One whose food turns sour drinks lukewarm water and vomits.

Si quis vero stomacho laborat, legere clare debet; post
If anyone indeed from-the-stomach suffers to-read aloud he-ought after
lectionem ambulare; tum pila, vel armis, aliove quo genere,
reading to-walk then with-ball or arms or-other some kind
quo superior pars movetur, exerceri; non aquam, sed vinum
by-which the-upper part is-moved to-be-exercised not water but wine
calidum bibere jejunus; cibum bis die assumere, sic tamen,
hot to-drink fasting food twice a-day to-take so yet
ut facile concoquat; uti vino tenui et austero, et post cibum
that easily he-digest to-use wine thin and dry and after food
frigidis potionibus potius. Stomachum autem infirmum indicant
cold drinks rather A-stomach however weak show
pallor, macies, praecordiorum dolor, nausea, et nolentium
pallor leanness of-the-praecordia pain nausea and of-the-unwilling
vomitus, in jejuno dolor capitis. Quae in quo non sunt,
vomiting in a-fasting-state pain of-the-head Which in whom not are
is firmi stomachi est. Neque credendum utique nostris est,
he of-firm stomach is Nor to-be-believed at-all-events our-people is
qui, quum in adversa valetudine vinum aut frigidam aquam
who when in adverse health wine or cold water
concupiverunt, deliciarum patrocinium in accusationem non
have-desired of-their-pleasures the-defense in the-accusation not
merentis stomachi habent. At qui tarde concoquunt, et
deserving of-the-stomach have But those-who slowly digest and

quorum ideo praecordia inflantur, quive propter ardorem
whose therefore the-praecordia are-inflated or-who because-of heat
aliquem noctu sitire consuerunt, antequam conquiescant, duos
some by-night to-thirst have-been-wont before they-go-to-rest two
tresve cyathos per tenuem fistulam bibant. Prodest etiam
or-three cyathi through a-thin tube should-drink It-helps also
adversus tardam concoctionem clare legere, deinde ambulare,
against slow digestion aloud to-read then to-walk
tum vel ungi vel lavari; assidue vinum frigidum bibere;
then either to-be-anointed or to-be-washed constantly wine cold to-drink
et post cibum, magnam potionem, sed, ut supra dixi, per
and after food a-large drink but as above I-said through
siphonem: deinde omnes potiones aqua frigida includere. Cui
a-siphon then all drinks with-water cold to-close Whose
vero cibus acescit, is ante eum bibere aquam egelidam debet, et
indeed food sours he before it to-drink water tepid ought and
vomere: at si cui ex hoc frequens dejectio incidit, quoties
to-vomit but if to-whom from this frequent purging befalls whenever
alvus ei constiterit, frigida potione potissimum utatur.
the-bowel for-him has-settled cold drink especially he-should-use

Those given to gout of foot or hand should exercise the affected part, except when the pain is rising; sex is always harmful. Celsus then weighs cold and heat: cold harms the old, the thin, and wounds but helps the young and full; heat helps what cold hurts; both are dangerous when sudden.

Si cui vero dolere nervi solent, quod in podagra
If to-whom indeed to-ache the-sinews are-wont which in gout
chiragrave esse consuevit, huic, quantum fieri potest,
or-hand-gout to-be is-wont for-him as-much-as to-be-done can
exercendum id est, quod affectum est, subjiciendumque labori
to-be-exercised that is which affected is and-to-be-subjected to-toil
et frigori; nisi quum dolor increvit; sub quo quies optima
and to-cold except when the-pain has-increased under which rest best
est. Venus semper inimica est; concoctio, sicut in omnibus
is Sex always hostile is digestion as in all
corporis affectibus, necessaria. Cruditas enim id maxime laedit,
of-the-body affections necessary Indigestion for it most hurts
et quoties offensum corpus est, vitiosa pars maxime sentit.
and whenever offended the-body is the-faulty part most feels
Ut concoctio autem omnibus vitiis occurrit, sic rursus aliis
As digestion however all faults meets so again for-some
frigus, aliis calor: quae sequi quisque pro habitu corporis
cold for-others heat which to-follow each-one according-to the-habit of-body
sui debet. Frigus inimicum est seni, tenui, vulneri,
his-own ought Cold hostile is to-the-old to-the-thin to-a-wound
praecordiis, intestinis, vesicae, auribus, coxis, scapulis,
to-the-praecordia the-intestines the-bladder the-ears the-hips the-shoulder-blades
naturalibus, ossibus, dentibus, nervis, vulvae, cerebro: idem
the-private-parts the-bones the-teeth the-sinews the-womb the-brain the-same

summam cutem facit pallidam, aridam, duram, nigram; ex
the-surface-of the-skin makes pale dry hard black from
hoc horrores, tremoresque nascuntur. At prodest juvenibus, et
this shiverings and-tremblings arise But it-helps the-young and
omnibus plenis: erectiorque mens est, et melius concoquitur,
all the-full and-more-alert the-mind is and better it-is-digested
ubi frigus quidem est, sed cavetur. Aqua vero
when cold indeed there-is but it-is-guarded-against Water indeed
frigida infusa, praeterquam capiti, etiam stomacho prodest:
cold poured besides to-the-head also to-the-stomach helps
item articulis doloribusque, qui sunt sine ulceribus: item
likewise to-the-joints and-to-pains which are without ulcers likewise
rubicundis nimis hominibus, si dolore vacant. Calor autem
for-ruddy too men if of-pain they-are-free Heat however
adjuvat omnia, quae frigus infestat: item lippientes, si nec
helps all-things which cold troubles likewise the-blear-eyed if neither
dolor, nec lacrimae sunt; nervos quoque, qui contrahuntur;
pain nor tears there-are the-sinews also which are-contracted
praecipueque ea ulcera, quae ex frigore sunt: idem corporis
and-especially those ulcers which from cold are the-same of-the-body
colorem bonum facit; urinam movet. Si nimius est, corpus
color good makes urine stirs If excessive it-is the-body
effeminat, nervos mollit, stomachum solvit. Minime vero aut
it-enervates the-sinews softens the-stomach loosens Least indeed either
frigus aut calor tuta sunt, ubi subita insuetis sunt; nam
cold or heat safe are when sudden to-the-unaccustomed they-are for
frigus lateris dolores, aliaque vitia, frigida aqua strumas
cold of-the-side pains and-other faults cold water scrofulous-swellings
excitat: calor concoctionem prohibet, somnum aufert, sudore
rouses heat digestion prevents sleep takes-away by-sweat
digerit, obnoxium morbis pestilentibus corpus efficit.
disperses liable to-diseases pestilential the-body makes

X · GUARDING AGAINST PESTILENCE

One still well in a pestilence should travel or sail if he can, otherwise be carried and walk gently in the open before the heat, and avoid weariness, indigestion, cold, heat, and lust. He should not rise early, go barefoot, vomit, or purge, and should check a loose bowel; he avoids the bath, sweat, and midday sleep, eats moderately once a day, and drinks water and wine on alternate days. All this holds in every pestilence, most in one the south winds raise, and for travelers into unhealthy seasons or regions.

Est etiam observatio necessaria, qua quis in pestilentia
There-is also an-observance necessary which one in pestilence
utatur adhuc integer, quum tamen securus esse non possit.
may-use still sound when yet secure to-be not he-can
Tunc igitur oportet peregrinari, navigare: ubi id non licet,
Then therefore it-behooves to-travel-abroad to-sail where that not is-possible
gestari, ambulare sub divo, ante aestum, leniter; eodemque
to-be-carried to-walk under the-sky before the-heat gently and-in-the-same
modo ungi: et, ut supra comprehensum est, vitare
way to-be-anointed and as above included it-has-been to-avoid
fatigationem, cruditatem, frigus, calorem, libidinem: multoque
fatigue indigestion cold heat lust and-much
magis se continere, si qua gravitas in corpore est. Tunc
more himself to-restrain if any heaviness in the-body there-is Then
neque mane surgendum, neque pedibus nudis ambulandum est,
neither early to-be-risen nor with-feet bare to-be-walked is
minimeque post cibum, aut balneum; neque jejuno, neque
and-least after food or bath neither when-fasting nor
coenato vomendum est; neque movenda alvus; atque etiam,
having-dined to-be-vomited is nor to-be-moved the-bowel and even
si per se mota est, comprimenda est; abstinendum potius,
if by itself moved it-is to-be-checked it-is to-be-abstained rather

si plenius corpus est. Itemque vitandum balneum, sudor,
if fuller the-body is And-likewise to-be-avoided the-bath sweat
meridianus somnus, utique si cibus quoque antecessit; qui
midday sleep especially if food also has-preceded which
tamen semel die tum commodius assumitur; insuper etiam
yet once a-day then more-suitably is-taken moreover also
modicus, ne cruditatem moveat. Alternis diebus invicem, modo
moderate lest indigestion it-stir On-alternate days in-turn now
aqua, modo vinum bibendum est. Quibus servatis, ex reliqua
water now wine to-be-drunk is Which observed from the-rest
victus consuetudine quam minimum mutari debet. Quum
of-diet habit as least to-be-changed ought Since
vero haec in omni pestilentia facienda sint, tum in ea
indeed these-things in every pestilence to-be-done are then in that
maxime, quam austri excitarint. Atque etiam peregrinantibus
most which south-winds have-roused And also for-travelers
eadem necessaria sunt, ubi gravi tempore anni
the-same necessary are when at-an-unhealthy time of-the-year
discesserunt ex suis sedibus, vel ubi in graves regiones
they-have-departed from their-own homes or when into unhealthy regions
venerunt. Ac si cetera res aliqua prohibebit, utique
they-have-come And if other circumstance some shall-prevent at-all-events
abstinere debebit: atque ita a vino ad aquam, ab hac ad
to-abstain he-will-have-to and so from wine to water from this to
vinum, eo, qui supra positus est, modo, transitus ei esse.
wine in-that which above set-down is way the-passage for-him to-be

BOOK II

PREFACE · SIGNS AND COMMON REMEDIES

Of the many signs of coming illness Celsus will follow the ancients, and above all Hippocrates, whose foresight even the later physicians admit. First, though, he will set out which seasons, weathers, ages, and bodies are safest or most exposed, and what kind of illness each must chiefly fear: not that anyone is safe from any disease at any time, but some fall out more often.

Instantis autem adversae valetudinis signa complura sunt.
Of-impending however adverse health the-signs many are
In quibus explicandis non dubitabo auctoritate antiquorum
In which explaining not I-shall-hesitate the-authority of-ancient
virorum uti, maximeque Hippocratis; quum recentiores medici,
men to-use and-most of-Hippocrates since the-more-recent physicians
quamvis quaedam in curationibus mutarint, tamen haec
although certain-things in treatments they-have-changed yet these-things
illum optime praesagisse fateantur. Sed antequam dico, quibus
him best to-have-foretold confess But before I-say which
praecedentibus morborum timor subsit, non alienum videtur
preceding of-diseases fear may-lie-beneath not foreign it-seems
exponere, quae tempora anni, quae tempestatum genera,
to-set-out what seasons of-the-year what of-weather kinds
quae partes aetatis, qualia corpora maxime tuta, vel periculis
what parts of-life what-sort-of bodies most safe or to-dangers
opportuna sint, quod genus adversae valetudinis in quoque
exposed are what kind of-adverse health in each
timeri maxime possit. Non quod non omni tempore, in omni
to-be-feared most can Not that not at-every time in every
tempestatum genere, omnis aetatis, omnis habitus homines,
of-weather kind of-every age of-every habit men

per omnia genera morborum et aegrotent et moriantur: sed
through all kinds of-diseases both fall-ill and die but
quod frequentius tamen quaedam eveniant; ideoque utile sit
because more-frequently yet certain-things happen and-therefore useful it-is
scire unumquemque, quid, et quando maxime caveat.
to-know each-one what and when most he-should-beware-of

I · SEASONS, WEATHERS, AGES, AND BODIES

Spring is the healthiest season and autumn by far the most dangerous, since hot middays and cold nights catch a body relaxed by summer. Settled weather is best, clear days most of all; north winds are healthier than east or south, and a wind off the land than one off the sea. Middle age is safest, a square-built body the most serviceable. Celsus lists the diseases each season brings, from inflamed eyes and epilepsy in spring to dropsy, phthisis, and ileus in autumn, then those of children, youths, the old, the thin, and the stout.

Igitur saluberrimum ver est; proxime deinde ab hoc
Therefore healthiest spring is next then after it
hiems; periculosior aestas; autumnus longe periculosissimus.
winter more-dangerous summer autumn by-far most-dangerous
Ex tempestatibus vero optimae aequales sunt, sive frigidae,
Of weathers indeed best the-even are whether cold
sive calidae: pessimae, quae maxime variant. Quo fit,
or hot worst those-which most vary By-which it-happens
ut autumnus plurimos opprimat; nam fere meridianis
that autumn very-many overwhelms for generally at-midday
temporibus calor; nocturnis atque matutinis, simulque
times heat at-night and in-the-morning and-at-the-same-time
etiam vespertinis, frigus est. Corpus ergo, et aestate,
also in-the-evening cold is The-body therefore both by-summer

et subinde meridianis caloribus relaxatum, subito frigore
and repeatedly by-midday heats relaxed by-sudden cold
excipitur; sed, ut eo tempore id maxime fit, sic
is-caught but as at-that time this most happens so
quandocumque evenit, noxium est. Ubi aequalitas autem
whenever it-occurs harmful it-is Where evenness however
est, tamen saluberrimi sunt sereni dies; meliores pluvii quam
is yet healthiest are clear days better rainy than
tantum nebulosi, nubilive: optimique hieme, qui omni
merely foggy or-cloudy and-best in-winter those-which of-every
vento vacant, aestate, quibus favonii perflant. Si genus aliud
wind are-free in-summer on-which west-winds blow If kind another
ventorum est, salubriores septentrionales, quam subsolani,
of-winds there-is healthier the-northerly than east-winds
vel austri sunt: sic tamen haec, ut interdum regionum
or south-winds are so yet these-things that sometimes of-regions
sorte mutentur. Nam fere ventus ubique a mediterraneis
by-the-lot they-change For generally wind everywhere from inland
regionibus veniens, salubris; a mari, gravis est. Neque solum
regions coming healthy from the-sea unhealthy is Nor only
in bono tempestatum habitu certior valetudo est; sed morbi
in a-good of-weather condition surer health is but diseases
quoque, si qui inciderunt, leviores sunt, et promtius finiuntur.
also if any have-befallen milder are and more-readily are-ended
Pessimum aegro coelum est, quod aegrum fecit;
Worst for-the-sick-man climate is that-which sick has-made
adeo ut in id quoque genus, quod natura pejus est, in
so-far that into that also kind which by-nature worse is in
hoc statu salubris mutatio sit. At aetas media tutissima est,
this condition healthy a-change is But age middle safest is
quae neque juventae calore, neque senectutis frigore infestatur.
which neither of-youth by-heat nor of-old-age by-cold is-assailed

Longis morbis senectus, acutis adolescentia magis patet.
To-long diseases old-age to-acute youth more lies-open
Corpus autem habilissimum quadratum est, neque gracile,
The-body however most-fit square is neither slender
neque obesum. Nam longa statura, ut in juventa decora
nor fat For tall stature as in youth comely
est, sic matura senectute conficitur: gracile corpus infirmum;
is so in-early old-age is-worn-out a-slender body weak
obesum hebes est. Vere autem maxime, quaecumque
a-fat sluggish is In-spring however most whatever
humoris motu novantur, in metu esse consuerunt. Ergo
of-moisture by-the-motion are-renewed in fear to-be have-been-wont Therefore
tunc lippitudines, pustulae, profusio sanguinis, abscessus, quae
then inflamed-eyes pustules flow of-blood abscesses which
ἀποστήματα Graeci nominant, bilis atra, quam μελαγχολίαν
apostemata the-Greeks name bile black which melancholia
appellant, insania, morbus comitialis, angina, gravedines,
they-call madness the-disease comitial quinsy colds
destillationes oriri solent. Ii quoque morbi, qui in articulis
catarrhs to-arise are-wont Those also diseases which in the-joints
nervisque modo urgent, modo quiescunt, tunc maxime et
and-sinews now press now rest then most both
inchoantur et repetunt. At aestas non quidem vacat plerisque
begin and return But summer not indeed is-free from-most
his morbis; sed adjicit febres vel continuas, vel ardentes, vel
of-these diseases but adds fevers either continuous or burning or
tertianas, vomitus, alvi dejectiones, auricularum dolores,
tertian vomitings of-the-bowel purgings of-the-ears pains
ulcera oris, cancros, et in ceteris quidem partibus, sed
ulcers of-the-mouth cankers both in other indeed parts but
maxime in obscoenis; et quidquid sudore hominem resolvit.
most in the-private-parts and whatever by-sweat a-man dissolves

Vix quidquam ex his in autumnum non incidit; sed oriuntur
Scarcely anything of these into autumn not falls but arise
quoque eo tempore febres incertae, lienis dolor, aqua inter
also at-that time fevers irregular of-the-spleen pain water between
cutem, tabes, quam Graeci φθίσιν nominant; urinae difficultas,
the-skin wasting which the-Greeks phthisin name of-urine difficulty
quam στραγγουρίαν appellant; tenuioris intestini morbus, quem
which strangury they-call of-the-thinner intestine the-disease which
εἴλεόν nominant; item laevitas intestinorum, quae λειεντερία
eileon they-name likewise smoothness of-the-intestines which lientery
vocatur; coxae dolores; morbi comitiales. Idemque tempus et
is-called of-the-hip pains diseases comitial And-the-same season both
diutinis malis fatigatos, et ab aestate etiam proxima pressos,
by-long ills wearied and by summer also the-last pressed
interimit; et alios novis morbis conficit; et quosdam
kills and others with-new diseases wears-out and some
longissimis implicat, maximeque quartanis, quae per hiemem
in-very-long entangles and-most in-quartans which through winter
quoque exercent. Neque aliud magis tempus pestilentiae
also trouble Nor another more season to-pestilence
patet, cujuscumque ea generis est, quamvis variis rationibus
lies-open of-whatever it kind is although by-various means
nocet. Hiems autem capitis dolores, tussim, et quidquid in
it-harms Winter however of-the-head pains cough and whatever in
faucibus, in lateribus, in visceribus mali contrahitur, irritat.
the-throat in the-sides in the-viscera of-ill is-contracted provokes
At ex tempestatibus, aquilo tussim movet, fauces exasperat,
But of the-weathers the-north-wind cough stirs the-throat roughens
ventrem adstringit, urinam supprimit, horrores excitat, item
the-belly binds urine checks shiverings rouses likewise
dolores lateris et pectoris: sanum tamen corpus spissat, et
pains of-the-side and of-the-chest a-healthy yet body it-firms and

mobilius atque expeditius reddit. Auster aures hebetat,
more-mobile and more-active renders The-south-wind the-ears dulls
sensus tardat, capitis dolorem movet, alvum solvit, totum
the-senses slows of-the-head pain stirs the-bowel loosens the-whole
corpus efficit hebes, humidum, languidum. Ceteri venti quo vel
body makes dull moist languid The-other winds the either
huic vel illi propiores sunt, eo magis vicinos his illisve
to-this or to-that nearer they-are the more neighboring to-these or-to-those
affectus faciunt. Denique omnis calor et jecur et lienem
affections make Finally all heat both the-liver and the-spleen
inflammat, mentem hebetat, ut anima deficiat, ut sanguis
inflames the-mind dulls that the-breath fail that blood
prorumpat, efficit. Frigus modo nervorum distentionem,
burst-forth brings-about Cold now of-the-sinews spasm
modo rigorem infert; illud σπασμός, hoc τέτανος Graece
now rigidity brings-on that spasmos this tetanos in-Greek
nominatur: nigritiem in ulceribus, horrores in febribus excitat.
is-named blackness in ulcers shiverings in fevers rouses
In siccitatibus, acutae febres, lippitudines, tormina, urinae
In droughts acute fevers inflamed-eyes gripes of-urine
difficultas, articulorum dolores oriuntur. Per imbres, longae
difficulty of-the-joints pains arise Through rains long
febres, alvi dejectiones, angina, cancri, morbi comitiales,
fevers of-the-bowel purgings quinsy cankers diseases comitial
resolutio nervorum; παράλυσιν Graeci nominant. Neque solum
relaxation of-the-sinews paralysin the-Greeks name Nor only
interest, quales dies sint, sed etiam quales ante praecesserint.
it-matters of-what-kind the-days are but also what before have-preceded
Si hiems sicca septemtrionales ventos habuit, ver autem
If winter dry northerly winds has-had spring however
austros et pluvias exhibet, fere subeunt lippitudines,
south-winds and rains presents generally come-on inflamed-eyes

tormina, febres, maximeque in mollioribus corporibus, ideoque
gripes fevers and-most in softer bodies and-therefore
praecipue in muliebribus. Si vero austri pluviaeque hiemem
especially in women's If indeed south-winds and-rains winter
occuparunt, ver autem frigidum et siccum est, gravidae
have-occupied spring however cold and dry is pregnant
quidem feminae, quibus tum adest partus, abortu
indeed women to-whom then is-at-hand childbirth by-miscarriage
periclitantur; eae vero quae gignunt, imbecillos, vixque vitales
are-endangered those indeed who give-birth weak and-scarcely viable
edunt: ceteros lippitudo arida, et, si seniores sunt, gravedines
bring-forth the-rest inflamed-eyes dry and if older they-are colds
atque destillationes male habent. At si a prima hieme
and catarrhs badly afflict But if from the-beginning-of winter
austri ad ultimum ver continuarunt, laterum dolores, et
south-winds to the-end-of spring have-continued of-the-sides pains and
insania febricitantium, quam φρενῖτιν appellant, quam celerrime
madness of-the-feverish which phrenitis they-call as most-quickly
rapiunt. Ubi vero calor a primo vere orsus aestatem
snatch-away When indeed heat from early spring having-begun summer
quoque similem exhibet, necesse est multum sudorem in
also similar presents necessary it-is much sweat in
febribus subsequi. At si sicca aestas aquilones habuit, autumno
fevers to-follow But if a-dry summer north-winds has-had in-autumn
vero imbres austrique sunt, tota hieme, quae proxima est,
indeed rains and-south-winds there-are the-whole winter which next is
tussis, destillatio, raucitas, in quibusdam etiam tabes oritur.
cough catarrh hoarseness in some also wasting arises
Sin autem autumnus quoque aeque siccus iisdem aquilonibus
But-if however autumn also equally dry by-the-same north-winds
perflatur, omnibus quidem mollioribus corporibus, inter quae
is-blown-through for-all indeed softer bodies among which

muliebria esse proposui, secunda valetudo contingit: durioribus
women's to-be I-have-said good health befalls for-the-harder
vero instare possunt et aridae lippitudines, et febres partim
indeed to-threaten can both dry inflamed-eyes and fevers partly
acutae, partim longae; et ii morbi, qui ex atra bile nascuntur.
acute partly long and those diseases which from black bile arise
Quod ad aetates vero pertinet, pueri proximique his
What to ages indeed pertains boys and-those-nearest to-them
vere optime valent, et aestate prima tutissimi sunt;
in-spring best fare and in-summer early safest are
senes aestate et autumni prima parte; juvenes hieme,
old-men in-summer and of-autumn the-first part the-young in-winter
quique inter juventam senectutemque sunt. Inimicior
and-those-who between youth and-old-age are More-hostile
senibus hiems, aestas adolescentibus est. Tum si qua
to-the-old winter summer to-youths is Then if any
imbecillitas oritur, proximum est, ut infantes, tenerosque
weakness arises nearest it-is that infants and-tender
adhuc pueros serpentia ulcera oris, quae ἄφθας Graeci
still boys creeping ulcers of-the-mouth which aphthas the-Greeks
nominant, vomitus, nocturnae vigiliae, aurium humor, circa
name vomiting nocturnal wakefulness of-the-ears moisture around
umbilicum inflammationes exerceant. Proprie etiam dentientes,
the-navel inflammations trouble Particularly also the-teething
gingivarum exulcerationes, febriculae, interdum distentiones
of-the-gums ulcerations slight-fevers sometimes spasms
nervorum, alvi dejectiones, maximeque caninis dentibus
of-the-sinews of-the-bowel purgings and-most canine teeth
orientibus, male habent. Quae pericula plenissimi cujusque
rising badly fare Which dangers of-the-fullest each
sunt, et cui maxime venter adstrictus est. At ubi aetas
are and whose most belly constricted is But when age

paulum processit, glandulae, et vertebrarum quae in spina
a-little has-advanced glands and of-the-vertebrae which in the-spine
sunt, aliquae inclinationes, strumae, verrucarum quaedam
are some curvatures scrofulous-swellings of-warts certain
genera dolentia, ἀκροχορδόνας Graeci appellant, et plura
kinds painful acrochordons the-Greeks call and many
alia tubercula oriuntur. Incipiente vero jam pube, ex iisdem
other swellings arise Beginning indeed now puberty of the-same
multa, et longae febres, et sanguinis ex naribus cursus.
many and long fevers and of-blood from the-nostrils flow
Maximeque omnis pueritia, primum circa quadragesimum
And-most all childhood first about the-fortieth
diem, deinde septimo mense, tum septimo anno, postea
day then in-the-seventh month then in-the-seventh year afterward
circa pubertatem periclitatur. Si qua etiam genera morborum
about puberty is-endangered If any also kinds of-diseases
in infantem inciderunt, ac neque pubertate, neque primis
upon an-infant have-fallen and neither by-puberty nor by-the-first
coitibus, neque in femina primis menstruis finita sunt,
couplings nor in a-woman by-the-first menses ended are
fere longa sunt: saepius tamen morbi pueriles, qui
generally long they-are more-often yet diseases of-boyhood which
diutius manserunt, terminantur. Adolescentia morbis acutis,
longer have-remained are-ended Youth to-diseases acute
item comitialibus, tabique maxime objecta est: fereque
likewise comitial and-to-wasting most exposed is and-generally
juvenes sunt, qui sanguinem exspuunt. Post hanc aetatem
young-men are those-who blood spit-up After this age
laterum et pulmonis dolores, lethargus, cholera, insania,
of-the-sides and of-the-lung pains lethargy cholera madness
sanguinis per quaedam velut ora venarum, αἱμορῥοΐδας
of-blood through certain as-it-were mouths of-the-veins hemorrhoids

Graeci appellant, profusio. In senectute, spiritus et urinae
the-Greeks call the-outflow In old-age of-breath and of-urine
difficultas, gravedo, articulorum et renum dolores, nervorum
difficulty cold of-the-joints and of-the-kidneys pains of-the-sinews
resolutiones, malus corporis habitus, καχεξίαν Graeci appellant,
relaxations bad of-the-body habit kachexian the-Greeks call
nocturnae vigiliae, vitia longiora aurium, oculorum, etiam
nocturnal wakefulness faults longer of-the-ears of-the-eyes also
narium, praecipueque soluta alvus, et, quae sequuntur hanc,
of-the-nostrils and-especially loose bowel and what follow this
tormina, vel laevitas intestinorum, ceteraque ventris fusi
gripes or smoothness of-the-intestines and-the-other of-the-belly loose
mala. Praeter haec graciles tabes, dejectiones, destillationes;
ills Besides these the-slender wasting purgings catarrhs
item viscerum et laterum dolores fatigant. Obesi plerumque
likewise of-the-viscera and of-the-sides pains weary The-fat mostly
acutis morbis, et difficultate spirandi strangulantur: subitoque
by-acute diseases and by-difficulty of-breathing are-strangled and-suddenly
saepe moriuntur; quod in corpore tenuiore vix evenit.
often die which in a-body thinner scarcely happens

Every warning sign has this in common, that the body is not as it was, for the better as well as the worse. Heavy limbs, unusual heat, troubled sleep, sweating, a sluggish mind, yawning, and weariness usually precede a fever, and each man's peculiarities must be known.

Ante adversam autem valetudinem, ut supra dixi, quaedam notae
Before adverse however health as above I-said certain signs
oriuntur: quarum omnium commune est, aliter se corpus
arise of-which all common is otherwise itself the-body
habere, atque consuevit; neque in pejus tantum, sed etiam
to-hold than it-has-been-wont nor for the-worse only but also
in melius. Ergo si plenior aliquis, et speciosior, et coloratior
for the-better Therefore if fuller someone and handsomer and more-colored
factus est, suspecta habere bona sua debet; quae, quia neque
become has suspect to-hold goods his-own he-ought which because neither
in eodem habitu subsistere, neque ultra progredi possunt, fere
in the-same condition to-stand nor further to-advance can generally
retro, quasi ruina quadam, revolvuntur. Pejus tamen signum
backward as-if by-ruin a-certain they-roll-back Worse yet sign
est, ubi aliquis contra consuetudinem emacruit, et colorem
it-is when someone against custom has-grown-lean and color
decoremque amisit: quoniam in iis quae superant, est
and-comeliness has-lost since in those-things which are-in-excess there-is
quod morbus demat; in iis quae desunt, non est quod
what disease may-take-away in those which are-lacking not there-is what
ipsum morbum ferat. Praeter haec protinus timeri debet,
itself the-disease may-bear Besides these at-once to-be-feared it-ought
si graviora membra sunt; si crebra ulcera oriuntur; si corpus
if heavier the-limbs are if frequent ulcers arise if the-body

supra consuetudinem incaluit; si gravior somnus pressit;
beyond custom has-grown-warm if heavier sleep has-pressed
si tumultuosa somnia fuerunt; si saepius expergiscitur aliquis,
if tumultuous dreams have-been if more-often wakes someone
quam assuevit, deinde iterum soporatur; si corpus dormientis
than he-is-wont then again is-put-to-sleep if the-body of-a-sleeper
circa partes aliquas contra consuetudinem insudat, maximeque
about parts some against custom sweats and-most
si circa pectus, aut cervices, aut crura, vel genua, vel coxas.
if about the-chest or the-neck or the-legs or the-knees or the-hips
Item, si marcet animus; si loqui et moveri piget; si corpus
Likewise if is-languid the-mind if to-speak and to-be-moved it-irks if the-body
torpet; si dolor praecordiorum est, aut totius pectoris, aut,
is-torpid if pain of-the-praecordia is or of-the-whole breast or
qui in plurimis evenit, capitis; si salivae plenum os
that-which in most occurs of-the-head if of-saliva full the-mouth
est; si oculi cum dolore vertuntur; si tempora adstricta sunt; si
is if the-eyes with pain turn if the-temples tightened are if
membra inhorrescunt; si spiritus gravior est; si circa frontem
the-limbs shiver if the-breath heavier is if around the-forehead
intentae venae moventur; si frequentes oscitationes; si genua
strained veins are-moved if frequent yawnings if the-knees
quasi fatigata sunt, totumve corpus lassitudinem sentit. Ex
as-if wearied are or-the-whole body weariness feels Of
quibus saepe plura, nunquam non aliqua, febrem antecedunt. In
which often several never not some fever precede In
primis tamen illud considerandum est, num cui saepius
the-first-place yet that to-be-considered is whether to-someone more-often
horum aliquid eveniat, neque ideo corporis ulla difficultas
of-these something happen nor therefore of-the-body any difficulty
subsequatur. Sunt enim quaedam proprietates hominum, sine
follow There-are for certain peculiarities of-men without

quarum notitia non facile quidquam in futurum praesagiri
whose knowledge not easily anything for the-future be-foretold
potest. Facile itaque securus est in iis aliquis, quae saepe
can Easily and-so secure is in those-things someone which often
sine periculo evasit: ille sollicitari debet, cui haec nova
without danger he-has-escaped he to-be-troubled ought to-whom these new
sunt; aut qui ista numquam sine custodia sui tuta habuit.
are or who these never without guarding of-himself safe has-had

III · GOOD SIGNS AT A FEVER'S ONSET

A feverish patient is in no danger if he lies on his side as the healthy do, turns easily, sleeps at night, breathes easily, and has a soft, painless praecordia. A body evenly soft and warm that sweats all over and ends its fever in the sweat promises safety, as do sneezing and appetite. A fever ended the same day, or before the next onset, need not alarm; good vomit is mixed bile and phlegm, good urine settles white and smooth, and good stools are soft, formed, and at the usual hour.

Ubi vero febris aliquem occupavit, scire licet, non
When indeed fever someone has-seized to-know it-is-allowed not
periclitari, si in latus aut dextrum aut sinistrum, ut ipsi
to-be-in-danger if on the-side either right or left as to-himself
visum est, cubat, cruribus paulum reductis; qui fere
seemed it-has he-lies with-the-legs a-little drawn-up which generally
sani quoque jacentis habitus est; si facile convertitur;
of-a-healthy-man too lying the-posture is if easily he-turns
si noctu dormit, interdiu vigilat; si ex facili spirat; si non
if by-night he-sleeps by-day he-wakes if from easy he-breathes if not
conflictatur; si circa umbilicum et pubem cutis plena est; si
he-is-tossed if around the-navel and groin the-skin full is if
praecordia ejus sine ullo sensu doloris aequaliter mollia in
the-praecordia his without any feeling of-pain evenly soft on

utraque parte sunt. Quod si paulo tumidiora sunt, sed tamen
each side are But if a-little more-swollen they-are but yet
digitis cedunt et non dolent, haec valetudo, ut spatium
to-the-fingers yield and not ache this illness as time
aliquod habebit, sic tuta erit. Corpus quoque, quod aequaliter
some will-take so safe will-be A-body also which evenly
molle et calidum est, quodque aequaliter totum insudat,
soft and warm is and-which evenly whole sweats
et cujus febricula eo sudore finitur, securitatem pollicetur.
and whose slight-fever by-that sweat is-ended safety promises
Sternumentum etiam inter bona indicia est, et cupiditas
Sneezing also among good signs is and desire
cibi vel a primo servata, vel etiam post fastidium orta.
of-food either from the-first kept or even after loathing arisen
Neque terrere debet ea febris, quae eodem die finita est;
Nor to-alarm ought that fever which on-the-same day ended has
ac ne ea quidem, quae, quamvis longiore tempore tenuit,
and not that even which though for-a-longer time it-held
tamen ante alteram accessionem ex toto quievit, sic ut
yet before the-second onset from the-whole rested so that
corpus integrum, quod εἰλικρινές Graeci vocant, fieret.
the-body clear which unmixed the-Greeks call became
Si quis autem incidit vomitus, mixtus esse et bile et
If any however occurs vomit mixed to-be both with-bile and
pituita debet; et in urina subsidere album, laeve, aequale;
phlegm ought and in the-urine to-settle white smooth even
sic ut etiam, si quae quasi nubeculae innatarint, in imum
so that even if any as-it-were little-clouds have-floated to the-bottom
deferantur. At venter ei, qui a periculo tutus est,
they-be-carried But the-belly for-him who from danger safe is
reddit mollia, figurata, atque eodem fere tempore, quo
returns soft formed and at-the-same about time at-which

secunda valetudine assuevit, modo convenientia iis
in-good health it-was-wont in-measure suited to-those-things
quae assumuntur. Pejor cita alvus est: sed ne haec quidem
which are-taken Worse a-quick bowel is but not this even
terrere protinus debet, si matutinis temporibus coacta magis
to-alarm at-once ought if at-morning times compacted more
est, aut si procedente tempore paulatim contrahitur, et
it-is or if advancing time gradually it-is-contracted and
rufa est, neque foeditate odoris similem alvum sani
reddish is nor in-foulness of-smell the-similar bowel of-a-healthy
hominis excedit. Ac lumbricos quoque aliquos sub fine
man exceeds And worms also some toward the-end
morbi descendisse, nihil nocet. Si inflatio in superioribus
of-the-disease to-have-come-down nothing harms If flatulence in the-upper
partibus dolorem tumoremque fecit, bonum signum est
parts pain and-swelling has-made a-good sign is
sonus ventris inde ad inferiores partes evolutus; magisque
a-sound of-the-belly thence to the-lower parts rolled and-more
etiam si sine difficultate cum stercore excessit.
even if without difficulty with the-excrement it-has-gone-out

Grave danger shows when the patient lies on his back, cannot sleep or sleeps too much, breathes fast, weeps without cause, wastes suddenly, sweats cold, or vomits pure bile.

Contra gravis morbi periculum est, ubi supinus
On-the-other-hand of-grave disease danger there-is when on-his-back
aeger jacet, porrectis manibus et cruribus; ubi residere
the-sick-man lies with-outstretched hands and legs when to-sit-up
vult in ipso acuti morbi impetu, praecipueque pulmonibus
he-wishes in the-very of-acute disease onset and-especially with-the-lungs
laborantibus; ubi nocturna vigilia premitur, etiamsi interdiu
suffering when by-nocturnal wakefulness he-is-oppressed even-if by-day
somnus accedit; ex quo tamen pejor est qui inter quartam
sleep comes of which yet worse is that-which between the-fourth
horam et noctem est, quam qui a matutino tempore ad
hour and night is than that-which from the-morning time to
quartam. Pessimum tamen est, si somnus neque noctu, neque
the-fourth Worst yet is if sleep neither by-night nor
interdiu accedit: id enim fere sine continuo dolore esse
by-day comes that for generally without continual pain to-be
non potest. Aeque vero signum malum est etiam somno ultra
not can Equally indeed a-sign bad is also by-sleep beyond
debitum urgeri; pejusque quo magis sopor interdiu, noctuque
what-is-due to-be-pressed and-worse the more the-stupor by-day and-by-night
continuat. Mali etiam morbi testimonium est, vehementer
continues Of-a-bad also disease evidence is violently
et crebro spirare, a sexto die coepisse inhorrescere, pus
and frequently to-breathe from the-sixth day to-have-begun to-shiver pus
expuere, vix excreare, dolorem habere continuum, difficulter
to-spit-out scarcely to-cough-up pain to-have continual with-difficulty

ferre morbum, jactare brachia et crura, sine voluntate
to-bear the-disease to-toss the-arms and legs without will
lacrimare; habere humorem glutinosum dentibus inhaerentem,
to-shed-tears to-have moisture sticky to-the-teeth clinging
cutem circa umbilicum et pubem macram, praecordia
the-skin around the-navel and groin lean the-praecordia
inflammata, dolentia, dura, tumida, intenta, magisque si haec
inflamed aching hard swollen tense and-more if these
dextra parte, quam sinistra, sunt; periculosissimum tamen
on-the-right side than on-the-left are most-dangerous yet
est, si venae quoque ibi vehementer agitantur.
is if the-veins also there violently are-agitated
Mali etiam morbi signum est, nimis celeriter emacrescere;
Of-a-bad also disease a-sign it-is too quickly to-grow-lean
caput et pedes manusque frigidas habere, ventre et lateribus
the-head and feet and-hands cold to-have with-the-belly and sides
calentibus, aut frigidas extremas partes acuto morbo urgente;
being-hot or cold the-outermost parts with-acute disease pressing
aut post sudorem inhorrescere; aut post vomitum singultum
or after sweat to-shiver or after vomiting hiccup
esse, vel rubere oculos; aut post cupiditatem cibi, postve longas
to-be or to-redden the-eyes or after desire of-food or-after long
febres fastidire; aut multum sudare, maximeque frigido sudore;
fevers to-loathe or much to-sweat and-most with-cold sweat
aut habere sudores non per totum corpus aequales, quique
or to-have sweats not over the-whole body even and-which
febrem non finiant; et eas febres, quae quotidie tempore eodem
the-fever not end and those fevers which daily at-time the-same
revertantur; quaeve semper pares accessiones habeant, neque
return or-which always equal onsets have nor
tertio quoque die leventur; quaeve sic continuent, ut per
on-the-third every day are-relieved or-which so continue that through

accessiones increscant, per decessiones tantum molliantur,
onsets they-increase through declines only are-softened
neque umquam integrum corpus dimittant. Pessimum est, si ne
nor ever clear the-body let-go Worst it-is if not
levatur quidem febris, sed aeque concitata continuat. Periculosum
is-relieved even the-fever but equally roused it-continues Dangerous
est etiam, post arquatum morbum febrem oriri; utique si
it-is also after the-jaundice disease fever to-arise especially if
praecordia dextra parte dura manserunt. Ac dolentibus iis,
the-praecordia on-the-right side hard have-remained And with-aching these
nulla acuta febris leviter terrere nos debet; neque umquam in
no acute fever lightly to-alarm us ought nor ever in
acuta febre, aut a somno non est terribilis nervorum distentio.
acute fever or after sleep not is terrible of-the-sinews spasm
Timere etiam ex somno, mali morbi est; itemque in
To-be-frightened also from sleep of-a-bad disease is and-likewise in
prima febre protinus mentem esse turbatam, membrumve
the-first fever at-once the-mind to-be disturbed or-limb
aliquod resolutum. Ex quo casu, quamvis vita redditur, tamen
some paralyzed From which mishap although life is-restored yet
id fere membrum debilitatur. Vomitus etiam periculosus est
that generally limb is-weakened Vomit also dangerous is
sincerus pituitae, vel bilis; pejorque, si viridis, aut niger est. At
unmixed of-phlegm or of-bile and-worse if green or black it-is But
mala urina est, in qua subsidunt subrubra et laevia: deterior,
bad urine is in which settle reddish and smooth-things worse
in qua quasi folia quaedam tenuia atque alba: pessima ex his,
in which as-it-were leaves certain thin and white worst of these
si tamquam ex furfuribus factas nubeculas repraesentat. Diluta
if as-it-were from bran made little-clouds it-shows Watery
quoque atque alba, vitiosa est, sed in phreneticis maxime.
also and white faulty is but in the-phrenitic most

Alvus autem mala est, ex toto suppressa: periculosa etiam,
The-bowel however bad is from the-whole suppressed dangerous also
quae inter febres fluens conquiescere hominem in cubili non
which amid fevers flowing to-rest the-man in bed not
patitur; utique si quod descendit, est perliquidum, aut albidum,
allows especially if what passes-down is very-liquid or whitish
aut pallidum, aut spumans. Praeter haec periculum ostendit
or pale or frothy Besides these danger shows
id, quod excernitur, si est exiguum, glutinosum, laeve, album,
that which is-excreted if it-is scanty sticky smooth white
idemque subpallidum: vel si est aut lividum, aut biliosum,
and-the-same palish or if it-is either livid or bilious
aut cruentum, aut pejoris odoris quam ex consuetudine.
or bloody or of-worse smell than from custom
Malum est etiam, quod post longas febres sincerum est.
Bad is also what after long fevers unmixed is

V · SIGNS OF A LONG ILLNESS

After these signs one must pray that the disease be long, for in great ills the only hope is to outlast its onset. A cold sweat about the head, a body hot by turns and cold, too little wasting for the time, and changing urine show that the disease, if it does not kill, will last.

Post haec indicia votum est longum morbum fieri: sed et
After these signs a-wish it-is long the-disease to-become but also
necesse est, nisi occidit. Neque vitae alia spes in magnis malis
necessary it-is unless it-kills Nor of-life other hope in great ills
est, quam ut impetum morbi trahendo aliquis effugiat,
is than that the-onset of-the-disease by-drawing-out one escape
porrigaturque in id tempus, quod curationi locum praestet.
and-be-extended into that time which to-treatment room offers

Protinus tamen signa quaedam sunt, ex quibus colligere
At-once yet signs certain there-are from which to-gather
possimus, morbum, etsi non interemerit, longius tamen
we-can the-disease even-if not it-has-killed longer yet
tempus habiturum: ubi frigidus sudor inter febres non acutas
time going-to-have when a-cold sweat amid fevers not acute
circa caput tantum et cervices oritur; aut ubi, febre non
about the-head only and neck arises or when with-the-fever not
quiescente, corpus insudat; aut ubi corpus modo frigidum, modo
resting the-body sweats or when the-body now cold now
calidum est, et color alius ex alio fit; aut ubi, quod inter
hot is and color another from another becomes or when what amid
febres aliqua parte abscessit, ad sanitatem non pervenit;
fevers in-some part has-formed-an-abscess to health not comes
aut ubi aeger pro spatio parum emacrescit: item, si urina
or when the-sick-man for the-time too-little grows-lean likewise if the-urine
modo liquida et pura est, modo habet quaedam subsidentia; si
now clear and pure is now has certain sediments if
laevia atque alba rubrave sunt, quae in ea subsidunt; aut si
smooth and white or-red are those-which in it settle or if
quasdam quasi miculas repraesentat; aut si bullulas excitat.
certain as-it-were crumbs it-shows or if little-bubbles it-raises

A pinched nose, sunken temples, hollow eyes, cold ears, hard skin on the forehead, and a black or deathly pale color mark the end, the more if neither sleeplessness nor purging nor fasting caused them. Celsus adds eyes that shun the light and weep, eyelids that do not close in sleep, lying on the back with knees drawn up, sliding toward the foot of the bed, grinding the teeth, plucking at the bedclothes, and much more. Yet medicine is a conjectural art: Asclepiades saw life in a man being carried to burial, and a sign that fails once in a thousand still holds; in acute diseases the signs deceive most.

Sed inter haec quidem, proposito metu, spes tamen superest.
But amid these indeed with-set-before-us fear hope yet remains
Ad ultima vero jam ventum esse testantur nares acutae,
To the-last indeed now come to-have-been attest nostrils sharp
collapsa tempora, oculi concavi, frigidae languidaeque aures,
collapsed temples eyes hollow cold and-limp ears
et imis partibus leniter versae, cutis circa frontem dura
and at-the-lowest parts slightly turned the-skin around the-forehead hard
et intenta, color aut niger aut perpallidus; multoque magis,
and tense the-color either black or very-pale and-much more
si ita haec sunt, ut neque vigilia praecesserit, neque ventris
if so these are that neither wakefulness has-preceded nor of-the-belly
resolutio, neque inedia. Ex quibus causis interdum haec species
loosening nor fasting From which causes sometimes this appearance
oritur, sed uno die finitur: itaque diutius durans, mortis
arises but in-one day is-ended and-so longer lasting of-death
index est. Si vero in morbo vetere jam triduo talis est, in
the-sign is If indeed in a-disease old already for-three-days such it-is in
propinquo mors est; magisque si, praeter haec, oculi quoque
the-vicinity death is and-more if besides these the-eyes also
lumen refugiunt, et illacrimant; quaeque in iis alba esse debent,
the-light shun and weep and-what in them white to-be ought

rubescunt; atque in iisdem venulae pallent; pituitaque in iis
redden and in the-same the-little-veins pale and-phlegm in them
innatans, novissime angulis inhaerescit; alterque ex his minor
floating lastly to-the-corners clings and-one of these smaller
est; iique aut vehementer subsederunt, aut facti tumidiores
is and-they either violently have-sunk or made more-swollen
sunt; perque somnum palpebrae non committuntur, sed inter
are and-through sleep the-eyelids not are-joined but between
has ex albo oculorum aliquid apparet, neque id fluens
these of the-white of-the-eyes something appears nor that a-flowing
alvus expressit; eaedemque palpebrae pallent, et idem pallor
bowel has-pressed-out and-the-same eyelids pale and the-same pallor
labra et nares decolorat; eademque labra, et nares, oculique,
the-lips and nostrils discolors and-the-same lips and nostrils and-eyes
et palpebrae, et supercilia, aliquave ex his pervertuntur;
and eyelids and brows or-some of these are-distorted
isque propter imbecillitatem jam non audit, aut non videt.
and-he because-of weakness now not hears or not sees
Eadem mors denuntiatur, ubi aeger supinus cubat, eique
The-same death is-announced when the-sick-man on-his-back lies and-his
genua contracta sunt: ubi deorsum ad pedes subinde delabitur;
knees drawn-up are when downward to the-feet repeatedly he-slips
ubi brachia et crura nudat, et inaequaliter dispergit, neque
when arms and legs he-bares and unevenly scatters nor
iis calor subest; ubi hiat; ubi assidue dormit; ubi is, qui
in-them warmth lies-beneath when he-gapes when constantly he-sleeps when he who
mentis suae non est, neque id facere sanus solet, dentibus
of-mind his-own not is nor that to-do healthy is-wont with-the-teeth
stridet; ubi ulcus, quod aut ante, aut in ipso morbo natum
grinds when an-ulcer which either before or in the-very disease born
est, aridum, et aut pallidum, aut lividum factum est. Illa
has dry and either pale or livid become has Those

quoque mortis indicia sunt, ungues, digitique pallidi; frigidus
also of-death signs are nails and-fingers pale cold
spiritus; aut si manibus quis in febre, et acuto morbo, vel
breath or if with-the-hands one in fever and acute disease or
insania, pulmonisve dolore, vel capitis, in veste floccos legit,
madness or-of-the-lung pain or of-the-head on the-clothing tufts picks
fimbriasve diducit, vel in adjuncto pariete, si qua minuta
or-fringes pulls-apart or on the-adjoining wall if any small-things
eminent, carpit. Dolores etiam circa coxas et inferiores partes
project plucks Pains also about the-hips and lower parts
orti, si ad viscera transierunt, subitoque desierunt, mortem
arisen if to the-viscera they-have-passed and-suddenly have-ceased death
subesse testantur; magisque si alia quoque signa accesserunt.
to-be-near attest and-more if other also signs have-been-added
Neque is servari potest, qui sine ullo tumore febricitans,
Nor he to-be-saved can who without any swelling feverish
subito strangulatur, aut devorare salivam suam non potest;
suddenly is-strangled or to-swallow saliva his-own not can
cuive in eodem febris corporisque habitu cervix convertitur, sic
or-whose in the-same of-fever and-of-body condition the-neck is-twisted so
ut devorare aeque nihil possit; aut cui simul et continua
that to-swallow equally nothing he-can or in-whom at-once both continual
febris et ultima corporis infirmitas est; aut cui, febre
fever and the-utmost of-body weakness is or in-whom with-the-fever
non quiescente, exterior pars friget, interior sic calet, ut etiam
not resting the-outer part is-cold the-inner so is-hot that even
sitim faciat; aut qui, febre aeque non quiescente, simul et
thirst it-makes or who with-fever equally not resting at-once both
delirio et spirandi difficultate vexatur; aut qui, epoto
by-delirium and of-breathing by-difficulty is-troubled or who having-drunk
veratro, exceptus distentione nervorum est; aut qui ebrius
hellebore seized by-spasm of-the-sinews has-been or who drunk

obmutuit. Is enim fere nervorum distentione consumitur, nisi
has-gone-dumb He for generally of-the-sinews by-spasm is-carried-off unless
aut febris accessit, aut eo tempore, quo ebrietas solvi
either fever has-come-on or at-that time at-which drunkenness to-be-dissolved
debet, loqui coepit. Mulier quoque gravida acuto morbo
ought to-speak he-has-begun A-woman also pregnant by-acute disease
facile consumitur; et is, cui somnus dolorem auget; et
easily is-carried-off and he for-whom sleep the-pain increases and
cui protinus in recenti morbo bilis atra vel infra vel supra
in-whom at-once in a-fresh disease bile black either below or above
se ostendit; cuive alterutro modo se promsit, quum
itself shows or-in-whom in-either way itself has-brought-forth when
jam longo morbo corpus ejus esset extenuatum et affectum.
already by-a-long disease the-body his was thinned and impaired
Sputum etiam biliosum et purulentum, sive separatim
Spittle also bilious and purulent whether separately
ista, sive mixta proveniunt, interitus periculum ostendunt.
these or mixed come-forth of-death the-danger show
Ac si circa septimum diem tale esse coepit, proximum
And if about the-seventh day such to-be it-has-begun likeliest
est, ut is circa quartumdecimum decedat, nisi alia signa
it-is that he about the-fourteenth may-die unless other signs
meliora pejorave accesserint: quae, quo leviora graviorave
better or-worse shall-have-been-added which the lighter or-graver
subsequuta sunt, eo vel seriorem mortem, vel maturiorem
followed have the either later death or earlier
denuntiant. Sudor quoque frigidus in acuta febre pestifer est:
announce Sweat also cold in acute fever deadly is
atque in omni morbo vomitus, qui varius, et multorum
and in every disease vomit which varied and of-many
colorum est; praecipueque si malus in hoc odor est. Ac
colors is and-especially if bad in this smell is And

sanguinem quoque in febre vomuisse pestiferum est. Urina
blood also in fever to-have-vomited deadly is Urine
vero rubra et tenuis in magna cruditate esse consuevit; et
indeed red and thin in great indigestion to-be is-wont and
saepe, antequam spatio maturescat, hominem rapit: itaque,
often before in-time it-ripens the-man snatches-away and-so
si talis diutius permanet, periculum mortis ostendit. Pessima
if such longer it-remains danger of-death it-shows Worst
tamen est, praecipueque mortifera, nigra, crassa, mali odoris.
yet is and-especially deadly black thick of-bad smell
Atque in viris quidem et mulieribus talis deterrima est: in
And in men indeed and women such worst is in
pueris vero, quae tenuis et diluta est. Alvus quoque varia
boys indeed that-which thin and watery is The-bowel also varied
pestifera est, quae strigmentum, sanguinem, bilem, viride
deadly is which scrapings blood bile green
aliquid, modo diversis temporibus, modo simul, et in mixtura
something now at-different times now together and in mixture
quadam, discreta tamen, repraesentat. Sed haec quidem potest
a-certain distinct yet shows But this indeed can
paulo diutius trahere: in praecipiti vero jam esse denuntiat,
a-little longer to-drag-on on the-brink indeed now to-be announces
quae liquida, eademque vel nigra, vel pallida, vel pinguis
that-which liquid and-the-same either black or pale or greasy
est; utique si magna foeditas odoris accessit.
is especially if great foulness of-smell has-been-added
Illud interrogari me posse ab aliquo scio: si certa futurae
That to-be-asked me to-be-able by someone I-know if sure of-coming
mortis indicia sunt, quomodo interdum deserti a medicis
death signs there-are how sometimes abandoned by physicians
convalescant, quosdamque fama prodiderit in ipsis funeribus
they-recover and-some report has-recorded at the-very funerals

revixisse? Quin etiam vir jure magni nominis Democritus,
to-have-revived Nay even a-man by-right of-great name Democritus
ne finitae quidem vitae satis certas notas esse proposuit,
not of-finished even life sufficiently sure marks to-be has-maintained
quibus medici credidissent: adeo illud non reliquit, ut certa
which physicians had-believed so-far that not he-left that sure
aliqua signa futurae mortis essent. Adversus quos ne dicam
some signs of-coming death should-be Against whom not I-will-say
illud quidem, quod in vicino saepe quaedam notae positae,
that even that in nearness often certain signs placed
non bonos, sed imperitos medicos decipiunt; quod Asclepiades
not good but unskilled physicians deceive that Asclepiades
funeri obvius intellexit, quemdam vivere, qui efferebatur:
the-funeral meeting perceived a-certain-man to-live who was-being-carried-out
nec protinus crimen artis esse, si quod professoris sit;
nor at-once the-fault of-the-art to-be if any of-the-practitioner is
illa tamen moderatius subjiciam: conjecturalem artem esse
those-things yet more-moderately I-will-add conjectural an-art to-be
medicinam, rationemque conjecturae talem esse, ut quum
medicine and-the-nature of-conjecture such to-be that though
saepius aliquando responderit, interdum tamen fallat. Si quid
more-often sometimes it-has-answered sometimes yet it-deceive If anything
itaque vix in millesimo corpore aliquando decipit, id notam
and-so scarcely in a-thousandth body sometimes deceives that a-stigma
non habet, quum per innumerabiles homines respondeat.
not has since through countless men it-answers
Idque non in iis tantum, quae pestifera sunt, dico; sed in
And-this not in those only which deadly are I-say but in
iis quoque, quae salutaria. Siquidem etiam spes interdum
those also which healthful Since-indeed even hope sometimes
frustratur, et moritur aliquis, de quo medicus securus
is-deceived and dies someone about whom the-physician secure

primo fuit: quaeque medendi causa reperta sunt,
at-first was and-the-things-which of-healing for-the-sake found were
nonnumquam in pejus alicui convertunt. Neque id evitare
sometimes for the-worse for-someone turn Nor that to-avoid
humana imbecillitas in tanta varietate corporum potest. Sed
human weakness in such variety of-bodies can But
est tamen medicinae fides, quae multo saepius, perque
there-is yet of-medicine credit which much more-often and-through
multo plures aegros prodest. Neque tamen ignorare oportet,
much more sick helps Nor yet to-be-ignorant it-behooves
in acutis morbis fallaces magis notas esse et salutis et mortis.
in acute diseases deceptive more signs to-be both of-recovery and of-death

VII · SIGNS OF PARTICULAR DISEASES

Celsus gives the signs, before and during fevers, of what lies within or is coming: the marks of disease in liver, spleen, kidneys, bladder, and lung, of convulsions, madness, and stone, and what urine and sweat reveal. A hidden suppuration shows by a fever worse at night, hollow eyes, and curved nails.

Sed quum proposuerim signa, quae in omni adversa valetudine
But since I-have-set-forth signs which in every adverse health
communia esse consueverunt; eo quoque transibo, ut quas
common to-be have-been-wont to-this also I-will-pass that which
aliquis in singulis morborum generibus habere possit notas,
one in single of-diseases kinds to-have may signs
indicem. Quaedam autem sunt, quae ante febres, quaedam
I-may-point-out Certain however there-are which before fevers certain
quae inter eas, quid aut intus sit, aut venturum sit,
which amid them what either within is or going-to-come is
ostendunt. Ante febres, si caput grave est, aut ex somno
show Before fevers if the-head heavy is or after sleep

oculi caligant, aut frequentia sternutamenta sunt, circa caput
the-eyes are-dim or frequent sneezings there-are about the-head
aliquis pituitae impetus timeri potest. Si sanguis, aut calor
some of-phlegm onset to-be-feared can If blood or heat
abundat, proximum est, ut aliqua parte profluvium sanguinis
abounds likeliest it-is that in-some part a-flow of-blood
fiat. Si sine causa quis emacrescit, ne in malum habitum
occur If without cause someone grows-lean lest into a-bad habit
corpus ejus decidat, metus est. Si praecordia dolent, aut
the-body his fall fear there-is If the-praecordia ache or
inflatio gravis est, aut toto die non concocta fertur
flatulence heavy is or the-whole day not digested is-passed
urina, cruditatem esse manifestum est. Quibus diu color
the-urine indigestion to-be manifest it-is In-whom long the-color
sine morbo regio malus est, hi vel capitis doloribus
without the-disease royal bad is these either of-the-head with-pains
conflictantur, vel terram edunt. Qui diu habent faciem pallidam
are-afflicted or earth eat Who long have a-face pale
et tumidam, aut capite, aut visceribus, aut alvo laborant.
and swollen either in-the-head or the-viscera or the-bowel suffer
Si in continua febre puero venter nihil reddit, mutaturque ei
If in continual fever for-a-boy the-belly nothing returns and-is-changed his
color, neque somnus accedit, ploratque is assidue, metuenda
color nor sleep comes and-cries he constantly to-be-feared
nervorum distentio est. Frequens autem destillatio in corpore
of-the-sinews spasm is Frequent however catarrh in a-body
tenui longoque, tabem timendam esse testatur. Ubi pluribus
thin and-tall wasting to-be-feared to-be attests When for-several
diebus non descendit alvus, docet, aut subitam dejectionem,
days not passes the-bowel it-shows either a-sudden purging
aut febriculam instare. Ubi pedes turgent, longae dejectiones
or a-slight-fever to-be-impending When the-feet swell long purgings

sunt; ubi dolor in imo ventre et coxis est, aqua inter cutem
there-are when pain in the-lowest belly and hips is water between the-skin
instat; sed hoc morbi genus ab ilibus oriri solet. Idem
impends but this of-disease kind from the-flanks to-arise is-wont The-same
propositum periculum est iis, quibus voluntas desidendi est,
set-before danger is to-those in-whom a-desire of-going-to-stool is
venter nihil reddit, nisi et aegre et durum, tumor in
the-belly nothing returns except both with-difficulty and hard swelling in
pedibus est, idemque modo dextra, modo sinistra parte ventris,
the-feet is and-the-same now on-the-right now on-the-left side of-the-belly
invicem oritur atque finitur. Sed a iecinore id malum proficisci
in-turn arises and ends But from the-liver that evil to-set-out
videtur. Ejusdem morbi nota est, ubi circa umbilicum intestina
seems Of-the-same disease a-sign is when around the-navel the-intestines
torquentur, στρόφους Graeci nominant; coxaeque dolores
are-twisted strophous the-Greeks name and-of-the-hip pains
manent: eaque neque tempore, neque remediis solvuntur.
remain and-those neither by-time nor by-remedies are-relieved
Dolor autem articulorum, prout in pedibus, manibusve, aut
Pain however of-the-joints according-as in the-feet or-hands or
alia qualibet parte sic est, ut eo loco nervi contrahantur;
other any part so is that in-that place the-sinews are-contracted
aut si id membrum ex levi causa fatigatum, aeque frigido
or if that limb from slight cause wearied equally by-cold
calidoque offenditur, podagram, chiragramve, vel ejus articuli,
and-hot is-offended gout or-hand-gout or of-that joint
in quo id sentitur, morbum futurum esse denuntiat. Quibus
in which it is-felt the-disease going-to-be to-be announces In-whom
in pueritia sanguis ex naribus fluxit, dein fluere desiit, hi
in childhood blood from the-nostrils flowed then to-flow ceased these
vel capitis doloribus conflictentur necesse est, vel in articulis
either of-the-head with-pains be-afflicted necessary it-is or in the-joints

aliquas exulcerationes graves habeant, vel aliquo morbo etiam
some ulcerations grave have or by-some disease also
debilitentur. Quibus feminis menstrua non proveniunt, necesse
be-weakened In-which women the-menses not come necessary
est capitis acerbissimi dolores sint, vel quaelibet alia pars morbo
it-is of-the-head very-sharp pains be or any other part by-disease
infestetur. Eademque iis pericula sunt, quibus articulorum
be-troubled And-the-same for-those dangers are in-whom of-the-joints
dolores tumoresque, sine podagra similibusque morbis, oriuntur,
pains and-swellings without gout and-similar diseases arise
et desinunt: utique, si saepe tempora iisdem dolent, noctuque
and cease especially if often the-temples to-the-same ache and-by-night
corpora insudant. Si frons prurit, lippitudinis metus est. Si
the-bodies sweat If the-forehead itches of-inflamed-eyes fear there-is If
mulier a partu vehementes dolores habet, neque alia praeterea
a-woman after childbirth violent pains has nor other besides
signa mala sunt, circa vicesimum diem aut sanguis per nares
signs bad are about the-twentieth day either blood through the-nostrils
erumpet, aut in inferioribus partibus aliquid abscedet.
will-burst-out or in the-lower parts something will-form-an-abscess
Quicumque etiam dolorem ingentem circa tempora et
Whoever also pain huge about the-temples and
frontem habebit, is alterutra ratione eum finiet; magisque,
forehead shall-have he by-one-or-other means it will-end and-more
si juvenis erit, per sanguinis profusionem; si senior, per
if young he-will-be through of-blood outflow if older through
suppurationem. Febris autem quae subito sine ratione, sine
suppuration A-fever however which suddenly without reason without
bonis signis finita est, fere revertitur. Cui fauces sanguine
good signs ended has generally returns Whose throat with-blood
et interdiu et noctu replentur, sic, ut neque capitis dolores,
both by-day and by-night is-filled so that neither of-the-head pains

neque praecordiorum, neque tussis, neque vomitus, neque
nor of-the-praecordia nor cough nor vomiting nor
febricula praecesserit, hujus aut in naribus, aut in faucibus
slight-fever has-preceded of-him either in the-nostrils or in the-throat
ulcus reperietur. Si mulieri inguen et febricula orta est, neque
an-ulcer will-be-found If in-a-woman the-groin and a-slight-fever arisen has nor
causa apparet, ulcus in vulva est. Urina autem crassa, ex
cause appears an-ulcer in the-womb is Urine however thick from
qua quod desidit, album est, significat circa articulos, aut circa
which what settles white is signifies about the-joints or about
viscera dolorem, metumque morbi esse. Eadem viridis, aut
the-viscera pain and-fear of-disease to-be The-same green either
viscerum dolorem, tumoremque cum aliquo periculo subesse,
of-the-viscera pain and-swelling with some danger to-lie-beneath
aut certe corpus integrum non esse, testatur. At si sanguis
or at-least the-body sound not to-be attests But if blood
aut pus in urina est, vel vesica, vel renes exulcerati sunt.
or pus in the-urine is either the-bladder or the-kidneys ulcerated are
Si haec crassa carunculas quasdam exiguas quasi capillos
If this thick little-pieces-of-flesh certain tiny as-it-were hairs
habet, aut si bullat, et male olet, et interdum quasi arenam,
has or if it-bubbles and badly smells and sometimes as-it-were sand
interdum quasi sanguinem trahit, dolent autem coxae,
sometimes as-it-were blood draws ache however the-hips
quaeque inter has superque pubem sunt, et accedunt
and-the-parts-which between these and-above the-groin are and there-are-added
frequentes ructus, interdum vomitus biliosus, extremaeque
frequent belchings sometimes vomiting bilious and-the-extreme
partes frigescunt, urinae crebra cupiditas, sed magna difficultas
parts grow-cold of-urine frequent desire but great difficulty
est, et quod inde excretum est, aquae simile, vel rufum, vel
is and what thence excreted is to-water like either reddish or

pallidum est, paulum tamen in eo levamenti est, alvus vero
pale is a-little yet in it of-relief is the-bowel indeed
cum multo spiritu redditur, utique in renibus vitium est. At
with much wind is-returned at-all-events in the-kidneys the-fault is But
si paulatim destillat, vel si sanguis per hanc editur, et in eo
if little-by-little it-drips or if blood through it is-passed and in it
quaedam cruenta concreta sunt, idque ipsum cum difficultate
certain bloody clotted-things are and-that itself with difficulty
redditur, et circa pubem interiores partes dolent, in eadem
is-returned and about the-groin the-inner parts ache in the-same
vesica vitium est. Calculosi vero his indiciis cognoscuntur:
bladder the-fault is Those-with-stones indeed by-these signs are-recognized
difficulter urina redditur, paulatimque; interdum etiam sine
with-difficulty urine is-passed and-little-by-little sometimes even without
voluntate, destillat; eadem arenosa est; nonnumquam aut
will drips the-same sandy is sometimes either
sanguis, aut cruentum, aut purulentum aliquid cum ea
blood or bloody or purulent something with it
excernitur; eamque quidam promtius recti, quidam resupinati,
is-excreted and-it some more-readily upright some on-their-backs
maximeque ii, qui grandes calculos habent, quidam etiam
and-most those who large stones have some also
inclinati reddunt, colemque extendendo dolorem levant.
bent-forward pass and-the-penis by-stretching the-pain relieve
Gravitatis quoque cuiusdam in ea parte sensus est: atque
Of-heaviness also a-certain in that part a-feeling is and
ea cursu, omnique motu augentur. Quidam etiam,
these-things by-running and-every movement are-increased Some also
quum torquentur, pedes inter se, subinde mutatis vicibus,
when they-are-racked the-feet between themselves repeatedly with-changed turns
implicant. Feminae vero oras naturalium suorum manibus
entwine Women indeed the-edges of-private-parts their-own with-hands

admotis scabere crebro coguntur: nonnumquam, si digitum
applied to-scratch often are-compelled sometimes if a-finger
admoverunt, ubi vesicae cervicem is urget, calculum
they-have-applied where of-the-bladder the-neck it presses the-stone
sentiunt. At qui spumantem sanguinem exscreant, his
they-feel But those-who frothy blood cough-up for-these
in pulmone vitium est. Mulieri gravidae sine modo fusa
in the-lung the-fault is For-a-woman pregnant without measure a-flowing
alvus elidere partum potest. Eidem si lac ex mammis
bowel to-force-out the-offspring can For-the-same if milk from the-breasts
profluit, imbecillum est quod intus gerit: durae mammae,
flows weak is what within she-carries hard breasts
sanum illud esse, testantur. Frequens singultus, et praeter
healthy it to-be attest Frequent hiccup and beyond
consuetudinem continuus, jecur inflammatum esse significat.
custom continuous the-liver inflamed to-be signifies
Si tumores super ulcera subito esse desierunt, idque a tergo
If swellings upon ulcers suddenly to-be have-ceased and-that at the-back
incidit, vel distentio nervorum, vel rigor timeri potest:
happens either spasm of-the-sinews or rigidity to-be-feared can
at si a priore parte id evenit, vel lateris acutus dolor,
but if at the-front part that happens either of-the-side acute pain
vel insania exspectanda est; interdum etiam ejusmodi casum,
or madness to-be-expected is sometimes also of-this-kind a-mishap
quae tutissima inter haec est, profusio alvi sequitur.
that-which safest among these is a-flux of-the-bowel follows
Si ora venarum, sanguinem solita fundere, subito
If the-mouths of-the-veins blood accustomed to-pour suddenly
suppressa sunt, aut aqua inter cutem, aut tabes sequitur.
checked are either water between the-skin or wasting follows
Eadem tabes subit, si in lateris dolore orta suppuratio intra
The-same wasting comes-on if in of-the-side pain arisen a-suppuration within

quadraginta dies purgari non potuit. At si longa tristitia
forty days to-be-cleared not could But if long sadness
cum longo timore et vigilia est, atrae bilis morbus subest.
with long fear and wakefulness is of-black bile the-disease lies-beneath
Quibus saepe ex naribus fluit sanguis, his aut lienis
In-whom often from the-nostrils flows blood in-these either the-spleen
tumet, aut capitis dolores sunt; quos sequitur, ut quaedam
swells or of-the-head pains there-are which it-follows that certain-things
ante oculos tamquam imagines obversentur. At quibus magni
before the-eyes as-it-were images hover But in-whom large
lienes sunt, his gingivae malae sunt, et os olet, aut
spleens are in-these the-gums bad are and the-mouth smells or
sanguis aliqua parte prorumpit: quorum si nihil evenit, necesse
blood in-some part bursts-out of-which if nothing occurs necessary
est in cruribus mala ulcera, et ex his nigrae cicatrices fiant.
it-is on the-legs bad ulcers and from these black scars arise
Quibus causa doloris, neque sensus ejus est, his mens
In-whom a-cause of-pain nor feeling of-it is in-these the-mind
labat. Si in ventrem sanguis confluxit, ibi in pus vertitur.
totters If into the-belly blood has-flowed-together there into pus it-is-turned
Si a coxis, et ab inferioribus partibus dolor in pectus
If from the-hips and from the-lower parts pain into the-chest
transit, neque ullum signum malum accessit, suppurationis
passes nor any sign bad has-been-added of-suppuration
eo loco periculum est. Quibus sine febre aliqua parte
in-that place danger is In-whom without fever in-some part
dolor, aut prurigo, cum rubore et calore est, ibi aliquid
pain or itching with redness and heat is there something
suppurat. Urina quoque quae in homine sano parum liquida
suppurates Urine also which in a-man healthy too-little clear
est, circa aures futuram aliquam suppurationem esse denuntiat.
is about the-ears going-to-be some suppuration to-be announces

Haec vero, quum sine febre quoque vel latentium, vel
These-things indeed though without fever also either of-hidden or
futurarum rerum notas habeant, multo certiora sunt, ubi febris
of-future things signs they-have much surer are when fever
accessit; atque etiam aliorum morborum tum signa nascuntur.
has-come-on and also of-other diseases then signs arise
Ergo protinus insania timenda est, ubi expeditior alicujus,
Therefore at-once madness to-be-feared is when readier of-someone
quam sani fuit, sermo est, subitaque loquacitas orta est,
than when-healthy it-was the-speech is and-sudden talkativeness arisen has
et haec ipsa solito audacior: aut ubi raro quis et vehementer
and this itself than-usual bolder or when rarely one and violently
spirat, venasque concitatas habet, praecordiis duris et
breathes and-veins agitated has with-the-praecordia hard and
tumentibus. Oculorum quoque frequens motus, et in capitis
swelling Of-the-eyes also frequent movement and in of-the-head
dolore offusae oculis tenebrae; vel, nullo dolore substante,
pain spread-over the-eyes darkness or with-no pain present
somnus ereptus, continuataque nocte et die vigilia; vel
sleep snatched-away and-continued by-night and day wakefulness or
prostratum contra consuetudinem corpus in ventrem, sic ut
prostrate against custom the-body on the-belly so that
ipsius alvi dolor id non coegerit; item, robusto adhuc
of-the-very bowel pain it not has-forced likewise with-sturdy still
corpore, insolitus dentium stridor, insaniae signa sunt. Si
body unusual of-the-teeth grinding of-madness signs are If
quid etiam abscessit, et antequam suppuraret, manente
anything also has-formed-an-abscess and before it-suppurated remaining
adhuc febre, subsedit, periculum affert primum furoris, deinde
still the-fever has-subsided danger brings first of-frenzy then
interitus. Auris quoque dolor acutus, cum febre continua
of-death Of-the-ear also pain acute with fever continual

vehementique, saepe mentem turbat; et ex eo casu juniores
and-violent often the-mind disturbs and from that mishap the-younger
interdum intra septimum diem moriuntur; seniores tardius;
sometimes within the-seventh day die the-older more-slowly
quoniam neque aeque magnas febres experiuntur, neque aeque
since neither equally great fevers they-experience nor equally
insaniunt; ita sustinent, dum is affectus in pus vertatur.
rave so they-hold-out until that affection into pus be-turned
Suffusae quoque sanguine mulieris mammae, furorem venturum
Suffused also with-blood of-a-woman the-breasts frenzy going-to-come
esse testantur. Quibus autem longae febres sunt, his aut
to-be attest In-whom however long fevers are in-these either
abscessus aliqui, aut articulorum dolores erunt. Quorum
abscesses some or of-the-joints pains will-be In-whose
faucibus in febre illiditur spiritus, instat his nervorum
throat in fever is-dashed the-breath impends for-these of-the-sinews
distentio. Si angina subito finita est, in pulmonem id malum
spasm If quinsy suddenly ended has into the-lung that evil
transit; idque saepe intra septimum diem occidit: quod, nisi
passes and-that often within the-seventh day kills which unless
incidit, sequitur ut aliqua parte suppuret. Denique post alvi
it-befalls it-follows that in-some part it-suppurate Finally after of-the-bowel
longam resolutionem, tormina; post haec, intestinorum laevitas
long looseness gripes after these of-the-intestines smoothness
oritur; post nimias destillationes, tabes; post lateris dolorem,
arises after excessive catarrhs wasting after of-the-side pain
vitia pulmonum; post haec, insania; post magnos fervores
faults of-the-lungs after these madness after great fevers
corporis, nervorum rigor aut distentio; ubi caput vulneratum
of-the-body of-the-sinews rigidity or spasm when the-head wounded

est, delirium; ubi vigilia torsit, nervorum distentio; ubi
is delirium when wakefulness has-racked of-the-sinews spasm when
vehementer venae super ulcera moventur, sanguinis profluvium.
violently the-veins over ulcers are-moved of-blood a-flow
Suppuratio vero pluribus morbis excitatur; nam si longae
Suppuration indeed by-several diseases is-roused for if long
febres sine dolore, sine manifesta causa remanent, in
fevers without pain without manifest cause remain upon
aliquam partem id malum incumbit; in junioribus tamen:
some part that evil falls in the-younger yet
nam in senioribus ex ejusmodi morbo quartana fere
for in the-older from such disease a-quartan generally
nascitur. Eadem suppuratio fit, si praecordia dura, dolentia
arises The-same suppuration occurs if the-praecordia hard aching
ante vicesimum diem hominem non sustulerunt, neque sanguis
before the-twentieth day the-man not have-carried-off nor blood
ex naribus fluxit, maximeque in adolescentibus; utique si
from the-nostrils has-flowed and-most in youths especially if
inter principia aut oculorum caligo, aut capitis dolores
at the-beginnings either of-the-eyes dimness or of-the-head pains
fuerunt: sed tum in inferioribus partibus aliquid abscedit;
there-were but then in the-lower parts something forms-an-abscess
aut si praecordia tumorem mollem habent, neque habere intra
or if the-praecordia a-swelling soft has nor to-have within
sexaginta dies desinunt, haeretque per omne id tempus
sixty days cease and-clings through all that time
febris: sed tum in superioribus partibus fit abscessus; ac si
the-fever but then in the-upper parts occurs the-abscess and if
inter ipsa viscera non fit, circa aures erumpit. Quumque
amid the-very viscera not it-occurs about the-ears it-bursts-out And-since
omnis longus tumor ad suppurationem fere spectet,
every long swelling toward suppuration generally looks

magis eo tendit is, qui in praecordiis, quam is, qui in
more thither tends that which in the-praecordia than that which in
ventre est; is, qui supra umbilicum, quam is, qui infra est.
the-belly is that which above the-navel than that which below is
Si lassitudinis etiam sensus in febre est, vel in maxillis, vel
If of-weariness also a-feeling in fever is either in the-jaws or
in articulis aliquid abscedit. Interdum quoque urina tenuis
in the-joints something forms-an-abscess Sometimes also urine thin
et cruda sic diu fertur, ut alia salutaria signa sint; exque
and raw so long is-passed though other healthful signs are and-from
eo casu plerumque infra transversum septum fit abscessus.
that case mostly below the-transverse partition occurs an-abscess
Dolor etiam pulmonis, si neque per sputa, neque per
Pain also of-the-lung if neither through sputum nor through
sanguinis detractionem, neque per victus rationem finitus est,
of-blood letting nor through of-diet regimen ended has
vomicas aliquas intus excitat, aut circa vicesimum diem, aut
abscesses some within rouses either about the-twentieth day or
circa tricesimum, aut circa quadragesimum, nonnumquam etiam
about the-thirtieth or about the-fortieth sometimes even
circa sexagesimum. Numerabimus autem ab eo die, quo
about the-sixtieth We-shall-count however from that day on-which
primum febricitavit aliquis, aut inhorruit, aut gravitatem ejus
first had-fever one or shivered or heaviness of-that
partis sensit. Sed hae vomicae modo a pulmone, modo a
part felt But these abscesses now from the-lung now from
contraria parte nascuntur. Quod suppurat, ab ea parte, quam
the-opposite part arise What suppurates on that side which
afficit, dolorem inflammationemque concitat; ipsum calidius
it-affects pain and-inflammation rouses itself hotter
est; et si in partem sanam aliquis decubuit, onerare eam ex
is and if on the-side sound one has-lain-down to-burden it from

pondere aliquo videtur. Omnis etiam suppuratio, quae nondum
weight some seems Every also suppuration which not-yet
oculis patet, sic deprehendi potest: si febris non dimittit,
to-the-eyes lies-open so to-be-detected can if the-fever not lets-go
eaque interdiu levior est, noctu increscit; multus sudor oritur;
and-it by-day lighter is by-night increases much sweat arises
cupiditas tussiendi est, et paene nihil in tussi exscreatur;
a-desire of-coughing is and almost nothing in the-cough is-coughed-up
oculi cavi sunt; malae rubent; venae sub lingua inalbescunt;
the-eyes hollow are the-cheeks redden the-veins under the-tongue whiten
in manibus fiunt adunci ungues; digiti, maximeque summi,
on the-hands become hooked the-nails the-fingers and-most the-tips
calent; in pedibus tumores sunt; spiritus difficilius
are-hot in the-feet swellings are the-breath with-more-difficulty
trahitur; cibi fastidium est; pustulae toto corpore
is-drawn of-food loathing is pustules over-the-whole body
oriuntur. Quod si protinus initio dolor et tussis fuit,
arise But if at-once at-the-beginning pain and cough was
et spiritus difficultas, vomica vel ante, vel circa vicesimum
and of-breath difficulty the-abscess either before or about the-twentieth
diem erumpet: si serius ista coeperint, necesse est quidem
day will-burst if later these-things have-begun necessary it-is indeed
increscant; sed quo minus cito affecerint, eo tardius
they-increase but the less quickly they-have-affected the more-slowly
solventur. Solent etiam in gravi morbo pedes cum digitis
they-will-be-relieved Are-wont also in grave disease the-feet with toes
unguibusque nigrescere: quod si non est mors consequuta,
and-nails to-blacken but if not has death followed
et reliquum corpus invaluit, pedes tamen decidunt.
and the-rest-of the-body has-grown-strong the-feet yet fall-off

For each kind of disease Celsus gives the signs of hope or danger, in bladder, lung, and liver, in phthisis, fevers, dropsy, jaundice, dysentery, convulsions, and paralysis, and adds omens: a man cut down from hanging with foam at the mouth does not revive, and sudden black stools are deadly.

Sequitur, ut in quoque morbi genere proprias notas explicem,
It-follows that in each of-disease kind the-proper signs I-set-out
quae vel spem, vel periculum ostendant. Ex vesica
which either hope or danger show From the-bladder
dolenti, si purulenta urina processit, inque ea laeve
aching if purulent urine has-come and-in it something-smooth
et album subsedit, metum detrahit. In pulmonis morbo,
and white has-settled fear it-removes In of-the-lung disease
si sputo ipse levatur dolor, quamvis id purulentum est,
if by-sputum itself is-relieved the-pain although that purulent is
tamen aeger facile spirat, facile excreat, morbum ipsum
yet the-sick-man easily breathes easily coughs-up the-disease itself
non difficulter fert, potest ei secunda valetudo contingere.
not with-difficulty bears can to-him good health to-befall
Neque inter initia terreri convenit, si protinus sputum
Nor at the-beginnings to-be-frightened it-suits if at-once the-sputum
mixtum est rufo quodam, et sanguine, dummodo statim
mixed is with-reddish something and with-blood provided-that at-once
edatur. Laterum dolores, suppuratione facta, deinde intra
it-be-brought-up Of-the-sides pains suppuration made then within
quadragesimum diem purgata, finiuntur. Si in jecinore vomica
the-fortieth day cleared are-ended If in the-liver an-abscess
est, et ex ea fertur pus purum et album, salus facilis:
is and from it is-carried pus pure and white recovery easy

id enim malum in tunica est. Ex suppurationibus vero
that for evil in the-membrane is Of suppurations indeed
eae tolerabiles sunt, quae in exteriorem partem feruntur, et
those tolerable are which to the-outer part are-carried and
acuuntur: et ex iis quae intus procedunt, eae leviores, quae
come-to-a-point and of those which within proceed those lighter which
contra se cutem non afficiunt, eamque et sine dolore,
over themselves the-skin not affect and-it both without pain
et ejusdem coloris, cujus reliquae partes sunt, sinunt esse.
and of-the-same color as the-other parts are allow to-be
Pus quoque, quacumque parte erumpit, si est laeve, album,
Pus also in-whatever part it-bursts-out if it-is smooth white
et unius coloris, sine ullo metu est; et, quo effuso, febris
and of-one color without any fear is and which poured-out the-fever
protinus conquievit, desieruntque urgere cibi fastidium et
at-once has-rested and-have-ceased to-press of-food loathing and
potionis desiderium. Si quando etiam suppuratio descendit
of-drink desire If ever also suppuration descends
in crura, sputumque factum pro rufo purulentum est,
into the-legs and-the-sputum become instead-of reddish purulent has
periculi minus est. At in tabe ejus, qui salvus futurus
of-danger less is But in wasting of-him who saved going-to-be
est, sputum esse debet album, aequale totum, ejusdemque
is the-sputum to-be ought white even whole and-of-the-same
coloris, sine pituita; eique etiam simile esse oportet, si
color without phlegm and-to-it also like to-be it-behooves if
quid in nares a capite destillat. Longe optimum est,
anything into the-nostrils from the-head drips By-far best it-is
febrem omnino non esse; secundum est, tantulam esse, ut
fever at-all not to-be second is so-slight to-be that
neque cibum impediat, neque crebram sitim faciat. Alvus
neither food it-hinders nor frequent thirst it-makes The-bowel

in hac valetudine ea tuta est, quae quotidie coacta, eaque
in this illness that safe is which daily compacted and-that
convenientia iis, quae assumuntur, reddit; corpus id,
suited to-those-things which are-taken returns a-body that
quod minime tenue, maximeque lati pectoris atque setosi
which least thin and-most of-broad chest and hairy
est, cujusque cartilago exigua et carnosa est. Super tabem,
is and-whose cartilage small and fleshy is On-top-of wasting
si mulieri suppressa quoque menstrua fuerunt, et circa
if in-a-woman suppressed also the-menses have-been and about
pectus atque scapulas dolor mansit, subitoque sanguis
the-chest and shoulder-blades pain has-remained and-suddenly blood
erupit, levari morbus solet: nam et tussis minuitur, et
has-burst-out to-be-relieved the-disease is-wont for both the-cough is-lessened and
sitis atque febricula desinunt; sed iisdem fere, nisi redit
thirst and slight-fever cease but to-the-same generally unless returns
sanguis, vomica erumpit; quae quo cruentior, eo melior est.
the-blood an-abscess bursts which the bloodier the better is
Aqua autem inter cutem minime terribilis est, quae nullo
Water however between the-skin least terrible is which with-no
antecedente morbo coepit; deinde, quae longo morbo
preceding disease has-begun then that-which on-a-long disease
supervenit: utique si firma viscera sunt; si spiritus facilis;
supervenes especially if firm the-viscera are if the-breath easy
si nullus dolor; si sine calore corpus est, aequaliterque in
if no pain if without heat the-body is and-evenly in
extremis partibus macrum est; si venter mollis; si nulla tussis;
the-extreme parts lean is if the-belly soft if no cough
nulla sitis; si lingua, ne per somnum quidem inarescit; si
no thirst if the-tongue not through sleep even dries if
cibi cupiditas est; si venter medicamentis movetur; si per
of-food desire is if the-belly by-medicaments is-moved if by

se excernit mollia et figurata; si extenuatur; si urina, et
itself it-excretes soft and formed-things if it-is-thinned if the-urine both
vini mutatione, et epotis aliquibus medicamentis, mutatur;
of-wine by-change and by-drunk some medicaments is-changed
si corpus sine lassitudine est, et morbum facile sustinet:
if the-body without weariness is and the-disease easily bears
siquidem in quo omnia haec sunt, is ex toto tutus est;
since-indeed in whom all these are he from the-whole safe is
in quo plura ex his sunt, is in bona spe est. Articulorum
in whom more of these are he in good hope is Of-the-joints
vero vitia, ut podagrae chiragraeque, si juvenes tentarunt,
indeed faults as of-gout and-hand-gout if the-young they-have-attacked
neque callum induxerunt, solvi possunt: maximeque
nor a-callus have-brought-on to-be-dissolved can and-most
torminibus leniuntur, et quocumque modo venter fluit.
by-gripes are-relieved and in-whatever way the-belly flows
Item morbus comitialis ante pubertatem ortus, non aegre
Likewise the-disease comitial before puberty arisen not with-difficulty
finitur: et in quo ab una parte corporis venientis accessionis
is-ended and in which from one part of-the-body of-the-coming onset
sensus incipit, optimum est a manibus pedibusve initium
the-feeling begins best it-is from the-hands or-feet the-beginning
fieri; deinde a lateribus; pessimum inter haec a capite.
to-be-made then from the-sides worst among these from the-head
Atque in his quoque ea maxime prosunt, quae per
And in these also those-things most help which through
dejectiones excernuntur. Ipsa autem dejectio sine ulla noxa
purgings are-excreted The-very however purging without any harm
est, quae sine febre est; si celeriter desinit; si contrectato
is which without fever is if quickly it-ceases if with-handled
ventre nullus motus ejus sentitur; si extremam alvum spiritus
belly no movement of-it is-felt if the-end-of the-stool wind

sequitur. Ac ne tormina quidem periculosa sunt, si sanguis
follows And not gripes even dangerous are if blood
et strigmenta descendunt, dum febris ceteraeque accessiones
and scrapings pass-down provided fever and-the-other accessions
hujus morbi absint: adeo ut etiam gravida mulier, non
of-this disease be-absent so-far that even a-pregnant woman not
solum servari possit, sed etiam partum reservare. Prodestque
only to-be-saved can but also the-offspring to-keep And-it-helps
in hoc morbo, si jam aetate aliquis processit. Contra
in this disease if already in-age one has-advanced On-the-other-hand
intestinorum laevitas facilius a teneris aetatibus depellitur;
of-the-intestines smoothness more-easily from tender ages is-driven-off
utique si ferri urina, et ali cibo corpus incipit.
especially if to-be-passed urine and to-be-nourished by-food the-body begins
Eadem aetas prodest, et in coxae dolore, et humerorum,
The-same age helps both in of-the-hip pain and of-the-shoulders
et in omni resolutione nervorum.
and in every relaxation of-the-sinews
Ex quibus coxa, si sine torpore est, si leviter friget, quamvis
Of which the-hip if without numbness is if slightly is-cold although
magnos dolores habet, tamen et facile, et mature sanatur:
great pains it-has yet both easily and early is-healed
resolutumque membrum, si nihilominus alitur, fieri
and-a-paralyzed limb if nonetheless it-is-nourished to-become
sanum potest. Oris resolutio etiam alvo cita finitur.
sound can Of-the-mouth paralysis also by-a-bowel quick is-ended
Omnisque dejectio lippienti prodest. At varix ortus, vel
And-every purging the-blear-eyed helps But a-varicose-vein arisen or
per ora venarum subita profusio sanguinis, vel tormina,
through the-mouths of-the-veins sudden outflow of-blood or gripes
insaniam tollunt. Humerorum dolores, qui ad scapulas vel
madness remove Of-the-shoulders pains which to the-shoulder-blades or

manus tendunt, vomitu atrae bilis solvuntur: et quisquis dolor
hands extend by-vomiting of-black bile are-relieved and whatever pain
deorsum tendit, sanabilior est. Singultus sternutamento finitur.
downward tends more-curable is Hiccup by-sneezing is-ended
Longas dejectiones supprimit vomitus. Mulier sanguinem
Long purgings checks vomiting A-woman blood
vomens, profusis menstruis, liberatur. Quae menstruis non
vomiting by-flowing menses is-freed She-who by-menses not
purgatur, si sanguinem ex naribus fudit, omni periculo
is-purged if blood from the-nostrils has-poured of-all danger
vacat. Quae locis laborat, aut difficulter partum edit,
is-free She-who in-the-womb suffers or with-difficulty the-offspring brings-forth
sternutamento levatur. Aestiva quartana fere brevis est. Cui
by-sneezing is-relieved A-summer quartan generally short is In-whom
calor et tremor est, saluti delirium est. Lienosis bono
heat and trembling is for-safety delirium is To-the-splenetic for-good
tormina sunt. Denique ipsa febris, quod maxime mirum videri
gripes are Finally the-very fever which most wonderful to-seem
potest, saepe praesidio est; nam et praecordiorum dolores, si
can often for-a-defense is for both of-the-praecordia pains if
sine inflammatione sunt, finit; et jecinoris dolori succurrit;
without inflammation they-are it-ends and of-the-liver to-the-pain brings-help
et nervorum distentionem rigoremque, si postea coepit, ex
and of-the-sinews spasm and-rigidity if afterward it-has-begun from
toto tollit; et ex difficultate urinae morbum tenuioris
the-whole removes and from difficulty of-urine the-disease of-the-thinner
intestini ortum, si urinam per calorem movet, levat.
intestine arisen if urine through heat it-stirs relieves
At dolores capitis, quibus oculorum caligo, et rubor cum
But pains of-the-head to-which of-the-eyes dimness and redness with
quadam frontis prurigine accedunt, sanguinis profusione, vel
a-certain of-the-forehead itching are-added of-blood by-outflow either

fortuita, vel etiam petita submoventur. Si capitis ac frontis
chance or even sought are-removed If of-the-head and of-the-forehead
dolores ex vento, vel frigore, aut aestu sunt, gravedine et
pains from wind or cold or heat are by-a-cold and
sternutamentis finiuntur. Febrem autem ardentem, quam Graeci
sneezings are-ended The-fever however burning which the-Greeks
καυσώδη vocant, subitus horror exsolvit. Si in febre aures
causode call sudden shivering dissolves If in fever the-ears
obtusae sunt, si sanguis e naribus fluxit, aut venter resolutus
dull are if blood from the-nostrils has-flowed or the-belly loosened
est, illud malum desinit ex toto. Nihil plus adversus
is that evil ceases from the-whole Nothing more against
surditatem, quam biliosa alvus potest. Quibus in fistula urinae
deafness than a-bilious bowel can In-whom in the-channel of-urine
minuti abscessus, quos φύματα Graeci vocant, esse coeperunt,
tiny abscesses which phymata the-Greeks call to-be have-begun
iis, ubi pus ea parte profluxit, sanitas redditur. Ex
to-them when pus by-that part has-flowed-out health is-restored Of
quibus quum pleraque per se proveniant, scire licet,
which since most by themselves come-about to-know it-is-allowed
inter ea quoque, quae ars adhibet, naturam plurimum posse.
among those also which art applies nature most to-be-able
Contra, si vesica cum febre continenti dolet, neque venter
On-the-other-hand if the-bladder with fever continuous aches nor the-belly
quidquam reddit, malum atque mortiferum est; maximeque id
anything returns bad and deadly it-is and-most that
periculum est pueris a septimo anno ad quartumdecimum.
danger is for-boys from the-seventh year to the-fourteenth
In pulmonis morbo, si sputum primis diebus non fuit, deinde
In of-the-lung disease if sputum on-the-first days not was then
a septimo die coepit, et ultra septimum mansit, periculosum
from the-seventh day it-began and beyond the-seventh remained dangerous

est; quantoque magis mixtos, neque inter se diductos
it-is and-by-how-much more mixed nor from each-other separated
colores habet, tanto deterius. Et tamen nihil pejus est, quam
colors it-has by-so-much worse And yet nothing worse is than
sincerum id edi, sive rufum est, sive cruentum, sive
unmixed it to-be-brought-up whether reddish it-is or bloody or
album, sive glutinosum, sive pallidum, sive spumans: nigrum
white or sticky or pale or frothy black
tamen pessimum est. In eodem morbo periculosa sunt tussis,
yet worst is In the-same disease dangerous are cough
destillatio; etiam, quod alias salutare habetur, sternutamentum:
catarrh even what elsewhere healthful is-held sneezing
periculosissimumque est, si haec sequuta subita dejectio est.
and-most-dangerous it-is if these followed a-sudden purging has
Fere vero quae in pulmonis, eadem in lateris doloribus, et
Generally indeed which in of-the-lung the-same in of-the-side pains both
mitiora signa, et asperiora esse consuerunt. Ex jecinore si pus
the-milder signs and the-harsher to-be have-been-wont From the-liver if pus
cruentum exit, mortiferum est. At ex suppurationibus eae
bloody comes-out deadly it-is But of suppurations those
pessimae sunt, quae intus tendunt, sic ut exteriorem quoque
worst are which inward tend so that the-outer also
cutem decolorent: ex iis deinde, quae in exteriorem partem
skin they-discolor of those then which to the-outer part
prorumpunt, quae maximae, quaeque planissimae sunt.
burst-out those-which largest and-which flattest are
Quod si, ne rupta quidem vomica, vel pure extrinsecus emisso,
But if not burst even the-abscess or the-pus outward let-out
febris quievit, aut quamvis quieverit, tamen repetit; item si
the-fever has-rested or although it-has-rested yet returns likewise if
sitis est, si cibi fastidium, si venter liquidus, si pus est
thirst is if of-food loathing if the-belly liquid if the-pus is

lividum et pallidum, si nihil aeger excreat nisi pituitam
livid and pale if nothing the-sick-man coughs-up but phlegm
spumantem, periculum certum est. Atque ex iis quidem
frothy danger certain is And from those indeed
suppurationibus, quas pulmonum morbi concitarunt, fere
suppurations which of-the-lungs diseases have-roused generally
senes moriuntur: ex ceteris juniores. At in tabe sputum
old-men die from the-rest the-younger But in wasting sputum
mixtum purulentum, febris assidua, quae et cibi tempora
mixed purulent fever constant which both of-food the-times
eripit, et siti affligit, in corpore tenui periculum
snatches-away and with-thirst afflicts in a-body thin danger
subesse testantur. Si quis etiam in eo morbo diutius
to-lie-beneath attest If anyone also in that disease longer
traxit, ubi capilli fluunt; ubi urina quaedam araneis
has-dragged-on when the-hairs fall when the-urine certain to-spiderwebs
similia subsidentia ostendit, atque in sputis odor foedus est;
like sediments shows and in the-sputa smell foul is
maximeque ubi post haec orta dejectio est, protinus moritur:
and-most when after these arisen purging has at-once he-dies
utique si tempus autumni est, quo fere, qui cetera
especially if the-time of-autumn is in-which generally those-who for-the-other
parte anni traxerunt, resolvuntur. Item pus expuisse in
part of-the-year have-dragged-on are-released Likewise pus to-have-spat-up in
hoc morbo, deinde ex toto spuere desiisse, mortiferum est.
this disease then from the-whole to-spit to-have-ceased deadly is
Solet etiam in adolescentibus is morbus ex vomica fistulave
Is-wont also in youths that disease from an-abscess or-fistula
oriri: qui non facile sanescunt, nisi si multa signa bonae
to-arise who not easily recover unless if many signs of-good
valetudinis subsequuta sunt. Ex reliquis vero minime facile
health followed have Of the-rest indeed least easily

sanantur virgines, aut eae mulieres, quibus super tabem
are-healed virgins or those women in-whom on-top-of wasting
menstrua suppressa sunt. Cui vero sano subitus dolor
the-menses suppressed are To-whom indeed healthy a-sudden pain
capitis ortus est, dein somnus oppressit, sic ut stertat,
of-the-head arisen has then sleep has-overwhelmed so that he-snores
neque expergiscatur, intra septimum diem pereundum est;
nor wakes within the-seventh day to-be-perished is
magis si, cum alvus cita non antecesserit, palpebrae dormientis
more if when the-bowel quick not has-preceded the-eyelids of-the-sleeper
non coeunt, sed album oculorum apparet. Quos tamen ita
not meet but the-white of-the-eyes appears Whom yet so
mors sequitur, si id malum non est febre discussum. At
death follows if that evil not has by-fever dispersed But
aqua inter cutem, si ex acuto morbo coepit, ad sanitatem
water between the-skin if from acute disease it-began to health
raro perducitur: utique si contraria iis, quae supra
rarely is-brought especially if contrary to-those-things which above
posita sunt, subsequuntur. Aeque in ea quoque tussis spem
set-down are follow Equally in it also cough hope
tollit: item, si sanguis sursum deorsumque erupit, et aqua
removes likewise if blood upward and-downward has-burst-out and water
medium corpus implevit. Quibusdam etiam in hoc morbo
the-middle body has-filled In-some also in this disease
tumores oriuntur, deinde desinunt, deinde rursus assurgunt.
swellings arise then cease then again rise
Hi tutiores quidem sunt, quam qui supra comprehensi
These safer indeed are than those-who above included
sunt, si attendunt; sed fere fiducia secundae valetudinis
are if they-take-heed but generally by-confidence of-good health
opprimuntur. Illud jure aliquis mirabitur, quomodo quaedam
are-overwhelmed That rightly someone will-wonder-at how certain-things

simul et affligant nostra corpora, et parte aliqua tueantur.
at-once both afflict our bodies and in-part some protect
Nam, sive aqua inter cutem quem implevit, sive in magno
For whether water between the-skin whom has-filled or in a-great
abscessu multum puris coiit, simul id omne effudisse,
abscess much of-pus has-gathered at-once that all to-have-poured-out
aeque mortiferum est, ac si quis sani corporis vulnere
equally deadly is as if someone of-sound body by-a-wound
factus exsanguis est. Articuli vero cui sic dolent, ut super
made bloodless is The-joints indeed whose so ache that upon
eos ex callo quaedam tubercula innata sint, numquam
them from callus certain swellings grown are never
liberantur: quaeque eorum vitia vel in senectute coeperunt,
are-freed and-whatever of-them faults either in old-age have-begun
vel in senectutem ab adolescentia pervenerunt, ut aliquando
or into old-age from youth have-come as sometimes
leniri possunt, sic numquam ex toto finiuntur. Morbus
to-be-eased they-can so never from the-whole are-ended The-disease
quoque comitialis post annum quintum et vicesimum ortus
also comitial after the-year fifth and twentieth arisen
aegre curatur; multoque aegrius is, qui post
with-difficulty is-cured and-much with-more-difficulty that which after
quadragesimum annum coepit; adeo ut in ea aetate aliquid
the-fortieth year has-begun so-far that in that age something
in natura spei, vix quidquam in medicina sit.
in nature of-hope scarcely anything in medicine there-be
In eodem morbo, si simul totum corpus afficitur, neque ante
In the-same disease if at-once the-whole body is-affected nor before
in partibus aliquis venientis mali sensus est, sed homo ex
in the-parts any of-the-coming evil feeling is but the-man from
improviso concidit, cujuscumque is aetatis est, vix sanescit:
the-unforeseen collapses of-whatever he age is scarcely recovers

si vero aut mens laesa est, aut nervorum facta resolutio,
if indeed either the-mind injured is or of-the-sinews made relaxation
medicinae locus non est. Dejectionibus quoque si febris
for-medicine place not is To-purgings also if fever
accessit; si inflammatio jecinoris, aut praecordiorum, aut
has-been-added if inflammation of-the-liver or of-the-praecordia or
ventris; si immodica sitis; si longius tempus; si alvus varia;
of-the-belly if immoderate thirst if longer time if the-bowel varied
si cum dolore est, etiam mortis periculum subest: maximeque
if with pain it-is even of-death danger lies-beneath and-most
si inter haec tormina esse coeperunt. Isque morbus maxime
if amid these gripes to-be have-begun And-that disease most
pueros absumit usque ad annum decimum: ceterae aetates
boys carries-off up to the-year tenth the-other ages
facilius sustinent. Mulier quoque gravida ejusmodi casu
more-easily bear A-woman also pregnant by-such a-mishap
rapi potest; atque etiamsi ipsa convaluit, partum
to-be-snatched-away can and even-if she-herself has-recovered the-offspring
tamen perdit. Quin etiam tormina ab atra bile orsa mortifera
yet she-loses Nay also gripes from black bile begun deadly
sunt; aut si sub his, extenuato jam corpore, subito nigra
are or if under these with-thinned already body suddenly a-black
alvus profluxit. At intestinorum laevitas periculosior est, si
bowel has-flowed But of-the-intestines smoothness more-dangerous is if
frequens dejectio est; si venter omnibus horis et cum sono,
frequent purging is if the-belly at-all hours both with sound
et sine hoc profluit; si similiter noctu et interdiu; si quod
and without it flows if likewise by-night and by-day if what
excernitur, aut crudum est, aut nigrum, et, praeter id, etiam
is-excreted either raw is or black and besides that also
laeve, et mali odoris; si sitis urget; si post potionem urina
smooth and of-bad smell if thirst presses if after drink urine

non redditur (quod evenit, quia tunc liquor omnis non in
not is-passed which happens because then the-liquid all not into
vesicam, sed in intestina descendit); si os exulceratur, si
the-bladder but into the-intestines descends if the-mouth is-ulcerated if
rubet facies, et quasi maculis quibusdam colorum omnium
reddens the-face and as-it-were with-spots certain of-colors all
distinguitur; si venter est quasi fermentatus, pinguis atque
is-marked if the-belly is as-it-were leavened greasy and
rugosus; si cibi et cupiditas non est.
wrinkled if of-food even desire not is
Inter quae quum evidens mors sit, multo evidentior est, si
Among which though evident death is much more-evident is if
jam longum quoque id vitium est; maximeque si etiam in
already long also that fault is and-most if also in
corpore senili est. Si vero in tenuiore intestino morbus est,
a-body aged it-is If indeed in the-thinner intestine the-disease is
vomitus, singultus, nervorum distentio, delirium, mala sunt.
vomiting hiccup of-the-sinews spasm delirium bad are
At in morbo arquato, durum fieri jecur, perniciosissimum
But in the-disease jaundice hard to-become the-liver most-pernicious
est. Quos lienis male habet, si tormina prehenderunt, deinde
is Whom the-spleen badly afflicts if gripes have-seized then
versa sunt vel in aquam inter cutem, vel in intestinorum
turned have either into water between the-skin or into of-the-intestines
laevitatem, vix ulla medicina periculo subtrahit. Morbus
smoothness scarcely any medicine from-danger draws-away The-disease
intestini tenuioris, nisi resolutus est intra septimum
of-the-intestine thinner unless relieved it-has-been within the-seventh
diem, occidit. Mulier ex partu, si cum febre vehementibus
day kills A-woman after childbirth if with fever by-violent
etiam et assiduis capitis doloribus premitur, in periculo
also and constant of-the-head pains is-pressed in danger

mortis est. Si dolor atque inflammatio est in iis partibus,
of-death is If pain and inflammation is in those parts
quibus viscera continentur, frequenter spirare, signum malum
by-which the-viscera are-contained frequently to-breathe a-sign bad
est. Si sine causa longus dolor capitis est, et in cervices
is If without cause long pain of-the-head is and into the-neck
ac scapulas transit, rursusque in caput revertitur, aut
and shoulder-blades passes and-again into the-head returns or
a capite ad cervices scapulasque pervenit, perniciosus est:
from the-head to the-neck and-shoulder-blades comes pernicious it-is
nisi vomicam aliquam excitavit, sic ut pus extussiretur; aut
unless an-abscess some it-has-roused so that pus be-coughed-out or
nisi sanguis ex aliqua parte prorupit; aut nisi in capite
unless blood from some part has-burst-out or unless on the-head
multa porrigo, totove corpore pusulae ortae sunt.
much scurf or-on-the-whole body pustules arisen have
Aeque magnum malum est, ubi torpor atque prurigo
Equally great evil it-is when numbness and itching
pervagantur, modo per totum caput, modo in parte; aut
spread-about now through the-whole head now in part or
sensus alicujus ibi quasi frigoris est, eaque ad summam
a-feeling of-some there as-it-were of-cold is and-they to the-tip-of
quoque linguam perveniunt. Et quum in iisdem abscessibus
also the-tongue come And since in the-same abscesses
auxilium sit, eo difficilior sanitas est, quo minus saepe sub his
help is the more-difficult recovery is the less often under these
malis illi subsequuntur. In coxae vero doloribus, si vehemens
evils those follow In of-the-hip indeed pains if violent
torpor est, frigescitque crus et coxa; alvus nisi coacta non
numbness is and-grows-cold the-leg and hip the-bowel unless forced not
reddit, idque quod excernitur, mucosum est; jamque aetas
returns and-that which is-excreted slimy is and-already the-age

ejus hominis quadragesimum annum excessit; is morbus erit
of-that man the-fortieth year has-passed that disease will-be
longissimus, minimeque annuus; neque finiri poterit, nisi
very-long and-least a-year's nor to-be-ended will-be-able unless
aut vere, aut aestate. Difficilis aeque curatio est in eadem
either in-spring or in-summer Difficult equally the-treatment is in the-same
aetate, ubi humerorum dolor vel ad manus pervenit, vel ad
age when of-the-shoulders pain either to the-hands comes or to
scapulas tendit, torporemque et dolorem creat, neque bilis
the-shoulder-blades extends and-numbness and pain creates nor of-bile
vomitu levatur. Quacumque vero parte corporis membrum
by-vomiting is-relieved In-whatever indeed part of-the-body a-limb
aliquod resolutum est, si neque movetur, et emacrescit,
some paralyzed is if neither it-is-moved and it-wastes
in pristinum habitum non revertitur; eoque minus, quo
into the-former condition not returns and-the less the
vetustius id vitium est, et quo magis in corpore senili est.
older that fault is and the more in a-body aged it-is
Omnique resolutioni nervorum ad medicinam non idonea
And-for-every relaxation of-the-sinews for medicine not suitable
tempora sunt hiems et autumnus: aliquid sperari potest
seasons are winter and autumn something to-be-hoped can
vere et aestate. Isque morbus mediocris vix sanatur;
in-spring and summer And-that disease moderate scarcely is-healed
vehemens sanari non potest. Omnis etiam dolor minus
violent to-be-healed not can Every also pain less
medicinae patet, qui sursum procedit. Mulieri gravidae,
to-medicine lies-open which upward proceeds For-a-woman pregnant
si subito mammae emacruerunt, abortus periculum est.
if suddenly the-breasts have-wasted of-miscarriage danger is
Quae neque peperit, neque gravida est, si lac habet, a
She-who neither has-given-birth nor pregnant is if milk she-has by

menstruis defecta est. Quartana autumnalis fere longa est:
the-menses failed is A-quartan autumnal generally long is
maximeque, quae coepit hieme appropinquante. Si sanguis
and-most which began with-winter approaching If blood
profluxit, deinde sequuta est dementia cum distentione
has-flowed then followed has madness with spasm
nervorum, periculum mortis est: itemque, si medicamentis
of-the-sinews danger of-death is and-likewise if by-medicaments
purgatum et adhuc inanem, nervorum distentio oppressit;
purged and still empty of-the-sinews spasm has-overwhelmed
aut si in magno dolore extremae partes frigent. Neque is
or if in great pain the-extreme parts are-cold Nor he
ad vitam redit, qui ex suspendio, spumante ore, detractus
to life returns who from hanging with-foaming mouth taken-down
est. Alvus nigra, sanguini atro similis, repentina, sive
has-been A-stool black to-blood dark like sudden whether
cum febre, sive etiam sine hac est, perniciosa est.
with fever or even without it it-is pernicious is

IX · REMEDIES IN GENERAL

Celsus turns to treatment: some remedies are common to many diseases, some proper to one, and each takes matter away, adds it, draws it out, represses it, cools, heats, hardens, or softens; taking away comes first.

Cognitis indiciis, quae nos vel spe consolentur, vel metu
Known the-signs which us either with-hope may-console or with-fear
terreant, ad curationes morborum transeundum est. Ex his
may-frighten to the-treatments of-diseases to-be-passed is Of these
quaedam communes sunt, quaedam propriae: communes, quae
some common are some particular common which

pluribus morbis opitulantur; propriae, quae singulis. Ante
several diseases help particular which single First
de communibus dicam: ex quibus tamen quaedam non
about the-common I-will-speak of which yet some not
aegros solum, sed sanos quoque sustinent; quaedam in
the-sick only but the-healthy also support some in
adversa tantum valetudine adhibentur. Omne vero auxilium
adverse only health are-applied Every indeed aid
corporis, aut demit aliquam materiam, aut adjicit, aut evocat,
of-the-body either removes some matter or adds or draws-out
aut reprimit, aut refrigerat, aut calefacit, simulque
or checks or cools or warms and-at-the-same-time
aut durat, aut mollit. Quaedam non uno modo tantum,
either hardens or softens Certain not in-one way only
sed etiam duobus inter se non contrariis adjuvant.
but even in-two between themselves not contrary help
Demitur materia sanguinis detractione, cucurbitula, dejectione,
Is-removed matter of-blood by-letting by-cupping by-purging
vomitu, frictione, gestatione, omnique exercitatione corporis,
by-vomiting by-rubbing by-being-carried and-by-every exercise of-the-body
abstinentia, sudore. De quibus protinus dicam.
by-abstinence by-sweat About which at-once I-will-speak

X · BLOODLETTING

Bloodletting is old, but letting blood from boys, the old, and pregnant women is new: experience shows that strength, not age, decides. Celsus calls for it in high fever, full veins, and unbearable pain, best on the second or third day, and the flow stopped when black blood turns red.

Sanguinem, incisa vena, mitti, novum non est: sed nullum
Blood with-cut vein to-be-let new not is but no
paene morbum esse in quo non mittatur, novum est. Item,
almost disease to-be in which not it-be-let new is Likewise
mitti junioribus, et feminis uterum non gerentibus, vetus
to-be-let for-the-younger and for-women the-womb not bearing old
est: in pueris vero idem experiri, et in senioribus, et in
is in boys indeed the-same to-try and in the-older and in
gravidis quoque mulieribus, vetus non est: siquidem antiqui
pregnant also women old not is since-indeed the-ancients
primam ultimamque aetatem sustinere non posse hoc auxilii
the-first and-last age to-endure not to-be-able this of-aid
genus judicabant: persuaserantque sibi, mulierem gravidam,
kind judged and-had-persuaded themselves a-woman pregnant
quae ita curata esset, abortum esse facturam. Postea vero
who so treated had-been a-miscarriage to-be going-to-have Afterward indeed
usus ostendit, nihil in his esse perpetuum; aliasque potius
practice showed nothing in these to-be perpetual and-other rather
observationes adhibendas esse, ad quas dirigi curantis
observations to-be-applied to-be to which to-be-directed of-the-one-treating
consilium debeat: interest enim non quae aetas sit, neque
the-judgment ought it-matters for not what age it-is nor
quid in corpore intus geratur, sed quae vires sint. Ergo si
what in the-body within is-carried but what the-strength is Therefore if

juvenis imbecillus est, aut si mulier, quae gravida non est,
a-young-man weak is or if a-woman who pregnant not is
parum valet, male sanguis mittitur: emoritur enim vis,
too-little is-strong badly blood is-let dies-away for the-strength
si qua supererat, hoc modo erepta. At firmus puer, et
if any remained in-this way snatched-away But a-firm boy and
robustus senex, et gravida mulier valens, tuto curatur.
a-sturdy old-man and a-pregnant woman strong safely is-treated
Maxime tamen in his medicus imperitus falli potest:
Most yet in these a-physician unskilled to-be-deceived can
quia fere minus roboris illis aetatibus subest; mulierique
because generally less of-strength in-those ages lies-beneath and-to-a-woman
praegnanti post curationem quoque viribus opus est, non
pregnant after treatment also of-strength need is not
tantum ad se, sed etiam ad partum sustinendum. Non
only for herself but also for the-offspring to-be-sustained Not
quidquid autem intentionem animi et prudentiam exigit,
whatever however attention of-mind and prudence demands
protinus ejiciendum est; quum praecipua in hoc ars sit,
at-once to-be-rejected is since the-chief in this the-art is
quae non annos numeret, neque conceptionem solam videat,
which not years counts nor conception alone sees
sed vires aestimet, et ex eo colligat, possit necne superesse,
but strength assesses and from that gathers can or-not to-be-left
quod vel puerum, vel senem, vel in una muliere duo
what either a-boy or an-old-man or in one woman two
corpora simul sustineat. Interest etiam inter valens
bodies at-once may-sustain There-is-a-difference also between a-strong
corpus, et obesum; inter tenue, et infirmum: tenuioribus
body and a-fat between a-thin and a-weak in-the-thinner
magis sanguis, plenioribus magis caro abundat. Facilius itaque
more blood in-the-fuller more flesh abounds More-easily and-so

illi detractionem ejusmodi sustinent; celeriusque ea,
the-former a-letting of-this-kind bear and-more-quickly by-it
si nimium est pinguis, aliquis affligitur. Ideoque vis
if too-much is fat someone is-afflicted And-therefore the-strength
corporis melius ex venis, quam ex ipsa specie aestimatur.
of-the-body better from the-veins than from the-very appearance is-assessed
Neque solum haec consideranda sunt, sed etiam morbi
Nor only these to-be-considered are but also of-the-disease
genus quod sit: utrum superans, an deficiens materia laeserit;
the-kind what it-is whether exceeding or deficient matter has-harmed
corruptum corpus sit, an integrum; nam si materia vel deest,
corrupted the-body is or sound for if matter either is-lacking
vel integra est, istud alienum est: at si vel copia sui
or sound is that foreign is but if either by-abundance of-itself
male habet, vel corrupta est, nullo modo melius succurritur.
badly it-afflicts or corrupted is in-no way better is-help-brought
Ergo vehemens febris, ubi rubet corpus, plenaeque venae
Therefore a-violent fever when reddens the-body and-full veins
tument, sanguinis detractionem requirit: item viscerum morbi,
swell of-blood a-letting requires likewise of-the-viscera diseases
nervorumque resolutio, et rigor, et distentio: quidquid denique
and-of-the-sinews relaxation and rigidity and spasm whatever finally
fauces difficultate spiritus strangulat; quidquid subito supprimit
the-throat by-difficulty of-breath strangles whatever suddenly suppresses
vocem; quisquis intolerabilis dolor est; et quacumque de causa
the-voice whatever intolerable pain is and whatever from cause
ruptum aliquid intus atque collisum est: item malus corporis
burst something within and crushed is likewise bad of-the-body
habitus, omnesque acuti morbi, qui modo, ut supra dixi, non
habit and-all acute diseases which only as above I-said not
infirmitate, sed onere nocent. Fieri tamen potest, ut morbus
by-weakness but by-burden harm To-happen yet can that the-disease

quidem id desideret, corpus autem vix pati posse videatur:
indeed it require the-body however scarcely to-bear to-be-able seem
sed si nullum tamen appareat aliud auxilium, periturusque sit
but if no yet appear other aid and-going-to-perish be
qui laborat, nisi temeraria quoque via fuerit adjutus; in
he-who suffers unless by-a-rash even way he-shall-have been-helped in
hoc statu boni medici est ostendere, quam nulla spes sit
this condition of-a-good physician it-is to-show how no hope there-is
sine sanguinis detractione, faterique quantus in hac ipsa
without of-blood letting and-to-confess how-great in this very-thing
metus sit: et tum demum, si exigetur, sanguinem
fear there-is and then only if it-shall-be-demanded blood
mittere. De quo dubitari in ejusmodi re non oportet:
to-let About which to-be-doubted in such a-matter not it-behooves
satius est enim anceps auxilium experiri, quam nullum.
better it-is for a-doubtful aid to-try than none
Idque maxime fieri debet, ubi nervi resoluti sunt; ubi
And-that most to-be-done ought when the-sinews paralyzed are when
subito aliquis obmutuit; ubi angina strangulatur; ubi prioris
suddenly someone has-gone-dumb when by-quinsy he-is-strangled when of-the-former
febris accessio paene confecit, paremque subsequi verisimile
fever the-onset almost has-finished and-an-equal to-follow likely
est, neque eam videntur sustinere aegri vires posse.
is nor it seem to-sustain of-the-sick-man the-strength to-be-able
Quum sit autem minime crudo sanguis mittendus,
Though it-is however least for-one-with-indigestion blood to-be-let
tamen ne id quidem perpetuum est: neque enim semper
yet not that even perpetual is nor for always
concoctionem res exspectat. Ergo si ex superiore parte
digestion the-situation awaits Therefore if from a-higher place
aliquis decidit, si contusus est, si ex aliquo subito casu
someone has-fallen if bruised he-is if from some sudden mishap

sanguinem vomit, quamvis paulo ante sumsit cibum, tamen
blood he-vomits although a-little before he-took food yet
protinus ei demenda materia est, ne, si subsederit,
at-once from-him to-be-removed matter is lest if it-has-settled
corpus affligat. Idemque etiam in aliis casibus repentinis, qui
the-body it-afflict And-the-same also in other mishaps sudden which
strangulabunt, dictum erit. At si morbi ratio patietur,
will-strangle said will-be But if of-the-disease the-nature will-allow
tum demum nulla cruditatis suspicione remanente id fiet.
then only no of-indigestion suspicion remaining that will-be-done
Ideoque ei rei videtur aptissimus adversae valetudinis
And-therefore for-that thing seems most-fit of-adverse health
dies secundus, aut tertius. Sed ut aliquando etiam primo
the-day second or third But as sometimes even on-the-first
die sanguinem mittere necesse est, sic numquam utile post
day blood to-let necessary it-is so never useful after
diem quartum est, quum jam spatio ipso materia et
the-day fourth is since already by-the-lapse itself the-matter both
exhausta est, et corpus corrupit: ut detractio imbecillum
exhausted is and the-body it-has-corrupted so-that letting weak
id facere possit, non possit integrum.
it to-make can not can sound
Quod si vehemens febris urget, in ipso impetu ejus sanguinem
But if a-violent fever presses in the-very onset of-it blood
mittere, hominem jugulare est. Exspectanda ergo remissio
to-let the-man to-butcher is To-be-awaited therefore remission
est; si non decrescit, sed crescere desiit, neque speratur
is if not it-decreases but to-increase has-ceased nor is-hoped
remissio, tum quoque, quamvis pejor, sola tamen occasio
remission then also although worse the-only yet opportunity
non omittenda est. Fere etiam ista medicina, ubi necessaria
not to-be-let-slip is Generally also this remedy when necessary

est, in biduum dividenda est: satius est enim primum levare
it-is into two-days to-be-divided is better it-is for first to-relieve
aegrum, deinde perpurgare, quam simul omni vi effusa
the-sick-man then to-purge-thoroughly than at-once with-all strength poured-out
fortasse praecipitare. Quod si in pure quoque aquaque quae
perhaps to-hurl-him-down But if in pus also and-in-water which
inter cutem est, ita respondet, quanto magis necesse est in
between the-skin is so it-answers by-how-much more necessary it-is in
sanguine respondeat. Mitti vero is debet, si totius corporis
blood it-answer To-be-let indeed it ought if of-the-whole body
causa fit, ex brachio; si partis alicujus, ex ea ipsa
for-the-sake it-is-done from the-arm if of-a-part some from that very
parte, aut certe quam proxima: quia non ubique mitti
part or at-least as nearest because not everywhere to-be-let
potest, sed in temporibus, in brachiis, juxta talos. Neque
it-can but in the-temples in the-arms near the-ankles Nor
ignoro, quosdam dicere, quam longissime sanguinem inde,
am-I-unaware some to-say as farthest blood from-there
ubi laedit, esse mittendum: sic enim averti materiae
where it-hurts to-be to-be-let so for to-be-turned-aside of-the-matter
cursum; at illo modo in id ipsum, quod gravat, evocari.
the-course but in-that way into that very-thing which oppresses to-be-drawn
Sed id falsum est: proximum enim locum primo exhaurit; ex
But that false is the-nearest for place first it-drains from
ulterioribus autem eatenus sanguis sequitur, quatenus emittitur;
the-farther however so-far blood follows as it-is-let-out
ubi is suppressus est, quia non trahitur, ne venit quidem.
when it suppressed is because not it-is-drawn not it-comes even
Videtur tamen usus ipse docuisse, si caput fractum est, ex
Seems yet practice itself to-have-taught if the-head fractured is from
brachio potius sanguinem esse mittendum; si quod in humero
the-arm rather blood to-be to-be-let if any in the-shoulder

vitium est, ex altero brachio: credo, quia si quid parum
fault is from the-other arm I-believe because if anything too-little
cesserit, opportuniores eae partes injuriae sunt, quae jam
has-gone-well more-exposed those parts to-injury are which already
male habent. Avertitur quoque interdum sanguis, ubi alia
badly fare Is-turned-aside also sometimes blood when in-one
parte prorumpens, alia emittitur: desinit enim fluere qua
part bursting-out in-another it-is-let-out it-ceases for to-flow where
nolumus, inde objectis quae prohibeant, alia dato itinere.
we-do-not-wish thence with-things-placed which prevent another given path
Mittere autem sanguinem quum sit expeditissimum usum
To-let however blood though it-is very-easy practice
habenti, tamen ignaro difficillimum est; juncta enim est
for-one-having yet for-the-ignorant very-difficult is joined for is
venae arteria, his nervi: ita, si nervum scalpellus attingit,
to-the-vein the-artery to-these the-sinews so if a-sinew the-scalpel touches
sequitur nervorum distentio, eaque hominem crudeliter
follows of-the-sinews spasm and-that the-man cruelly
consumit. At arteria incisa neque coit, neque sanescit; interdum
carries-off But an-artery cut neither closes nor heals sometimes
etiam, ut sanguis vehementer erumpat, efficit. Ipsius
even that blood violently burst-out it-causes Of-the-very
quoque venae, si forte praecisa est, capita comprimuntur,
also vein if by-chance cut-through it-is the-ends are-compressed
neque sanguinem emittunt. At si timide scalpellus demittitur,
nor blood let-out But if timidly the-scalpel is-thrust-down
summam cutem lacerat, neque venam incidit. Nonnumquam
the-surface-of the-skin it-tears nor the-vein cuts Sometimes
etiam ea latet, neque facile reperitur. Ita multae res id
also it lies-hidden nor easily is-found So many things that
difficile inscio faciunt, quod perito facillimum est.
difficult for-the-unknowing make which for-the-skilled very-easy is

Incidenda ad medium vena est: ex qua quum sanguis
To-be-cut to the-middle the-vein is from which when blood
erumpit, colorem ejus habitumque oportet attendere; nam si is
bursts-out the-color its and-condition it-behooves to-attend-to for if it
crassus et niger est, vitiosus est; ideoque utiliter effunditur;
thick and black is faulty it-is and-therefore usefully is-poured-out
si rubet et pellucet, integer est; eaque missio sanguinis adeo
if it-is-red and shines-through sound it-is and-that letting of-blood so-far
non prodest, ut etiam noceat; protinusque is supprimendus est.
not helps that even it-harms and-at-once it to-be-checked is
Sed id evenire non potest sub eo medico, qui scit ex
But that to-happen not can under that physician who knows from
quali corpore sanguis mittendus sit. Illud magis fieri solet,
what-sort-of body blood to-be-let is That more to-happen is-wont
ut aeque niger assidue primo die profluat: quod quamvis ita
that equally black continually on-the-first day it-flows which although so
est, tamen si jam satis fluxit, supprimendus est; semperque
it-is yet if already enough it-has-flowed to-be-checked it-is and-always
ante finis faciendus est, quam anima deficiat. Deligandumque
before an-end to-be-made is than the-breath fail And-to-be-bound
brachium superimposito expresso ex aqua frigida penicillo: et
the-arm with-placed-on squeezed from water cold a-sponge and
postero die averso medio digito vena ferienda, ut recens
on-the-next day with-the-turned middle finger the-vein to-be-struck that the-fresh
coitus ejus resolvatur, iterumque sanguinem fundat. Sive
closing of-it be-loosened and-again blood it-pour Whether
autem primo, sive secundo die sanguis, qui crassus et niger
however on-the-first or on-the-second day the-blood which thick and black
initio fluxerat, et rubere, et pellucere coepit, satis
at-the-beginning had-flowed both to-redden and to-shine-through has-begun enough
materiae detractum est, atque quod superest, sincerum est:
of-matter withdrawn has-been and what remains pure is

ideoque protinus brachium deligandum, habendumque ita est,
and-therefore at-once the-arm to-be-bound and-to-be-kept so is
donec valens cicatricula sit; quae celerrime in vena confirmatur.
until a-strong little-scar there-be which most-quickly in a-vein is-firmed

XI · CUPPING

Cupping-glasses are of bronze, open at one end, or of horn, with a small hole through which the air is sucked out; the bronze one takes burning lint. On skin first cut with the scalpel the glass draws blood, on whole skin air. It serves when the fault lies in a part, in long diseases and in some acute ones where the strength forbids bloodletting, being gentler and safer, though a lighter defense against a violent evil.

Cucurbitularum vero duo genera sunt; aeneum, et corneum.
Of-cupping-glasses indeed two kinds there-are bronze and horn
Aenea, altera parte patet, altera clausa est: cornea, altera
The-bronze on-one side lies-open on-the-other closed is the-horn on-one
parte aeque patens, altera foramen habet exiguum. In
side equally open on-the-other a-hole has tiny Into
aeneam linamentum ardens conjicitur, ac sic os ejus
the-bronze lint burning is-thrown and so the-mouth of-it
corpori aptatur, imprimiturque, donec inhaereat. Cornea per
to-the-body is-fitted and-is-pressed-on until it-clings The-horn by
se corpori imponitur; deinde ubi ea parte, qua exiguum
itself on-the-body is-placed then when on-that side where the-tiny
foramen est, ore spiritus adductus est, superque
hole is by-the-mouth the-air drawn-out has-been and-above
cera cavum id clausum est, aeque inhaerescit. Utraque non
with-wax hollow that closed is equally it-clings Each not
ex his tantum materiae generibus, sed etiam ex quolibet
from these only of-material kinds but also from any

alio recte fit. Ac si cetera defecerunt, caliculus quoque,
other rightly is-made And if the-others have-failed a-little-cup also
aut pultarius oris compressioris, ei rei commode
or a-pot of-mouth narrower for-that purpose suitably
aptatur. Ubi inhaesit, si concisa ante scalpello cutis est,
is-fitted When it-has-clung if cut before with-the-scalpel the-skin has-been
sanguinem extrahit; si integra est, spiritum. Ergo ubi
blood it-draws if whole it-is air Therefore when
materia, quae intus est, laedit, illo modo; ubi inflatio,
matter which within is harms in-that way when flatulence
hoc imponi solet. Usus autem cucurbitulae praecipuus
in-this to-be-applied it-is-wont The-use however of-the-cupping-glass chief
est, ubi non in toto corpore, sed in parte aliqua vitium
is when not in the-whole body but in part some the-fault
est, quam exhauriri ad confirmandam valetudinem satis est.
is which to-be-drained for strengthening health enough is
Idque ipsum testimonium est, etiam scalpello sanguinem,
And-that itself evidence is also with-the-scalpel blood
ubi membro succurritur, ab ea potissimum parte, quae jam
when to-a-limb help-is-brought from that especially part which already
laesa est, esse mittendum, quod nemo cucurbitulam diversae
injured is to-be to-be-let because no-one a-cupping-glass to-a-different
parti imponit, nisi quum profusionem sanguinis eo
part applies except when the-outflow of-blood thither
avertit; sed ei ipsi, quae dolet, quaeque liberanda est.
he-turns-aside but to-that very-part which aches and-which to-be-freed is
Opus etiam esse cucurbitula potest in morbis longis, sive
Need also to-be of-the-cupping-glass can in diseases long whether
corrupta materia, sive spiritu male habente; in acutis quoque
with-corrupted matter or with-breath badly faring in acute also
quibusdam, quamvis jam et iis spatium aliquod accessit,
some although already also to-these time some has-been-added

si et levari corpus debet, et ex vena sanguinem mitti
if both to-be-relieved the-body ought and from a-vein blood to-be-let
vires non patiuntur. Idque auxilium ut minus vehemens,
the-strength not allows And-that aid as less violent
ita magis tutum; neque umquam periculosum est, etiamsi in
so more safe nor ever dangerous is even-if in
medio febris impetu, etiamsi in cruditate adhibetur. Ideoque
the-midst of-fever the-onset even-if in indigestion it-is-applied And-therefore
ubi sanguinem mitti opus est, si incisa vena praeceps
when blood to-be-let need is if with-cut vein headlong
periculum est, aut si in parte corporis etiam vitium est, huc
the-danger is or if in a-part of-the-body also the-fault is hither
potius confugiendum est: cum eo tamen, ut sciamus, hic
rather to-be-resorted is with this yet that we-know here
ut nullum periculum, ita levius praesidium esse; nec posse
as no danger so a-lighter defense to-be nor to-be-able
vehementi malo, nisi aeque vehemens auxilium succurrere.
to-a-violent evil except an-equally violent aid to-bring-help

The ancients purged with drugs in nearly every disease, but drugs harm the stomach and suit only diseases without fever. Celsus prefers the clyster, used once or twice, never in the first two days or the height of an onset, and describes the injections and the care afterward.

Dejectionem autem antiqui variis medicamentis, crebraque
Purging however the-ancients by-various medicaments and-by-frequent
alvi ductione in omnibus paene morbis moliebantur:
of-the-bowel clystering in all almost diseases were-contriving
dabantque aut nigrum veratrum, aut filiculam, aut squamam
and-they-gave either black hellebore or polypody or the-scale
aeris, quam λεπίδα χαλκοῦ Graeci vocant; aut lactucae marinae
of-copper which lepida chalkou the-Greeks call or of-lettuce sea
lac, cujus gutta pani adjecta abunde purgat; aut lac vel
the-milk of-which a-drop to-bread added abundantly purges or milk either
asininum, vel bubulum, vel caprinum; eique salis paulum
of-asses or of-cows or of-goats and-to-it of-salt a-little
adjiciebant, decoquebantque id, et sublatis iis, quae
they-added and-boiled-down it and removed those-things which
coierant, quod quasi serum supererat, bibere cogebant; sed
had-curdled what as-it-were whey remained to-drink they-compelled but
medicamenta stomachum fere laedunt. Alvus si vehementius
medicaments the-stomach generally harm The-bowel if more-violently
fluit, aut saepius ducitur, hominem infirmat. Ergo numquam
flows or more-often is-clystered the-man weakens Therefore never
in adversa valetudine medicamentum ejus rei causa recte
in adverse health a-medicament of-that thing for-the-sake rightly
datur, nisi ubi is morbus sine febre est; ut quum
is-given except when that disease without fever is as when

veratrum nigrum aut atra bile vexatis, aut cum tristitia
hellebore black either by-black bile to-those-troubled or with sadness
insanientibus, aut iis, quorum nervi parte aliqua resoluti sunt,
to-the-raving or to-those whose sinews in-part some paralyzed are
datur. At ubi febres sunt, satius est ejus rei causa cibos
is-given But when fevers are better it-is of-that thing for-the-sake foods
potionesque assumere, qui simul et alant, et ventrem molliant.
and-drinks to-take which at-once both nourish and the-belly soften
Suntque valetudinis genera, quibus ex lacte purgatio convenit.
And-there-are of-illness kinds for-which from milk purging suits
Plerumque vero alvus potius ducenda est: quod ab
Mostly indeed the-bowel rather to-be-clystered is which by
Asclepiade quoque sic temperatum, ut tamen servatum
Asclepiades also so moderated that yet kept
sit, video plerumque saeculo nostro praeteriri. Est autem
it-has-been I-see mostly in-age our to-be-passed-over Is however
ea moderatio, quam is sequutus videtur, aptissima: ut neque
that moderation which he followed seems most-suitable that neither
saepe ea medicina tentetur, et tamen semel, vel summum bis,
often that medicine be-tried and yet once or at-most twice
non omittatur, si caput grave est; si oculi caligant; si morbus
not be-omitted if the-head heavy is if the-eyes are-dim if the-disease
majoris intestini est, quod Graeci κόλον nominant; si in
of-the-greater intestine is which the-Greeks kolon call if in
imo ventre, aut in coxa dolores sunt; si in stomachum
the-lowest belly or in the-hip pains there-are if into the-stomach
quaedam biliosa concurrunt, vel etiam pituita eo se,
certain bilious-things run-together or even phlegm thither itself
humorve aliquis aquae similis confert; si spiritus difficilius
or-moisture some to-water similar brings if the-breath with-more-difficulty
redditur; si nihil per se venter excernit; utique, si juxta
is-returned if nothing by itself the-belly excretes especially if near

quoque stercus est, et intus remanet; aut si stercoris odorem,
also the-stool is and within remains or if of-stool the-smell
nihil dejiciens, aeger ex spiritu suo sentit; aut si
nothing discharging the-sick-man from breath his-own perceives or if
corruptum est, quod excernitur; aut si prima inedia febrem non
corrupted is what is-excreted or if the-first fasting the-fever not
sustulit; aut si sanguinem mitti, quum opus sit, vires non
has-removed or if blood to-be-let when need be the-strength not
patiuntur, tempusve ejus rei praeteriit; aut si multum ante
allow or-the-time of-that thing has-passed or if much before
morbum aliquis potavit; aut si is, qui saepe vel sponte,
the-disease someone has-drunk or if he who often either of-his-own-accord
vel casu purgatus est, subito habet alvum suppressam.
or by-chance purged has-been suddenly has the-bowel suppressed
Servanda vero illa sunt: ne ante diem tertium ducatur;
To-be-observed however those-things are lest before the-day third it-be-clystered
ne ulla cruditate substante; ne in corpore infirmo, diuque
lest with-any indigestion remaining lest in a-body weak and-long
adversa valetudine exhausto; neve in eo, cui satis alvus
by-adverse health exhausted nor in him to-whom enough the-bowel
quotidie reddit, quive eam liquidam habet; neve in ipso
daily returns or-who it liquid has nor in the-very
accessionis impetu, quia, quod tum infusum est, alvo
of-the-onset charge because what then poured-in is by-the-bowel
continetur, regestumque in caput, multo gravius periculum
is-held and-thrown-back into the-head much more-grave danger
efficit. Pridie vero abstinere debet aeger, ut aptus
makes On-the-day-before indeed to-abstain ought the-sick-man that fit
tali curationi sit: eo die ante aliquot horas aquam calidam
for-such treatment he-be on-that day before some hours water hot
bibere, ut superiores ejus partes madescant. Tum immittenda
to-drink that the-upper his parts be-moistened Then to-be-sent-in

in alvum est, si levi medicina contenti sumus, pura aqua;
into the-bowel is if with-a-light medicine content we-are pure water
si paulo valentiori, mulsa; si leni, ea in qua foenum graecum,
if a-little stronger honey-water if gentle that in which hay Greek
vel ptisana, vel malva decocta sit. Acris autem est marina
or barley-gruel or mallow boiled-down has-been Sharp however is sea
aqua, vel alia sale adjecto: atque utraque decocta commodior
water or other with-salt added and either boiled-down more-suitable
est. Acrior fit adjecto, vel oleo, vel nitro, vel melle:
is Sharper it-becomes with-added either oil or soda or honey
quoque acrior est, eo plus extrahit, sed minus facile sustinetur.
and-the sharper it-is the more it-draws-out but less easily is-endured
Idque quod infunditur, neque frigidum esse oportet, neque
And-that which is-poured-in neither cold to-be ought nor
calidum; ne alterutro modo laedat. Quum infusum est,
hot lest in-either way it-harm When poured-in it-is
quantum fieri potest, continere se in lectulo debet
as-much-as to-be-done can to-contain himself in his-couch ought
aeger, nec primae cupiditati dejectionis protinus cedere: ubi
the-sick-man nor to-the-first desire of-evacuation at-once yield when
necesse est, tum demum desidere. Fereque eo modo
necessary it-is then at-last to-sit-down-to-stool And-generally in-that way
demta materia, superioribus partibus levatis, morbum ipsum
removed the-matter the-upper parts relieved the-disease itself
mollit. Cum vero, quoties res coegit, desidendo aliquis
it-softens When however as-often-as the-thing has-compelled by-going-to-stool someone
se exhausit, paulisper debet conquiescere; et, ne vires
himself has-drained for-a-little ought to-rest and lest the-strength
deficiant, utique eo die cibum assumere: qui plenior,
fail at-all-events on-that day food to-take which fuller

an exiguus sit dandus, ex ratione ejus accessionis, quae
or slight be to-be-given from the-reckoning of-that onset which
exspectabitur, aut in metu non erit, aestimari oportebit.
will-be-expected or in fear not will-be to-be-judged it-will-be-proper

XIII · VOMITING

Vomiting, often needed by the bilious in health, helps in diseases bile has stirred: in those who shiver before fevers, in cholera, in cheerful madness, and in epilepsy. In acute fevers mild means suffice; in long diseases without fever, epilepsy and insanity, white hellebore is used, best in spring, tolerably in autumn, and only after the body has been moistened. Every such potion helps the sick only sometimes and always harms the healthy.

At vomitus, ut in secunda quoque valetudine saepe necessarius
But vomiting as in favorable also health often necessary
biliosis est, sic etiam in iis morbis, quos bilis concitavit.
for-the-bilious is so also in those diseases which bile has-stirred-up
Ergo omnibus, qui ante febres horrore et tremore vexantur;
Therefore for-all who before fevers by-shivering and trembling are-troubled
omnibus, qui cholera laborant; omnibus etiam cum quadam
for-all who with-cholera labor for-all also with a-certain
hilaritate insanientibus; et comitiali quoque morbo oppressis
cheerfulness raving and by-the-comitial also disease overwhelmed
necessarius est; sed si acutus morbus est, si febris est,
necessary it-is but if acute the-disease is if fever there-is
asperioribus medicamentis opus non est; sicut in dejectionibus
of-harsher medicaments need not is as in purgings
quoque supra dictum est: satisque est ea vomitus
also above said it-has-been and-enough it-is those-things of-vomiting
causa sumi, quae sanis quoque sumenda esse
for-the-sake to-be-taken which for-the-healthy also to-be-taken to-be

proposui. At ubi longi valentesque morbi sine febre sunt,
I-have-set-forth But when long and-strong diseases without fever are
ut comitialis, ut insania, veratro quoque albo utendum est.
as epilepsy as insanity hellebore also white to-be-used is
Id neque hieme, neque aestate recte datur; optime vere;
That neither in-winter nor in-summer rightly is-given best in-spring
tolerabiliter autumno. Quisquis daturus erit, id agere ante
tolerably in-autumn Whoever about-to-give will-be it to-do beforehand
debet, ut accepturi corpus humidius sit. Illud scire
ought that of-the-one-about-to-receive the-body moister be This to-know
oportet, omne ejusmodi medicamentum, quod potui datur,
is-proper every of-that-kind medicament which by-drinking is-given
non semper aegris prodesse, semper sanis nocere.
not always the-sick to-help always the-healthy to-harm

XIV · RUBBING

Asclepiades wrote at length on rubbing, but Hippocrates had said it in a few words: hard rubbing hardens, gentle softens, much thins, moderate fills out. Celsus refers every kind to taking away matter, and measures it by the patient's strength, never during a rising fever.

De frictione vero adeo multa Asclepiades, tamquam inventor
Of rubbing indeed so many-things Asclepiades as-if the-inventor
ejus, posuit in eo volumine, quod Communium Auxiliorum
of-it set-down in that volume which Of-Common Remedies
inscripsit, ut, quum trium tantum faceret mentionem, hujus
he-entitled that when of-three only he-made mention of-this
et aquae et gestationis, tamen maximam partem in hac
and of-water and of-being-carried yet the-greatest part in this
consumserit. Oportet autem neque recentiores viros in
he-spent It-is-proper however neither the-more-recent men in

iis fraudare, quae vel repererunt, vel recte sequuti
those-things to-defraud which either they-have-found or rightly followed
sunt; et tamen ea, quae apud antiquiores aliquos posita
have and yet those-things which among the-more-ancient some set-down
sunt, auctoribus suis reddere. Neque dubitari potest, quin
have-been to-authors their-own to-return Nor be-doubted can-it that
latius quidem, et dilucidius, ubi et quomodo frictione
more-widely indeed and more-clearly when and how rubbing
utendum esset, Asclepiades praeceperit; nihil tamen repererit,
to-be-used would-be Asclepiades taught nothing yet he-found
quod non a vetustissimo auctore Hippocrate paucis verbis
which not by the-most-ancient author Hippocrates in-few words
comprehensum sit: qui dixit, 'frictione, si vehemens sit,
comprised was who said by-rubbing if vigorous it-be
durari corpus; si lenis, molliri; si multa, minui;
to-be-hardened the-body if gentle to-be-softened if much to-be-diminished
si modica, impleri'. Sequitur ergo, ut tum utendum sit,
if moderate to-be-filled-out It-follows therefore that then to-be-used it-is
quum aut adstringendum corpus sit, quod hebes est; aut
when either to-be-braced the-body is which slack is or
molliendum, quod induruit; aut digerendum in eo, quod
to-be-softened what has-hardened or to-be-dispersed in that which
copia nocet; aut alendum id, quod tenue et infirmum est.
abundance harms or to-be-nourished that which thin and weak is
Quas tamen species si quis curiosius aestimet, quod jam ad
Which yet kinds if anyone more-curiously consider which now to
medicum non pertinet, facile intelliget, omnes ex una causa
the-physician not pertains easily he-will-understand all from one cause
pendere, quae demit; nam et adstringitur aliquid, eo demto,
to-depend which takes-away for both is-braced something that removed
quod interpositum, ut id laxaretur, effecerat; et mollitur,
which put-between that it be-relaxed had-brought-about and it-is-softened

eo detracto, quod duritiem creabat; et impletur, non ipsa
that drawn-off which hardness was-creating and it-is-filled-out not by-the-very
frictione, sed eo cibo, qui postea usque ad cutem, digestione
rubbing but by-that food which afterward right to the-skin by-dispersal
quadam relaxatam, penetrat. Diversarum vero rerum in modo
a-certain relaxed penetrates Of-the-different however effects in the-measure
causa est. Inter unctionem autem et frictionem multum
the-cause is Between anointing however and rubbing much
interest. Ungi enim, leniterque pertractari corpus,
difference-there-is To-be-anointed for and-gently to-be-handled the-body
etiam in acutis et recentibus morbis oportet; in remissione
even in acute and recent diseases is-proper in remission
tamen, et ante cibum: longa vero frictione uti, neque in
yet and before food long however rubbing to-use neither in
acutis morbis, neque increscentibus convenit; praeterquam quum
acute diseases nor in-increasing-ones suits except when
phreneticis somnus ea quaeritur. Amat autem hoc auxilium
for-the-phrenetics sleep by-it is-sought Loves however this remedy
valetudo longa, et jam a primo impetu inclinata. Neque
an-illness long and now from its-first onset declining Nor
ignoro quosdam dicere, omne auxilium necessarium esse
am-I-ignorant some to-say every remedy necessary to-be
increscentibus morbis, non quum jam per se finiuntur.
for-increasing diseases not when already by themselves they-are-ending
Quod non ita se habet. Potest enim morbus, etiam qui
Which not so itself has Can for a-disease even which
per se finem habiturus est, citius tamen adhibito auxilio
by itself an-end about-to-have is more-quickly yet with-applied remedy
tolli: quod duabus de causis necessarium est; et ut quam
be-removed which two from reasons necessary is both that as
primum bona valetudo contingat; et ne morbus, qui remanet,
soonest good health befall and lest the-disease which remains

iterum, quamvis levi de causa, exasperetur. Potest morbus
again although slight from cause be-aggravated Can a-disease
minus gravis esse, quam fuerit, neque ideo tamen solvi, sed
less grave be than it-was and-not therefore yet be-resolved but
reliquiis quibusdam inhaerere, quas admotum aliquod auxilium
in-remnants certain cling which applied some remedy
discutiat. Sed ut, levata quoque adversa valetudine, recte frictio
may-disperse But as relieved also adverse health rightly rubbing
adhibetur; sic numquam adhibenda est febre increscente:
is-applied so never to-be-applied it-is with-fever increasing
verum, si fieri poterit, quum ex toto corpus ea vacabit;
but if be-done it-will-be-able when from the-whole the-body of-it will-be-free
sin minus, certe quum ea remiserit. Eadem autem modo
if not at-least when it will-have-remitted The-same however at-one-time
in totis corporibus esse debet, ut quum infirmus aliquis
in whole bodies be ought as when weak someone
implendus; modo in partibus, aut quia ejus ipsius membri
to-be-filled-out at-another in parts either because of-that very limb
imbecillitas id requirit, aut quia alterius. Nam et capitis
the-weakness this requires or because of-another For both of-the-head
longos dolores ipsius frictio levat; non in impetu tamen doloris:
long pains its-own rubbing relieves not in the-onset yet of-the-pain
et membrum aliquod resolutum ipsius frictione confirmatur.
and a-limb some paralyzed by-its-own rubbing is-strengthened
Longe tamen saepius aliud perfricandum est, quum aliud
By-far yet more-often one-part to-be-rubbed is when another
dolet; maximeque quum a summis, aut a mediis partibus
aches and-especially when from the-uppermost or from the-middle parts
corporis evocare materiam volumus; ideoque extremas partes
of-the-body to-call-out the-matter we-wish and-therefore the-extreme parts
perfricamus. Neque audiendi sunt, qui numero finiunt,
we-rub Nor to-be-heard are those-who by-number define

quoties aliquis perfricandus sit. Id enim ex viribus hominis
how-often someone to-be-rubbed is That for from the-strength of-the-man
colligendum est: et si is perinfirmus est, potest satis esse
to-be-gathered is and if he very-weak is can enough be
quinquagies; si robustior, potest ducenties; inter utrumque
fifty-times if more-robust can two-hundred-times between both
deinde, prout vires sunt. Quo fit, ut etiam minus
then according-as the-strength is Whence it-comes-about that also less
saepe in muliere, quam in viro; minus saepe in puero, vel
often in a-woman than in a-man less often in a-boy or
sene, quam in juvene, manus dimovendae sint. Denique, si
an-old-man than in a-youth the-hands to-be-moved be Finally if
certa membra perfricantur, multa valentique frictione opus
particular limbs are-rubbed with-much and-strong rubbing need
est; nam neque totum corpus infirmari cito per partem
there-is for neither the-whole body be-weakened quickly through a-part
potest, et opus est quam plurimum materiae digeri,
can and need there-is as-much-as most of-matter be-dispersed
sive id ipsum membrum, sive per id aliud levamus. At ubi
whether that very limb or through it another we-relieve But when
totius corporis imbecillitas hanc curationem per totum id
of-the-whole body the-weakness this treatment through the-whole of-it
exigit, brevior esse debet et lenior; ut tantummodo summam
demands shorter be it-ought and gentler that only the-surface
cutem emolliat, quo facilius capax ex recenti cibo novae
skin it-soften whereby more-easily capable from recent food of-new
materiae fiat. In malis jam aegrum esse, ubi exterior pars
matter it-become Among the-evils now the-sick-man to-be when the-outer part
corporis friget, interior cum siti calet, supra posui. Sed tunc
of-the-body is-cold the-inner with thirst is-hot above I-have-set But then

quoque unicum in frictione praesidium est; quae si calorem
also the-sole in rubbing protection is which if heat
in cutem evocavit, potest alicui medicinae locum facere.
into the-skin has-called-out can for-some medicine room to-make

XV · CARRIAGE

Being carried suits long and declining diseases, the convalescent who cannot yet exercise, and lingering remnants of illness; Asclepiades used it even in acute fever, which is dangerous. It is never used while the body aches, except the sinews alone, nor while a fever rises. Its kinds run from the gentlest, by ship in harbor or on a river, through the open sea and the litter to the carriage, and for those who have none, a hung or rocked bed. Stronger exercise suits those already free of fever and long diseases without it.

Gestatio quoque longis et jam inclinatis morbis aptissima
Being-carried also for-long and now declining diseases most-suitable
est: utilisque est et iis corporibus, quae jam ex toto
is and-useful it-is also for-those bodies which already from the-whole
febre carent, sed adhuc exerceri per se non possunt;
of-fever are-free but still be-exercised by themselves not can
et iis, quibus lentae morborum reliquiae remanent, neque
and for-those for-whom sluggish of-diseases remnants remain nor
aliter eliduntur. Asclepiades etiam in recenti vehementique,
otherwise are-driven-out Asclepiades even in recent and-violent
praecipueque ardente febre, ad discutiendam eam, gestatione
and-especially burning fever for dispersing it being-carried
dixit utendum: sed id periculose fit; meliusque quiete
said to-be-used but it dangerously is-done and-better by-rest
ejusmodi impetus sustinetur. Si quis tamen experiri volet, sic
of-that-kind an-onset is-sustained If anyone yet to-try wishes thus

experiatur, si lingua non erit aspera, si nullus tumor, nulla
let-him-try if the-tongue not will-be rough if no swelling no
durities, nullus dolor visceribus, aut capiti, aut praecordiis
hardness no pain in-the-viscera or in-the-head or in-the-praecordia
suberit. Et ex toto numquam gestari corpus dolens debet,
will-underlie And from the-whole never be-carried a-body aching ought
sive id in toto, sive in parte est; nisi tamen solis nervis
whether that in the-whole or in part is unless yet only the-sinews
dolentibus; neque umquam increscente febre, sed in remissione
aching nor ever with-increasing fever but in the-remission
ejus. Genera autem gestationis plura sunt; quae adhibenda
of-it The-kinds however of-being-carried many are which to-be-applied
sunt et pro viribus cujusque, et pro opibus; ne
are both according-to the-strength of-each-man and according-to his-means lest
aut imbecillum hominem nimis digerant, aut humili desint.
either a-weak man too-much they-exhaust or a-humble-one they-fail
Lenissima est navi, vel in portu, vel in flumine; vehementior
Gentlest is by-ship either in harbor or on a-river more-vigorous
vel in alto, vel lectica; etiamnum acrior vehiculo. Atque
either on the-deep or by-litter still sharper by-carriage And
haec ipsa et intendi et leniri possunt. Si nihil
these very-things both be-intensified and be-softened can If none
horum est, suspendi lectus debet, et moveri: si ne id
of-these there-is be-hung the-bed ought and be-moved if not that
quidem est, at certe uni pedi subjiciendum fulmentum
even there-is but at-least under-one foot to-be-placed a-prop
est, atque ita lectus huc et illuc manu impellendus.
is and so the-bed hither and thither by-hand to-be-pushed
Et lenia quidem genera exercitationis infirmis conveniunt
And gentle indeed kinds of-exercise for-the-weak suit
valentiora vero iis, qui jam pluribus diebus febre
stronger-ones however for-those who already for-several days from-fever

liberati sunt; aut iis, qui gravium morborum initia sic
freed are or for-those who of-grave diseases the-beginnings so
sentiunt, ut adhuc febre vacent, quod et in tabe, et in
feel that still from-fever they-are-free which both in wasting and in
stomachi vitiis, et quum aqua cutem subiit, et interdum
of-the-stomach faults and when water the-skin has-entered and sometimes
in morbo regio fit; aut ubi quidam morbi, qualis comitialis,
in the-disease royal happens or when certain diseases such-as epilepsy
qualis insania est, sine febre, quamvis diu, manent. In
such-as insanity is without fever however long they-remain In
quibus affectibus ea quoque genera exercitationum necessaria
which conditions those also kinds of-exercises necessary
sunt, quae comprehendimus eo loco, quo, quemadmodum
are which we-have-comprised in-that place in-which how
sani, neque firmi homines se gererent, praecepimus.
the-healthy but-not strong men themselves should-conduct we-instructed

XVI · ABSTINENCE

Abstinence is of two kinds, taking nothing and taking only what is proper; nothing helps the sick more than timely abstinence. Celsus reproves the intemperate who dictate the hours and measure of food to their physicians, as though what is allowed mattered more than what helps.

Abstinentiae vero duo genera sunt: alterum, ubi nihil assumit
Of-abstinence indeed two kinds there-are one when nothing takes
aeger; alterum, ubi non nisi quod oportet. Initia
the-sick-man the-other when not except what is-proper The-beginnings
morborum primum famem sitimque desiderant: ipsi deinde
of-diseases first hunger and-thirst require themselves then
morbi moderationem, ut neque aliud quam expedit, neque
the-diseases moderation that neither other than is-expedient nor

ejus ipsius nimium sumatur; neque enim convenit juxta inediam
of-that itself too-much be-taken nor for is-it-fitting next-to fasting
protinus satietatem esse. Quod si sanis quoque corporibus
at-once fullness to-be But if for-the-healthy also bodies
inutile est, ubi aliqua necessitas famem fecit; quanto
useless it-is when some necessity hunger has-made how-much
inutilius est in corpore etiam aegro? Neque ulla res magis
more-useless is-it in a-body even sick Nor any thing more
adjuvat laborantem, quam tempestiva abstinentia. Intemperantes
helps one-laboring than timely abstinence Intemperate
homines apud nos ipsi cibi tempora curantibus dant.
men among us themselves of-food the-times to-those-treating-them give
Rursus alii tempora medicis pro dono remittunt, sibi
Again others the-times to-the-physicians as a-gift concede for-them
ipsis modum vindicant. Liberaliter agere se credunt, qui,
themselves the-measure they-claim Liberally to-act themselves they-believe who
quum cetera illorum arbitrio relinquant, in genere cibi
when the-rest of-those-men to-the-judgment they-leave in the-kind of-food
liberi sunt; quasi quaeratur, quid medico liceat, non quid
free are as-if it-were-asked what for-the-physician be-permitted not what
aegro salutare sit. Cui vehementer nocet, quoties in ejus,
for-the-sick-man wholesome be To-whom vehemently it-harms as-often-as in of-that
quod assumitur, vel tempore, vel modo, vel genere peccatur.
which is-taken either in-time or in-measure or in-kind there-is-error

XVII · SWEATING

Sweat is drawn out by dry heat, hot sand, the sweating room, the oven, natural hot vapors such as those in the myrtle groves above Baiae, sun and exercise, or by the bath; it helps when moisture within must be dispersed. The bath, which the ancients used timidly and Asclepiades boldly, may follow a fever or even remove one, but only with a soft praecordia, a smooth tongue, no pain, and a fever not rising. Celsus describes how to test the patient's tolerance at the bath, and the fomentations of millet, salt, sand, and heated irons.

Sudor etiam duobus modis elicitur: aut sicco calore, aut
Sweat also in-two ways is-drawn-out either by-dry heat or
balneo. Siccus calor est, et arenae calidae, et laconici,
by-the-bath Dry heat is both of-sand hot and of-the-sweating-room
et clibani, et quarumdam naturalium sudationum, ubi e
and of-the-oven and of-certain natural sweating-places where from
terra profusus calidus vapor aedificio includitur, sicut super
the-earth poured-forth hot vapor in-a-building is-enclosed as above
Bajas in murtetis habemus. Praeter haec sole quoque, et
Baiae in the-myrtle-groves we-have Besides these by-the-sun also and
exercitatione is movetur. Utiliaque haec genera sunt, quoties
by-exercise it is-moved And-useful these kinds are as-often-as
humor intus nocet, isque digerendus est. Ac nervorum quoque
moisture within harms and-it to-be-dispersed is And of-the-sinews also
quaedam vitia sic optime curantur. Sed cetera infirmis possunt
certain faults thus best are-treated But the-rest for-the-weak can
convenire: sol et exercitatio tantum robustioribus; qui tamen
suit the-sun and exercise only for-the-more-robust who yet
sine febre, vel inter initia morborum, vel etiam non
without fever either among the-beginnings of-diseases or even not
gravibus morbis tenentur. Cavendum autem est, ne quid horum
by-grave diseases are-held To-be-guarded however it-is lest anything of-these

vel in febre, vel in cruditate tentetur. At balnei duplex usus
either in fever or in indigestion be-tried But of-the-bath twofold the-use
est; nam modo, discussis febribus, initium cibi plenioris,
is for at-one-time with-dispersed fevers a-beginning of-food fuller
vinique firmioris valetudini facit; modo febrem ipsam tollit.
and-of-wine stronger for-health it-makes at-another the-fever itself it-removes
Fereque adhibetur, ubi summam cutem relaxari, evocarique
And-generally it-is-applied when the-surface skin to-be-relaxed and-to-be-called-out
corruptum humorem, et habitum corporis mutari expedit.
the-corrupted moisture and the-habit of-the-body to-be-changed is-expedient
Antiqui timidius eo utebantur: Asclepiades audacius. Neque
The-ancients more-timidly it used Asclepiades more-boldly Nor
terrere autem ea res, si tempestiva est, debet: ante tempus
to-frighten however that thing if timely it-is ought before the-time
nocet. Quisquis febre liberatus est, simulatque ea uno die
it-harms Whoever from-fever freed is as-soon-as it on-one day
non accessit, eo qui proximus est, post tempus accessionis,
not has-come-on on-that which next is after the-time of-the-onset
tuto lavari potest. At si circuitum habere ea febris solita
safely be-bathed can But if a-cycle to-have that fever accustomed
est sic, ut tertio, quartove die revertatur, quandocumque
is so that on-the-third or-fourth day it-return whenever
non accessit, balneum tutum est. Manentibus vero adhuc
not it-has-come-on the-bath safe is Remaining however still
febribus, si eae sunt lenes, levesque jamdiu male habent,
the-fevers if they are mild and-light for-a-long-time badly afflict
recte medicina ista tentatur: cum eo tamen ne praecordia dura
rightly medicine that is-tried with this yet lest the-praecordia hard
sint, neve ea tumeant, neve lingua aspera sit, neve aut in
be nor they swell nor the-tongue rough be nor either in
medio corpore, aut in capite dolor ullus sit, neve tum febris
the-middle body or in the-head pain any be nor then the-fever

increscat. Atque in iis quidem febribus, quae certum circuitum
increase And in those indeed fevers which a-fixed cycle
habent, duo balnei tempora sunt: alterum, ante horrorem;
have two of-the-bath times there-are one before the-shivering
alterum, febre finita: in iis vero, qui lentis febriculis diu
the-other with-the-fever finished in those however who by-sluggish slight-fevers long
detinentur, quum aut ex toto recessit accessio; aut, si id
are-held-down when either from the-whole has-withdrawn the-onset or if that
non solet, certe lenita est, jamque corpus tam integrum
not it-is-wont at-least softened it-has-been and-already the-body as sound
est, quam maxime esse in eo genere valetudinis solet.
is as most to-be in that kind of-health it-is-wont
Imbecillus homo, iturus in balneum, vitare debet ne ante
A-weak man about-to-go into the-bath to-avoid ought lest before
frigus aliquod experiatur: ubi in balneum venit, paulisper
cold some he-experience when into the-bath he-has-come for-a-little
resistere, experirique, num tempora adstringantur, et an
to-stand and-to-test whether the-temples be-tightened and whether
sudor aliquis oriatur: illud si incidit, hoc non sequutum
sweat some arise that if it-has-befallen this not followed
est, inutile eo die balneum est; perungendusque is
has-been useless on-that day the-bath is and-to-be-anointed he
leniter, et auferendus est; vitandumque omni modo frigus,
gently and to-be-carried-off is and-to-be-avoided in-every way cold
et abstinentia utendum. At si temporibus integris, primum
and abstinence to-be-used But if with-the-temples sound first
ibi, deinde alibi sudor incipit, fovendum os aqua
there then elsewhere sweat begins to-be-fomented the-face with-water
calida; tum in solio desidendum est; atque ibi quoque
hot then in the-tub to-be-sat is and there also
videndum, num sub primo contactu aquae calidae summa
to-be-seen whether under the-first touch of-the-water hot the-surface

cutis inhorrescat; quod vix tamen fieri potest, si priora
skin shudder which hardly yet happen can if the-earlier-things
recte cesserunt; certum id autem signum inutilis balnei
rightly have-turned-out sure that however a-sign of-a-useless bath
est. Ante vero, an postea, quam in aquam calidam se
is Before indeed or after that into the-water hot himself
demittat, aliquis perungi debeat, ex ratione valetudinis
he-lower someone to-be-anointed ought from the-reckoning of-health
suae cognoscat. Fere tamen, nisi ubi nominatim, ut
his-own let-him-learn Generally yet except when by-name that
postea fiat, praecipietur, moto sudore leniter corpus
afterward it-be-done it-will-be-prescribed with-moved sweat gently the-body
perungendum; deinde in aquam calidam demittendum est.
to-be-anointed then into water hot to-be-lowered it-is
Atque hic quoque habenda virium ratio est, neque
And here also to-be-had of-the-strength the-reckoning is nor
committendum, ut per aestum anima deficiat; sed maturius
to-be-allowed that through the-heat the-breath fail but rather-early
is auferendus, curioseque vestimentis involvendus est, ut
he to-be-carried-off and-carefully in-clothes to-be-wrapped is that
neque ad eum frigus adspiret, et ibi quoque, antequam
neither to him cold breathe and there also before
aliquid assumat, insudet. Fomenta quoque calida sunt milium,
anything he-take he-sweat Fomentations also hot are millet
sal, arena; quodlibet eorum calefactum, et in linteum
salt sand any-one of-them heated and into linen
conjectum; si minore vi opus est, etiam solum linteum;
thrown if lesser force need there-is even only linen
at si majore, exstincti titiones, involutique panniculis, et sic
but if greater quenched firebrands and-wrapped in-little-cloths and so
circumdati. Quin etiam calido oleo replentur utriculi; et in
placed-around Indeed even with-hot oil are-filled little-skins and into

vasa fictilia, a similitudine quas lenticulas vocant, aqua
vessels of-earthenware from the-likeness which lenticulae they-call water
conjicitur; et sal sacco linteo excipitur, demittiturque in
is-thrown and salt in-a-bag of-linen is-received and-is-lowered into
aquam bene calidam, tum super id membrum, quod fovendum
water well hot then over that limb which to-be-fomented
est, collocatur. Juxtaque ignem ferramenta duo sunt capitibus
is it-is-placed And-near the-fire irons two there-are with-heads
paulo latioribus: alterumque ex his demittitur in eum salem,
a-little broader and-one of these is-lowered onto that salt
et aqua super leviter adspergitur; ubi frigere coepit, ad
and water over lightly is-sprinkled when to-grow-cold it-has-begun to
ignem refertur, et idem in altero fit; deinde invicem
the-fire it-is-brought-back and the-same in the-other is-done then in-turn
in utroque: inter quae descendit salsus et calidus succus,
in each between which descends a-salty and hot juice
qui contractis aliquo morbo nervis opitulatur. His omnibus
which for-contracted by-some disease sinews brings-help For-these all
commune est, digerere id, quod vel praecordia onerat, vel
common it-is to-disperse that which either the-praecordia burdens or
fauces strangulat, vel in aliquo membro nocet. Quando autem
the-throat chokes or in some limb harms When however
quoque utendum sit, in ipsis morborum generibus dicetur.
each to-be-used is in the-very of-diseases kinds will-be-said

Celsus divides foods and drinks into the strongest, the middle, and the weakest: pulses, bread, domestic beasts, large game, large birds, sea beasts, honey, and cheese are strongest; roots, the hare, other birds, and fish unfit to salt the middle; stalks, gourds, orchard fruits, olives, and shellfish the weakest. Each kind varies by age, part, soil, climate, and preparation, and the stronger a food the harder it is to digest and the more it nourishes. Water too is graded, rain lightest, marsh water heaviest.

Quum de iis dictum sit, quae detrahendo juvant; ad
Since about those-things said it-has-been which by-taking-away help to
ea veniendum est, quae alunt, id est cibum et potionem.
those-things to-be-come is which nourish that is food and drink
Haec autem non omnium tantum morborum, sed etiam
These however not of-all only diseases but also
secundae valetudinis communia praesidia sunt: pertinetque
of-favorable health common safeguards are and-it-pertains
ad rem, omnium proprietates nosse; primum ut sani
to the-matter of-all the-properties to-know first that the-healthy
sciant, quomodo his utantur; deinde ut exsequentibus
know how these they-should-use then that in-following-out
nobis morborum curationes, liceat species rerum, quae
for-us of-diseases the-treatments it-be-allowed the-kinds of-things which
assumendae erunt, subjicere, neque necesse sit subinde
to-be-taken will-be to-subjoin nor necessary it-be repeatedly
singulas eas nominare. Scire igitur oportet, omnia legumina,
each them to-name To-know therefore it-is-proper all pulses
quaeque ex frumentis panificia sunt, generis valentissimi esse:
and-whatever from grains bread-stuffs are of-the-kind strongest to-be
valentissimum voco, in quo plurimum alimenti est; item
strongest I-call in which most of-nourishment is likewise
omne animal quadrupes domi natum; omnem grandem feram,
every animal four-footed at-home born every large wild-beast

quales sunt caprea, cervus, aper, onager; omnem grandem
such-as are the-roe the-stag the-boar the-wild-ass every large
avem, quales sunt anser, et pavo, et grus; omnes belluas
bird such-as are the-goose and the-peacock and the-crane all beasts
marinas, ex quibus cetus est, quaeque his pares sunt: item
of-the-sea of which the-whale is and-whatever to-these equal are likewise
mel, et caseum; quo minus mirum est, opus pistorium
honey and cheese whereby less wonderful it-is the-work of-the-baker
valentissimum esse, quod ex frumento, adipe, melle, caseo
strongest to-be which from grain fat honey cheese
constat; in media vero materia numerari ex oleribus debere
consists in the-middle however material to-be-counted of vegetables ought
ea, quorum radices, vel bulbos assumimus; ex quadrupedibus,
those of-which the-roots or bulbs we-take of four-footed-beasts
leporem; aves omnes a minimis ad phoenicopterum; item
the-hare birds all from the-smallest to the-flamingo likewise
pisces omnes, qui salem non patiuntur, solidive saliuntur;
fish all which salt not endure or-whole are-salted
imbecillissimam vero materiam esse omnem caulem oleris,
the-weakest however material to-be every stalk of-vegetable
et quidquid in caule nascitur, qualis est cucurbita, et cucumis,
and whatever on a-stalk grows such-as is the-gourd and the-cucumber
et capparis; omnia poma, oleas, cochleas, itemque conchylia.
and the-caper all orchard-fruits olives snails and-likewise shellfish
Sed quamvis haec ita discreta sint, tamen etiam, quae
But although these so distinguished are yet even those-which
sub eadem specie sunt, magna discrimina recipiunt; aliaque
under the-same class are great differences admit and-one
res alia vel valentior est, vel infirmior. Siquidem plus
thing than-another either stronger is or weaker Since more
alimenti est in pane, quam in ullo alio: firmius est
of-nourishment there-is in bread than in any other stronger is

triticum, quam milium; id ipsum, quam hordeum, et ex
wheat than millet that itself than barley and of
tritico firmissima siligo, deinde simila, deinde cui
wheat strongest the-siligo then the-simila then that-from-which
nihil demtum est, quod αὐτόπυρον Graeci vocant; infirmior
nothing removed has-been which autopyron the-Greeks call weaker
est ex polline; infirmissimus cibarius panis. Ex leguminibus
is from fine-flour weakest the-common bread Of pulses
vero valentior faba, vel lenticula, quam pisum. Ex oleribus
however stronger the-bean or the-lentil than the-pea Of vegetables
valentior rapa, napique, et omnes bulbi, in quibus
stronger the-turnip and-navews and all bulbs among which
cepam quoque, et allium numero, quam pastinaca, vel
the-onion also and garlic I-count than the-parsnip or
quae radicula appellatur: item firmior brassica, et beta, et
what radish is-called likewise stronger cabbage and beet and
porrum, quam lactuca, vel cucurbita, vel asparagus. At ex
leek than lettuce or gourd or asparagus But of
fructibus surculorum valentiores uvae, ficus, nuces, palmulae,
the-fruits of-shrubs stronger grapes figs nuts dates
quam quae poma proprie nominantur: atque ex his
than those-which orchard-fruits properly are-called and of these
ipsis firmiora, quae succosa, quam quae fragilia sunt.
very-ones stronger those-which juicy than those-which brittle are
Itemque ex iis avibus, quae in media specie sunt, valentiores
And-likewise of those birds which in the-middle class are stronger
eae, quae pedibus, quam quae volatu magis nituntur; et ex iis,
those which on-their-feet than which on-flight more rely and of those
quae volatu fidunt, firmiores quae grandiores, quam quae
which on-flight rely stronger those-which larger than which
minutae sunt; ut ficedula et turdus. Atque eae quoque quae in
small are as the-fig-pecker and the-thrush And those also which in

aqua degunt, leviorem cibum praestant, quam quae natandi
water live a-lighter food supply than those-which of-swimming
scientiam non habent. Inter domesticas vero quadrupedes
the-knowledge not have Among domestic however four-footed-beasts
levissima suilla est; gravissima bubula: itemque ex feris,
lightest pork is heaviest beef and-likewise of wild-beasts
quo majus quodque animal, eo robustior ex eo cibus est.
the bigger each animal the stronger from it the-food is
Pisciumque eorum, qui ex media materia sunt, quibus maxime
And-of-fish those which of the-middle material are which most
utimur, tamen gravissimi sunt ex quibus salsamenta quoque
we-use yet heaviest are from which salt-fish also
fieri possunt, qualis lacertus est; deinde qui, quamvis
be-made can such-as the-lacertus is then those-which although
teneriores, tamen duri sunt, ut aurata, corvus, sparus, oculata;
more-tender yet hard are as the-gilthead the-corvus the-sparus the-oculata
tum plani; post quos etiamnum leviores lupi, mullique; et
then the-flat-fish after which still lighter the-bass and-mullets and
post hos, omnes saxatiles. Neque vero in generibus rerum
after these all rock-fish Nor indeed in the-kinds of-things
tantummodo discrimen est, sed etiam in ipsis: quod et
only the-difference is but also in the-things-themselves which both
aetate fit, et membro, et solo, et coelo, et habitu.
by-age comes-about and by-the-part and by-the-soil and by-the-climate and by-condition
Nam quadrupes omne animal, si lactens est, minus alimenti
For four-footed every animal if suckling it-is less of-nourishment
praestat: itemque quo tenerior pullus cohortalis est:
supplies and-likewise the more-tender the-chicken of-the-farmyard is
in piscibus quoque media aetas, quae nondum summam
in fish also the-middle age which not-yet the-full
magnitudinem implevit. Deinde ex eodem sue ungulae,
size has-filled Then of the-same pig the-trotters

rostrum, aures, cerebellum; ex agno, hoedove cum petiolis
snout ears brain of lamb or-kid with the-feet
totum caput aliquanto quam cetera membra leviora sunt:
the-whole head somewhat than the-other parts lighter are
adeo ut in media materia poni possint. Ex avibus colla,
so that in the-middle material to-be-placed they-can Of birds the-necks
alaeve recte infirmissimis annumerantur. Quod ad solum
or-wings rightly to-the-weakest are-added What to the-soil
vero pertinet, frumentum quodque valentius est collinum,
however pertains grain each stronger is from-the-hills
quam campestre: levior piscis inter saxa editus, quam in
than from-the-plain lighter a-fish among rocks bred than in
arena; levior in arena, quam in limo: quo fit, ut
sand lighter in sand than in mud whence it-comes-about that
ex stagno, vel lacu, vel flumine eadem genera graviora sint:
from a-pond or lake or river the-same kinds heavier are
leviorque qui in alto, quam qui in vado vixit. Omne
and-lighter what in the-deep than what in the-shallows has-lived Every
etiam ferum animal domestico levius; et quodcumque
also wild animal than-the-domestic lighter and whatever
humido coelo, quam quod sicco natum est. Deinde eadem
in-a-moist climate than what in-a-dry born is Then the-same
omnia pinguia, quam macra; recentia, quam salsa; nova,
all-things fat than lean fresh than salted new
quam vetusta, plus alimenti habent. Tum res eadem
than old more of-nourishment have Then a-thing the-same
magis alit jurulenta, quam assa; magis assa, quam elixa.
more nourishes stewed than roasted more roasted than boiled
Ovum durum valentissimae materiae est; molle, vel sorbile,
An-egg hard of-strongest material is soft or for-sipping
imbecillissimae. Quumque panificia omnia firmissima sint, elota
of-the-weakest And-though bread-stuffs all strongest are washed

tamen quaedam genera frumenti, ut alica, oryza, ptisana,
yet certain kinds of-grain as spelt-groats rice barley-gruel
vel ex iisdem facta sorbitio, aut pulticula, et aqua
or from the-same made a-broth or a-little-porridge and with-water
quoque madens panis, imbecillissimis annumerari potest.
also soaked bread to-the-weakest be-added can
Ex potionibus vero quaecumque ex frumento facta est,
Of drinks however whatever from grain made is
itemque lac, mulsum, defrutum, passum, vinum aut dulce,
and-likewise milk honey-wine must-syrup raisin-wine wine either sweet
aut vehemens, aut mustum, aut magnae vetustatis, valentissimi
or strong or new-wine or of-great age of-strongest
generis est. At acetum, et id vinum quod paucorum
kind is But vinegar and that wine which of-few
annorum, vel austerum, vel pingue est, in media materia est:
years or harsh or thick is in the-middle material is
ideoque infirmis numquam generis alterius dari debet. Aqua
and-therefore to-the-weak never of-kind the-other be-given ought Water
omnium imbecillissima est. Firmiorque ex frumento potio est,
of-all weakest is And-stronger from grain a-drink is
quo firmius est ipsum frumentum: firmior ex eo vino, quod
the stronger is the-very grain stronger from that wine which
bono solo, quam quod tenui; quodque temperato coelo, quam
on-good soil than which on-thin and-which in-a-temperate climate than
quod aut nimis humido, aut nimis sicco, nimiumque aut
which either too moist or too dry and-too-much either
frigido, aut calido natum est. Mulsum, quo plus mellis habet;
cold or hot born is Honey-wine the more of-honey it-has
defrutum, quo magis incoctum; passum, quo ex sicciore
must-syrup the more boiled-down raisin-wine the from drier
uva est, eo valentius est. Aqua levissima pluvialis est; deinde
grape it-is the stronger it-is Water lightest rain-water is then

fontana; tum ex flumine; tum ex puteo; post haec ex nive,
spring-water then from a-river then from a-well after these from snow
aut glacie; gravior his, ex lacu; gravissima, ex palude.
or ice heavier than-these from a-lake heaviest from a-marsh
Facilis etiam et necessaria cognitio est naturam ejus
Easy also and necessary the-knowledge is the-nature of-it
requirentibus. Nam levis, pondere apparet; et ex iis, quae
to-those-seeking For light in-weight it-appears and of those which
pondere pares sunt, eo melior quaeque est, quo celerius
in-weight equal are the better each is the more-quickly
et calefit et frigescit, quoque celerius ex ea legumina
both is-heated and cools and-the more-quickly in it pulses
percoquuntur. Fere vero sequitur, ut, quo valentior quaeque
are-cooked-through Generally indeed it-follows that the stronger each
materia est, eo minus facile concoquatur; sed si concocta est,
material is the less easily it-is-digested but if digested it-is
plus alat. Itaque utendum est materiae genere pro
the-more it-nourishes And-so to-be-used is of-material a-kind according-to
viribus; modusque omnium pro genere sumendus. Ergo
the-strength and-the-measure of-all according-to the-kind to-be-taken Therefore
imbecillis hominibus, rebus infirmissimis opus est; mediocriter
for-weak men of-things weakest need there-is the-moderately
firmos media materia optime sustinet; et robustis apta
strong the-middle material best sustains and for-the-robust fit
validissima est. Plus deinde aliquis assumere ex levioribus potest:
the-strongest is More then someone to-take of the-lighter can
magis in iis, quae valentissima sunt, temperare sibi debet.
more in those which strongest are to-restrain himself he-ought

XIX · THE PROPERTIES OF FOODS

Foods differ in more than strength: some have good juice and some bad, some are mild and some sharp, some thicken phlegm and some thin it, some suit the stomach and some are foreign to it, some inflate, heat, cool, sour in the stomach, loosen or bind the bowel, move urine, bring sleep, or rouse the senses. All this must be known, since different things suit different bodies and illnesses.

Neque haec sola discrimina sunt; sed etiam aliae res boni
Nor these the-only differences are but also some things of-good
succi sunt, aliae mali; quas εὐχύμους, vel κακοχύμους Graeci
juice are others of-bad which euchymous or cacochymous the-Greeks
vocant; aliae lenes, aliae acres; aliae crassiorem pituitam faciunt,
call some mild others sharp some thicker phlegm make
aliae tenuiorem; aliae idoneae stomacho, aliae alienae sunt:
others thinner some suitable to-the-stomach others foreign are
itemque aliae inflant, aliae ab hoc absunt; aliae calefaciunt,
and-likewise some inflate others from this are-free some heat
aliae refrigerant; aliae facile in stomacho acescunt, aliae non
others cool some easily in the-stomach turn-sour others not
facile intus corrumpuntur; aliae movent alvum, aliae supprimunt;
easily within are-corrupted some move the-bowel others suppress
aliae citant urinam, aliae tardant; quaedam somnum movent,
some stir the-urine others slow some sleep move
quaedam sensus excitant. Quae omnia ideo noscenda
some the-senses excite Which all for-this-reason to-be-known
sunt, quoniam aliud alii vel corpori, vel valetudini convenit.
are since one-thing to-one either body or health suits

Celsus lists the foods of good juice: wheat, siligo, spelt groats, rice, starch, barley gruel, milk, soft cheese, game, the middle birds, fish between tender and hard, spring lettuce, nettle, mallow, gourd, a soft egg, purslane, snails, dates, ripe fruit, sweet wine, raisin wine, olives preserved in must, sow's womb, fat and gelatinous meat, and liver.

Boni succi sunt triticum, siligo, alica, oryza, amylum,
Of-good juice are wheat siligo spelt-groats rice starch
tragum, ptisana, lac, caseus mollis, omnis venatio, omnes
tragum barley-gruel milk cheese soft all game all
aves, quae ex media materia sunt; ex majoribus quoque
birds which of the-middle material are of the-larger also
eae, quas supra nominavi: medii inter teneros durosque
those which above I-named the-middle between the-tender and-the-hard
pisces, ut mullus, et lupus: verna lactuca, urtica, malva,
fish as the-mullet and the-bass spring lettuce nettle mallow
cucurbita, ovum sorbile, portulaca, cochleae, palmulae: ex
gourd the-egg for-sipping purslane snails dates of
pomis quodcumque neque acerbum, neque acidum est:
orchard-fruits whatever neither unripe nor sour is
vinum dulce, vel lene, passum, defrutum, oleae, quae ex his
wine sweet or mild raisin-wine must-syrup olives which of these
duobus in alterutro servatae sunt: vulvae, rostra, trunculique
two in one-or-other preserved are wombs snouts and-feet
suum, omnis pinguis caro, omnis glutinosa, omne jecur.
of-pigs all fat meat all gelatinous every liver

Of bad juice are millet, panic grass, barley, pulses, very lean or salted meat, salt fish, old cheese, roots and bulbs, cabbage, asparagus, beet, cucumber, leek, rocket, cress, many herbs, garlic and onion, spleens, kidneys, intestines, sour or unripe fruit, vinegar, everything sharp, oil, rock fish and the most tender, and fish too hard or rank, especially those of ponds and muddy streams and those grown too large.

Mali vero succi sunt milium, panicum, hordeum, legumina,
Of-bad however juice are millet panic-grass barley pulses
caro domestica permacra, omnisque caro salsa, omne
meat domestic very-lean and-all meat salted all
salsamentum, garum, vetus caseus, siser, radicula, rapa,
salt-fish fish-sauce old cheese skirret radish turnip
napi, bulbi, brassica, magisque etiam cyma ejus, asparagus,
navews bulbs cabbage and-more even the-sprout of-it asparagus
beta, cucumis, porrum, eruca, nasturtium, thymum, nepeta,
beet cucumber leek rocket cress thyme catmint
satureia, hyssopum, ruta, anethum, foeniculum, cuminum,
savory hyssop rue dill fennel cumin
anisum, lapathum, sinapi, allium, cepa, lienes, renes, intestina,
anise sorrel mustard garlic onion spleens kidneys intestines
pomum quodcumque acidum vel acerbum est, acetum, omnia
fruit whatever sour or unripe is vinegar all-things
acria, acida, acerba, oleum, pisces quoque saxatiles, omnesque,
sharp sour unripe oil fish also of-the-rocks and-all
qui ex tenerrimo genere sunt, aut qui rursus nimium duri
which of the-most-tender kind are or which again too hard
virosique sunt, ut fere quos stagna, lacus, limosique
and-rank are as generally those-which ponds lakes and-muddy
rivi ferunt, quique in nimiam magnitudinem excesserunt.
streams bear and-which into excessive size have-grown

Mild foods are broths, porridge, pancakes, starch, barley gruel, fat and gelatinous meat, especially pigs' trotters and the heads and feet of kids, calves, and lambs, brains, true bulbs, milk, must syrup, raisin wine, and pine nuts. Sharp are everything very harsh, sour, or salty, honey the more the better it is, garlic, onion, rocket, rue, cress, and most vegetables.

Lenes autem sunt sorbitio, pulticula, laganum, amylum,
Mild however are broth little-porridge pancake starch
ptisana, pinguis caro, et quaecumque glutinosa est: quod
barley-gruel fat meat and whatever gelatinous is which
fere quidem in omni domestica fit, praecipue tamen in
generally indeed in all domestic happens especially yet in
ungulis, trunculisque suum, in petiolis capitulisque hoedorum
the-trotters and-feet of-pigs in the-feet and-heads of-kids
et vitulorum et agnorum, omnibusque cerebellis: item qui
and of-calves and of-lambs and-in-all brains likewise those-which
proprie bulbi nominantur, lac, defrutum, passum, nuclei pinei.
properly bulbs are-named milk must-syrup raisin-wine nuts pine
Acria sunt omnia nimis austera, omnia acida, omnia salsa, mel,
Sharp are all-things too harsh all-things sour all-things salty honey
et quidem quo melius est, eo magis: item allium, cepa, eruca,
and indeed the better it-is the more likewise garlic onion rocket
ruta, nasturtium, cucumis, beta, brassica, asparagus, sinapi,
rue cress cucumber beet cabbage asparagus mustard
radicula, intubus, ocimum, lactuca, maximaque olerum pars.
radish endive basil lettuce and-the-greatest of-vegetables part

XXIII · FOODS THAT THICKEN OR THIN PHLEGM

Soft eggs, spelt groats, rice, starch, barley gruel, milk, bulbs, and nearly everything gelatinous thicken phlegm; everything salty, sharp, and sour thins it.

Crassiorem autem pituitam faciunt ova sorbilia, alica,
Thicker however phlegm make eggs for-sipping spelt-groats
oryza, amylum, ptisana, lac, bulbi, omniaque fere glutinosa.
rice starch barley-gruel milk bulbs and-all-things almost gelatinous
Extenuant eamdem omnia salsa, atque acria, atque acida.
Make-thin the-same all-things salty and sharp and sour

XXIV · FOODS SUITED TO THE STOMACH

Best for the stomach are harsh, sour, and lightly salted things, unleavened bread, washed spelt groats, rice, barley gruel, birds and game roasted or boiled, beef, lean rather than fat meat, pigs' trotters and snouts, endive, lettuce, parsnip, boiled gourd, cherries, mulberries, certain pears and apples, quinces, pomegranates, grapes from the jar, a soft egg, dates, pine nuts, olives in brine or vinegar, harsh or resinated wine, hard fish, shellfish, tunny, and drinks either cold or very hot.

Stomacho autem aptissima sunt, quaecumque austera sunt,
For-the-stomach however most-suitable are whatever harsh are
etiam quae acida sunt, quaeque contacta sale modice
even those-which sour are and-whatever touched with-salt moderately
sunt; item panis sine fermento, et elota alica, vel oryza,
are likewise bread without leaven and washed spelt-groats or rice
vel ptisana; omnis avis, omnis venatio; atque utraque vel
or barley-gruel every bird all game and each either
assa, vel elixa: ex domesticis animalibus bubula: si quid
roasted or boiled of domestic animals beef if anything

ex ceteris sumitur, macrum potius, quam pingue: ex sue
of the-rest is-taken lean rather than fat of the-pig
ungulae, rostra, aures, vulvaeque steriles: ex oleribus intubus,
the-trotters snouts ears and-wombs barren of vegetables endive
lactuca, pastinaca, cucurbita elixa, siser: ex pomis cerasum,
lettuce parsnip gourd boiled skirret of orchard-fruits the-cherry
morum, sorbum, pirum fragile, quale crustuminum vel
the-mulberry the-sorb-apple the-pear brittle such-as the-Crustumian or
naevianum est: item pira, quae reponuntur, tarentina atque
the-Naevian is likewise pears which are-stored-up the-Tarentine and
signina; malum orbiculatum, aut scandianum, vel amerinum,
the-Signian the-apple round or the-Scandian or the-Amerian
vel cotoneum, vel punicum; uvae ex olla, molle ovum,
or the-quince or the-pomegranate grapes from the-jar a-soft egg
palmulae, nuclei pinei, oleae albae ex dura muria, eaedem
dates nuts pine olives white from strong brine the-same
aceto intinctae, vel nigrae, quae in arbore bene maturuerunt,
in-vinegar dipped or black which on the-tree well have-ripened
vel quae in passo, defrutove servatae sunt: vinum austerum,
or which in raisin-wine or-must-syrup preserved are wine harsh
licet etiam asperum sit, item resinatum: duri ex media
although even rough it-be likewise resinated hard of the-middle
materia pisces, ostrea, pectines, murices, purpurae, cochleae,
material fish oysters scallops murexes purple-shells snails
cybium, potionesque vel frigidae, vel ferventes; absinthium.
tunny and-drinks either cold or boiling wormwood

XXV · FOODS FOREIGN TO THE STOMACH

Foreign to the stomach are everything lukewarm, salty, stewed, very sweet, or fat, broth, leavened bread of millet or barley, roots, vegetables eaten with oil or fish sauce, honey, honey wine, milk, cheese, fresh grapes, figs, pulses, whatever inflates, and certain herbs; so what has good juice does not at once suit the stomach, nor the reverse.

Aliena vero stomacho sunt omnia tepida, omnia salsa,
Foreign however to-the-stomach are all-things lukewarm all-things salty
omnia jurulenta, omnia praedulcia, omnia pinguia, sorbitio,
all-things stewed all-things very-sweet all-things fat broth
panis fermentatus, idemque vel ex milio, vel ex hordeo,
bread leavened and-the-same either from millet or from barley
radices olerum, et quodcumque olus ex oleo garove
the-roots of-vegetables and whatever vegetable with oil or-fish-sauce
estur, mel, mulsum, defrutum, passum, lac, omnis caseus,
is-eaten honey honey-wine must-syrup raisin-wine milk every cheese
uva recens, ficus et viridis et arida, legumina omnia,
the-grape fresh the-fig both green and dry pulses all
quaeque inflare consueverunt: item thymum, nepeta, satureia,
and-whatever to-inflate have-been-wont likewise thyme catmint savory
hyssopum, nasturtium, lapathum, lapsana, juglandes. Ex
hyssop cress sorrel charlock walnuts From
his autem intelligi potest, non quidquid boni succi
these however to-be-understood it-can not whatever of-good juice
est, protinus stomacho convenire; neque quidquid stomacho
is at-once the-stomach to-suit nor whatever to-the-stomach
convenit, protinus boni succi esse.
suits at-once of-good juice to-be

XXVI · FOODS THAT INFLATE

Nearly all pulses inflate, and everything fat, sweet, or stewed, must and new wine, garlic, onion, cabbage, roots except skirret and parsnip, bulbs, figs, fresh grapes, nuts except pine nuts, milk, cheese, and anything eaten half raw. Game, fowl, fish, fruit, olives, shellfish, eggs, and old wine inflate least, and fennel and dill even relieve flatulence.

Inflant autem omnia fere legumina, omnia pinguia, omnia
Inflate however all-things almost pulses all-things fat all-things
dulcia, omnia jurulenta, mustum, atque etiam id vinum,
sweet all-things stewed must and also that wine
cui nihil adhuc aetatis accessit: ex oleribus allium, cepa,
to-which nothing yet of-age has-been-added of vegetables garlic onion
brassica, omnesque radices, excepto sisere et pastinaca, bulbi,
cabbage and-all roots except skirret and parsnip bulbs
ficus etiam aridae, sed magis virides, uvae recentes, nuces
figs even dry but more green grapes fresh nuts
omnes, exceptis nucleis pineis, lac, omnisque caseus, quidquid
all except nuts pine milk and-every cheese whatever
denique subcrudum aliquis assumsit. Minima inflatio fit
finally half-raw someone has-taken The-least flatulence comes
ex venatione, aucupio, piscibus, pomis, oleis, conchyliis,
from game fowling fish orchard-fruits olives shellfish
ovis vel mollibus vel sorbilibus, vino vetere. Foeniculum
eggs either soft or for-sipping wine old Fennel
vero, et anethum inflationes etiam levant.
however and dill flatulence even relieve

Pepper, salt, stewed meat, garlic, onion, dry figs, salt fish, and wine, the more the less diluted, heat. Vegetables whose stalks are eaten raw, coriander, cucumber, boiled gourd, beet, mulberries, cherries, harsh apples, brittle pears, boiled meat, and above all vinegar, in food or drink, cool.

At calefaciunt piper, sal, caro omnis jurulenta, allium, cepa,
But heat pepper salt meat all stewed garlic onion
ficus arida, salsamentum, vinum, et quo meracius est eo
the-fig dry salt-fish wine and the more-undiluted it-is the
magis. Refrigerant olera, quorum crudi caules assumuntur, ut
more Cool vegetables of-which raw the-stalks are-taken as
intubus, et lactuca: item coriandrum, cucumis, elixa cucurbita,
endive and lettuce likewise coriander cucumber boiled gourd
beta, mora, cerasa, mala austera, pira fragilia, caro elixa,
beet mulberries cherries apples harsh pears brittle meat boiled
praecipueque acetum, sive cibus ex eo, sive potio assumitur.
and-especially vinegar whether food from it or drink is-taken

Leavened bread, milk, honey, pastry, tender fish, sweet wines, and stews spoil easily; unleavened bread, hard meat, salt fish, snails, and harsh wine least.

Facile autem intus corrumpuntur panis fermentatus, et
Easily however within are-corrupted bread leavened and
quisquis alius quam qui ex tritico est; lac, mel; ideoque
whatever other than that-which from wheat is milk honey and-therefore
etiam lactantia, atque omne pistorium opus; teneri pisces,
also milk-foods and every of-the-baker work tender fish
ostrea, olera, caseus et recens et vetus, crassa vel tenera
oysters vegetables cheese both fresh and old thick or tender
caro, vinum dulce, mulsum, defrutum, passum; quidquid
meat wine sweet honey-wine must-syrup raisin-wine whatever
denique vel jurulentum est, vel nimis dulce, vel nimis
finally either stewed is or too sweet or too
tenue. At minime intus vitiantur panis sine fermento, aves,
thin But least within are-spoiled bread without leaven birds
et eae potius duriores, duri pisces; neque solum aurata
and those rather the-harder hard fish nor only the-gilthead
puta, aut sparus, sed etiam lolligo, locusta, polypus: item
say or the-sparus but also the-squid the-crayfish the-octopus likewise
bubula, omnisque dura caro; eademque aptior est, si
beef and-all hard meat and-the-same more-suitable is if
macra, si salsa est; omniaque salsamenta; cochleae, murices,
lean if salted it-is and-all salt-fish snails murexes
purpurae; vinum austerum, vel resinatum.
purple-shells wine harsh or resinated

XXIX · FOODS THAT MOVE THE BOWEL

The bowel is moved by leavened bread, cabbage and many vegetables, ripe fruit, figs and grapes, small fat birds, snails and shellfish, tender fish, fat meat, honey, milk, sweet wine, soft water, and everything lukewarm, sweet, fat, boiled, or salted.

At alvum movent panis fermentatus, magisque si cibarius vel
But the-bowel move bread leavened and-more if common or
hordeaceus est; brassica, si subcruda est, lactuca, anethum,
of-barley it-is cabbage if half-raw it-is lettuce dill
nasturtium, ocimum, urtica, portulaca, radicula, capparis, allium,
cress basil nettle purslane radish caper garlic
cepa, malva, lapathum, beta, asparagus, cucurbita, cerasa, mora,
onion mallow sorrel beet asparagus gourd cherries mulberries
poma omnia mitia, ficus etiam arida, sed magis viridis, uvae
orchard-fruits all mellow the-fig even dry but more green grapes
recentes, pingues minutae aves, cochleae, garum, salsamentum,
fresh fat small birds snails fish-sauce salt-fish
ostrea, pelorides, echini, musculi, et omnes fere conchulae,
oysters pelorides sea-urchins mussels and all almost little-shellfish
maximeque jus earum; saxatiles, et omnes teneri pisces,
and-especially the-broth of-them rock-fish and all tender fish
sepiarum atramentum; si qua caro assumitur pinguis, eadem
of-cuttlefish the-ink if any meat is-taken fat the-same
vel jurulenta, vel elixa; aves quae natant; mel crudum, lac,
either stewed or boiled birds which swim honey raw milk
lactantia omnia, mulsum, vinum dulce vel salsum, aqua tenera,
milk-foods all honey-wine wine sweet or salted water soft
omnia tepida, dulcia, pinguia, elixa, jurulenta, salsa, diluta.
all-things lukewarm sweet fat boiled stewed salted diluted

XXX · FOODS THAT BIND THE BOWEL

The bowel is bound by unleavened or twice-baked bread, porridge, lentils, twice-boiled cabbage, hard eggs, small birds, the hare, aged cheese, quinces, pomegranates, olives, dates, rough or undiluted wine, vinegar, and everything hard, lean, harsh, or roasted.

Contra adstringunt panis ex siligine, vel ex simila;
On-the-other-hand bind bread of siligo or of simila
magis si sine fermento est; magis etiam si ustus est;
more if without leaven it-is more even if toasted it-is
intenditurque vis ejus etiam si bis coquitur: pulticula vel
and-is-intensified the-force of-it even if twice it-is-baked little-porridge either
ex alica, vel ex panico, vel ex milio; itemque ex iisdem
of spelt-groats or of panic-grass or of millet and-likewise of the-same
sorbitio; et magis, si haec antea fricta sunt: lenticula, cui
broth and more if these before roasted have-been the-lentil to-which
vel beta, vel intubus, vel ambubeja, vel plantago adjecta
either beet or endive or wild-endive or plantain added
est; magisque etiam si illa ante fricta est: per se etiam
has-been and-more even if it before roasted has-been by itself also
intubus, vel plantago, vel ambubeja: minuta olera, brassica
endive or plantain or wild-endive small vegetables cabbage
bis decocta: dura ova, magisque si assa sunt: minutae
twice boiled-down hard eggs and-more if roasted they-are small
aves, merula, palumbus, magisque si in posca decoctus
birds the-blackbird the-wood-pigeon and-more if in vinegar-water boiled-down
est; grus, omnes aves quae magis currunt, quam volant;
it-has-been the-crane all birds which more run than fly
lepus, caprea; jecur ex iis, quae sevum habent, maximeque
the-hare the-roe the-liver of those which suet have and-especially

bubulum, ac sevum ipsum: caseus, qui vehementior vetustate
of-the-ox and suet itself cheese which stronger by-age
fit, vel ea mutatione quam in transmarino videmus;
becomes or by-that change which in the-overseas we-see
aut si recens est, ex melle, mulsove decoctus: item mel
or if fresh it-is in honey or-honey-wine boiled-down likewise honey
coctum, pira immatura, sorba, magisque ea, quae torminalia
cooked pears unripe sorb-apples and-more those which for-colic
vocantur, mala cotonea, et punica, oleae vel albae vel
are-called apples quince and pomegranate olives either white or
permaturae, myrta, palmulae, purpurae, murices, vinum
very-ripe myrtle-berries dates purple-shells murexes wine
resinatum vel asperum, item meracum, acetum, mulsum
resinated or rough likewise undiluted vinegar honey-wine
quod inferbuit, item defrutum, passum, aqua vel tepida vel
which has-boiled likewise must-syrup raisin-wine water either lukewarm or
praefrigida, dura, id est ea quae tarde putescit; ideoque
very-cold hard that is that which slowly putrefies and-therefore
pluvia potissimum: omnia dura, macra, austera, aspera,
rain-water above-all all-things hard lean harsh rough
tosta, et in eadem carne, assa potius, quam elixa.
toasted and in the-same meat roasted rather than boiled

XXXI · FOODS THAT MOVE URINE

Urine is moved by sweet-smelling garden plants, celery, rue, dill, basil, mint, hyssop, anise, coriander, cress, rocket, fennel, and by asparagus, caper, catmint, thyme, savory, charlock, parsnip, especially the wild, radish, skirret, onion, the hare, thin wine, pepper round and long, mustard, wormwood, and pine nuts.

Urinam autem movent, quaecumque in horto nascentia
The-urine however move whatever in the-garden growing
boni odoris sunt, ut apium, ruta, anethum, ocimum, menta,
of-good smell are as celery rue dill basil mint
hyssopum, anisum, coriandrum, nasturtium, eruca, foeniculum:
hyssop anise coriander cress rocket fennel
praeter haec asparagus, capparis, nepeta, thymum, satureia,
besides these asparagus caper catmint thyme savory
lapsana, pastinaca, magisque agrestis, radicula, siser, cepa; ex
charlock parsnip and-more wild radish skirret onion of
venatione maxime lepus; vinum tenue, piper et rotundum
game especially the-hare wine thin pepper both round
et longum, sinapi, absinthium, nuclei pinei.
and long mustard wormwood nuts pine

XXXII · FOODS FOR SLEEP AND THE SENSES

Poppy, lettuce, mulberry, and leek bring sleep; catmint, thyme, savory, hyssop, pennyroyal, rue, and onion rouse the senses.

Somno vero aptum est papaver, lactuca, maximeque aestiva,
For-sleep indeed suitable is the-poppy lettuce and-especially summer
cujus cauliculus jam lacte repletus est, morum, porrum.
of-which the-little-stalk already with-milk filled is the-mulberry the-leek
Sensus excitant nepeta, thymum, satureia, hyssopum,
The-senses excite catmint thyme savory hyssop
praecipueque pulegium, ruta, et cepa.
and-especially pennyroyal rue and onion

XXXIII · APPLICATIONS THAT DRAW, REPRESS, HEAT, OR SOFTEN

Matter is drawn out by applications that erode the skin, the seeds of rocket, cress, radish, and above all mustard, salt, and fig; Celsus defers the foreign drugs. He lists what represses and softens at once, greasy wool, dates, bran; what represses and cools, the wall herb, purslane, poppy leaves, nightshade, cold water, wine, vinegar, chalk, and the leaves of olive, myrtle, and rose; what represses without cooling; and the meal poultices that heat, oils, marrow, fat, salt, and pepper. Physicians use these so variously that each follows his own persuasion more than proof.

Evocare vero materiam multa admodum possunt: sed ea
To-call-out indeed matter many-things very can but they
quum ex peregrinis medicamentis maxime constent, aliisque
since of foreign medicaments chiefly they-consist and-others
magis, quam quibus ratione victus succurritur, opitulentur,
more than those-whom by-the-regulation of-diet one-relieves they-help

in praesentia differam: ponam vero ea quae prompta, et
for the-present I-shall-defer I-shall-set-down however those which ready and
iis morbis de quibus protinus dicturus sum, apta, corpus
for-those diseases about which straightway about-to-speak I-am suitable the-body
erodunt, et sic eo, quod mali est, extrahunt. Habent autem
erode and so that which of-bad is draw-out Have however
hanc facultatem semina erucae, nasturtii, radiculae; praecipue
this property the-seeds of-rocket of-cress of-radish especially
tamen omnium sinapi. Salis quoque et fici eadem vis est.
yet of-all mustard Of-salt also and of-the-fig the-same force is
Leniter vero simul et reprimunt et molliunt lana succida ex
Gently however at-once both repress and soften wool greasy from
aceto vel vino, cui oleum adjectum est; contritae palmulae,
vinegar or wine to-which oil added has-been crushed dates
furfures in salsa aqua vel aceto decocti. At simul et reprimunt,
bran in salt water or vinegar boiled-down But at-once both repress
et refrigerant herba muralis, περδίκιον appellant, serpyllum,
and cool the-herb of-the-wall perdikion they-call wild-thyme
pulegium, ocimum, herba sanguinalis, quam Graeci πολύγονον
pennyroyal basil the-herb knotgrass which the-Greeks polygonon
vocant, portulaca, papaveris folia, capreolique vitium, coriandri
call purslane of-the-poppy the-leaves and-the-tendrils of-vines of-coriander
folia, hyoscyamum, muscus, siser, apium, solanum, quam
the-leaves henbane moss skirret celery nightshade which
στρύχνον Graeci vocant, brassicae folia, intubus, plantago,
strychnon the-Greeks call of-cabbage the-leaves endive plantain
foeniculi semen, contrita pira vel mala, praecipueque cotonea,
of-fennel the-seed crushed pears or apples and-especially quinces
lenticula, aqua frigida, maximeque pluvialis, vinum, acetum,
the-lentil water cold and-especially rain-water wine vinegar
et horum aliquo madens vel panis, vel farina, vel spongia,
and of-these with-some soaked either bread or meal or a-sponge

vel cinis, vel lana succida, vel etiam linteolum, creta
or ash or wool greasy or even a-little-linen-cloth chalk
cimolia, gypsum, melinum, myrteum, rosa, acerbum oleum,
Cimolian gypsum quince-oil myrtle-oil rose-oil unripe oil
verbenarum contusa cum teneris caulibus folia; cujus generis
of-sacred-boughs bruised with tender stalks the-leaves of-which kind
sunt olea, cupressus, myrtus, lentiscus, tamarix, ligustrum,
are the-olive the-cypress the-myrtle the-mastic the-tamarisk the-privet
rosa, rubus, laurus, hedera, punicum malum. Sine frigore
the-rose the-bramble the-bay the-ivy the-pomegranate apple Without cold
autem reprimunt cocta mala cotonea, malicorium, aqua calida,
however repress cooked apples quince pomegranate-rind water hot
in qua verbenae coctae sint, quas supra posui, pulvis
in which sacred-boughs cooked have-been which above I-set-down powder
vel ex faece vini, vel ex myrti foliis, amarae nuces.
either from the-lees of-wine or from of-myrtle the-leaves bitter almonds
Calefacit vero ex qualibet farina cataplasma, sive tritici,
Heats however from any meal a-poultice whether of-wheat
sive farris, sive hordei, sive ervi, vel lolii, vel milii, vel
or of-emmer or of-barley or of-bitter-vetch or of-darnel or of-millet or
panici, vel lenticulae, vel fabae, vel lupini, vel lini, vel foeni
of-panic-grass or of-lentil or of-bean or of-lupine or of-flax or of-hay
graeci, ubi ea deferbuit, calidaque imposita est. Valentior
Greek when it has-boiled-down and-hot applied has-been Stronger
tamen ad id omnis farina est ex mulso, quam ex aqua cocta.
yet for that every meal is in honey-wine than in water cooked
Praeterea cyprinum, irinum, medulla, adeps ex fele, oleum,
Besides cyprus-oil iris-oil marrow fat from the-cat oil
magisque si vetus est, junctaque oleo sal, nitrum, git, piper,
and-more if old it-is and-joined to-oil salt soda black-cumin pepper
quinquefolium. Fereque, quae vehementer et reprimunt, et
cinquefoil And-generally those-which vigorously both repress and

refrigerant, durant; quae calefaciunt et digerunt, emolliunt:
cool harden those-which heat and disperse soften
praecipueque ad emolliendum potest cataplasma ex lini vel
and-especially for softening avails a-poultice from of-flax or
foeni graeci semine. His autem omnibus, et simplicibus, et
of-hay Greek the-seed These however all both simple and
permixtis, varie medici utuntur; ut magis quid quisque
mixed variously physicians use so-that more what each
persuaserit sibi, appareat, quam quid evidenter compererit.
has-persuaded himself be-apparent than what evidently he-has-found

BOOK III

I · THE KINDS OF DISEASE

The Greeks divided diseases into acute and long, but since some answer now one way, now the other, there are more kinds: short ones that kill or end quickly, long ones with neither health nor death near, those now acute and now long, and a fourth, neither, easily healed if met. Celsus divides them into those of the whole body and of its parts. A failing physician is more easily pardoned in acute diseases, whose time is short; there a useless remedy is changed quickly, in long ones not dropped at once.

Provisis omnibus, quae pertinent ad universa genera
Provided-for all-things which pertain to the-general kinds
morborum, ad singulorum curationes veniam. Hos autem in
of-diseases to of-each the-treatments I-shall-come These however into
duas species Graeci diviserunt; aliosque ex his acutos, alios
two classes the-Greeks have-divided and-some of these acute others
longos esse dixerunt: ideoque, quoniam non semper eodem
long to-be have-said and-therefore since not always in-the-same
modo respondebant, eosdem alii inter acutos, alii inter longos
way they-answered the-same some among the-acute others among the-long
retulerunt. Ex quo plura eorum genera esse manifestum est.
have-reckoned From which more of-them kinds to-be evident it-is
Quidam enim breves acutique sunt, qui cito vel tollunt
Some for short and-acute are which quickly either carry-off
hominem, vel ipsi cito finiuntur: quidam longi, sub quibus
the-man or themselves quickly are-ended some long under which
neque sanitas in propinquo, neque exitium est: tertiumque
neither health at hand nor death is and-a-third
genus eorum est, qui modo acuti, modo longi sunt; idque
kind of-them is which at-one-time acute at-another long are and-this

non in febribus tantummodo, in quibus frequentissimum est,
not in fevers only in which most-frequent it-is
sed in aliis quoque fit. Atque etiam praeter hos, quartum
but in others also happens And also besides these a-fourth
est, quod neque acutum dici potest, quia non perimit;
there-is which neither acute be-called can because not it-kills
neque utique longum, quia, si occurritur, facile sanatur. Ego,
nor necessarily long because if it-is-met easily it-is-healed I
quum de singulis dicam, cujus quisque generis sit indicabo.
when about each I-shall-speak of-what each kind it-is I-shall-indicate
Dividam autem omnes in eos, qui in totis corporibus
I-shall-divide however all into those which in the-whole bodies
consistere videntur, et eos, qui oriuntur in partibus. Incipiam
to-consist seem and those which arise in parts I-shall-begin
a prioribus, pauca de omnibus praefatus. In nullo
with the-former a-few-things about all having-said-beforehand In no
quidem morbo minus fortuna sibi vindicare, quam ars
indeed disease less fortune for-itself to-claim than art
potest; utpote quum, repugnante natura, nihil medicina
can inasmuch-as when opposing nature nothing medicine
proficiat. Magis tamen ignoscendum medico est parum
avails More yet to-be-pardoned the-physician is too-little
proficienti in acutis morbis, quam in longis. Hic enim breve
availing in acute diseases than in long Here for short
spatium est, intra quod, si quod auxilium non profuit,
the-space is within which if any remedy not has-helped
aeger exstinguitur: ibi et deliberationi, et mutationi
the-sick-man is-extinguished there both for-deliberation and for-change
remediorum tempus patet; adeo ut raro, si inter initia
of-remedies time lies-open so that rarely if among the-beginnings
medicus accessit, obsequens aeger sine illius vitio pereat.
the-physician has-come-in an-obedient sick-man without his fault perish

Longus tamen morbus quum penitus insedit, quod ad
A-long yet disease when deeply it-has-settled as-far-as to
difficultatem pertinet, acuto par est. Et acutus quidem,
difficulty pertains to-the-acute equal is And the-acute indeed
quo vetustior est; longus autem, quo recentior, eo facilius
the older it-is the-long however the more-recent the more-easily
curatur. Alterum illud ignorari non oportet, quod non
is-cured The-other that to-be-unknown not is-proper that not
omnibus aegris eadem auxilia conveniunt. Ex quo incidit, ut
for-all sick-men the-same remedies suit From which it-befalls that
alia atque alia summi auctores, quasi sola, venditaverint,
one and another the-highest authorities as-if the-only-ones have-vaunted
prout cuique cesserant. Oportet itaque, ubi aliquid non
according-as for-each they-had-turned-out It-is-proper and-so when something not
respondet, non tanti putare auctorem, quanti aegrum,
answers not of-so-much to-reckon the-author as-of-how-much the-sick-man
et experiri aliud atque aliud: sic tamen, ut in acutis
and to-try one and another thus yet that in acute
morbis cito mutetur, quod nihil prodest; in longis, quos
diseases quickly be-changed what nothing helps in long-ones which
tempus ut facit, sic etiam solvit, non statim condemnetur,
time as it-makes so also dissolves not at-once be-condemned
si quid non statim profuit; minus vero removeatur, si
if anything not at-once has-helped less indeed be-removed if
quid paulum saltem juvat; quia profectus tempore expletur.
anything a-little at-least helps because progress with-time is-completed

An acute disease presses with severe pains and onsets without intermission; a long one has slow pains or fevers and long spaces between onsets. One must see whether it is rising, standing, or declining. The acutely ill are fed late, the chronically early. At the first warning, rest, abstinence, and water, then wine on alternate days, often scatter an illness more safely than exercise, bath, or purging on the first day; lighter signs ask only wine withheld, graver ones meat too, vehement ones everything.

Protinus autem inter initia scire facile est, quis acutus
At-once however among the-beginnings to-know easy it-is which acute
morbus, quis longus sit: non in iis solis in quibus semper ita
disease which long be not in those alone in which always so
se habet; sed in iis quoque in quibus variat. Nam ubi sine
itself it-has but in those also in which it-varies For when without
intermissionibus accessiones et dolores graves urgent, acutus
intermissions onsets and pains grave press acute
morbus est: ubi lenti dolores, lentaeve febres sunt, et spatia
the-disease is when slow pains or-slow fevers are and the-spaces
inter accessiones porriguntur, acceduntque ea signa, quae in
between onsets are-extended and-there-are-added those signs which in
priore volumine exposita sunt, longum hunc futurum esse,
the-former volume set-forth have-been long this going to-be
manifestum est. Videndum etiam est, morbus an increscat,
evident it-is To-be-seen also it-is the-disease whether it-increase
an consistat, an minuatur: quia quaedam remedia
whether it-stand whether it-decrease because certain remedies
increscentibus morbis, plura inclinatis conveniunt, eaque
for-increasing diseases more for-declining-ones suit and-those
quae increscentibus apta sunt, ubi acutus increscens urget, in
which for-increasing suitable are when an-acute-one increasing presses in
remissionibus potius experienda sunt. Increscit autem morbus,
the-remissions rather to-be-tried are Increases however the-disease

dum graviores dolores, accessionesque veniunt; haeque et ante,
while graver pains and-onsets come and-these both earlier
quam proximae revertuntur, et postea desinunt. Atque in
than the-next return and later cease And in
longis quoque morbis, etiam tales notas non habentibus, scire
long also diseases even such marks not having to-know
licet increscere, si somnus incertus est, si deterior concoctio,
it-is-possible it-increases if sleep uncertain is if worse the-digestion
si foetidiores dejectiones, si tardior sensus, si pigrior mens,
if more-fetid the-stools if slower the-sense if more-sluggish the-mind
si percurrit corpus frigus aut calor, si id magis pallet.
if runs-through the-body cold or heat if it more is-pale
Ea vero, quae contraria his sunt, decedentis ejus notae
Those indeed which contrary to-these are of-declining of-it the-marks
sunt. Praeter haec in acutis morbis serius aeger alendus
are Besides these in acute diseases later the-sick-man to-be-fed
est, nec nisi jam inclinatis: ut primo demta materia
is nor unless now declining that first removed the-matter
impetum frangat: in longis maturius, ut sustinere spatium
the-onset it-break in long-ones earlier that to-sustain the-space
affecturi mali possit. Ac si quando is non in toto
of-the-about-to-afflict evil he-can And if at-any-time it not in the-whole
corpore, sed in parte est; magis tamen ad rem pertinet,
body but in a-part is more yet to the-matter it-pertains
vim totius corporis moliri, quam proprie partis aegrae
the-strength of-the-whole body to-work-at than properly of-the-part sick
sanitatem. Multum etiam interest, ab initio quis recte
the-health Much also it-matters from the-beginning someone rightly
curatus sit, an perperam: quia curatio minus iis prodest,
treated has-been or wrongly because treatment less for-those helps

in quibus assidue frustra fuit. Si quis temere habitus, adhuc
in whom constantly in-vain it-has-been If anyone rashly handled still
integris viribus vivit, admota curatione momento restituitur.
with-sound strength lives applied treatment in-a-moment be-is-restored
Sed quum ab iis coeperim, quae notas quasdam futurae
But since from those I-began which marks certain of-future
adversae valetudinis exhibent, curationum quoque principium
adverse health exhibit of-treatments also the-beginning
ab animadversione ejusdem temporis faciam. Igitur si quid
from the-observation of-the-same time I-shall-make Therefore if anything
ex iis, quae proposita sunt, incidit, omnium optima
of those-things which set-forth have-been befalls of-all best
sunt quies et abstinentia; si quid bibendum est, aqua; idque
are rest and abstinence if anything to-be-drunk is water and-this
interdum uno die fieri satis est; interdum, si terrentia
sometimes for-one day to-be-done enough it-is sometimes if the-alarming-signs
manent, biduo: proximeque abstinentiam sumendus est
remain for-two-days and-next-after the-abstinence to-be-taken is
cibus exiguus, bibenda aqua; postero die etiam vinum;
food slight to-be-drunk water on-the-following day also wine
deinde invicem alternis diebus, modo aqua, modo vinum,
then in-turn on-alternate days now water now wine
donec omnis causae metus finiatur. Per haec enim saepe
until all of-cause fear be-ended Through these for often
instans gravis morbus discutitur. Plurimique falluntur,
an-impending grave disease is-dispersed And-very-many are-deceived
dum se primo die protinus sublaturos languorem aut
while themselves on-the-first day at-once about-to-remove the-languor either
exercitatione, aut balneo, aut coacta dejectione, aut vomitu,
by-exercise or by-the-bath or by-forced purging or by-vomiting
aut sudationibus, aut vino sperant. Non quo non interdum id
or by-sweatings or by-wine they-hope Not that not sometimes that

incidat, sed quo saepius fallat, solaque abstinentia sine ullo
happen but that more-often it-deceive and-alone abstinence without any
periculo medeatur; quum praesertim etiam pro modo
danger heal when especially also according-to the-measure
terroris moderari liceat; et si leviora indicia fuerint, satis
of-the-alarm to-regulate it-be-allowed and if lighter the-signs have-been enough
sit a vino tantum abstinere, quod subtractum plus, quam
it-be from wine only to-abstain which withdrawn more than
si cibo quid dematur, adjuvat: si paulo graviora, non
if from-the-food anything be-removed helps if a-little graver not
aquam tantum bibere, sed etiam cibo carnem subtrahere;
water only to-drink but also from-the-food meat to-withdraw
interdum panis quoque minus, quam pro consuetudine
sometimes of-bread also less than according-to custom
assumere, humidoque cibo esse contentum, et olere
to-take and-with-moist food to-be content and with-vegetable
potissimum: satisque sit, tunc ex toto a cibo, a vino,
above-all and-enough it-be then from the-whole from food from wine
ab omni motu corporis abstinere, quum vehementes notae
from all movement of-the-body to-abstain when vehement marks
terruerunt. Neque dubium est, quin vix quisquam, qui non
have-alarmed Nor doubtful it-is that hardly anyone who not
dissimulavit, sed per haec mature morbo occurrit, aegrotet.
has-dissembled but through these early the-disease has-met falls-ill

Fevers, the commonest disease of the whole body, are quotidian, tertian, or quartan, and rarely of longer cycle. Quartans are simplest, beginning with shivering and leaving two clear days. Tertians are of two kinds, one like the quartan with one clear day, the other far more dangerous, the semitertian, which holds the body some thirty-six hours of forty-eight and never fully remits. Quotidians vary endlessly in how they begin, end, and recur, and onsets can run together. Celsus rejects the claim that an irregular fever always comes from an abscess, inflammation, or ulcer.

Atque haec quidem sanis facienda sunt, tantum causam
And these indeed by-the-healthy to-be-done are only a-cause
metuentibus. Sequitur vero curatio febrium, quod et in
fearing Follows however the-treatment of-fevers which both in
toto corpore, et vulgare maxime morbi genus est. Ex his
the-whole body and common most of-disease kind is Of these
una quotidiana, altera tertiana, altera quartana est: interdum
one quotidian another tertian another quartan is sometimes
etiam longiore circumitu quaedam redeunt; sed id raro fit:
also in-a-longer cycle some return but that rarely happens
in prioribus et morbi sunt, et medicina. Et quartanae
in the-former both the-diseases are and the-medicine And quartans
quidem simpliciores sunt. Incipiunt fere ab horrore; deinde
indeed simpler are They-begin generally from shivering then
calor erumpit; finitaque febre biduum integrum est: ita
heat bursts-out and-finished the-fever two-days whole there-are so
quarto die revertitur. Tertianarum vero duo genera sunt:
on-the-fourth day it-returns Of-tertians however two kinds there-are
alterum eodem modo, quo quartana, et incipiens, et
one in-the-same way as the-quartan both beginning and
desinens; illo tantum interposito discrimine, quod unum diem
ending that only interposed difference that one day

praestat integrum, tertio redit: alterum longe perniciosius,
it-offers whole on-the-third it-returns the-other far more-pernicious
quod tertio quidem die revertitur, ex octo autem et
which on-the-third indeed day returns of eight however and
quadraginta horis fere sex et triginta per accessionem
forty hours about six and thirty through the-onset
occupat, interdum etiam vel minus, vel plus; neque ex
it-occupies sometimes also either less or more nor from
toto in remissione desistit, sed tantum levius est.
the-whole in the-remission does-it-cease but only lighter it-is
Id genus plerique medici ἡμιτριταῖον appellant. Quotidianae
That kind most physicians hemitritaion call Quotidians
vero variae sunt, et multiplices. Aliae enim protinus a calore
however various are and manifold Some for at-once from heat
incipiunt, aliae a frigore, aliae ab horrore. Frigus voco, ubi
begin others from cold others from shivering Cold I-call when
extremae partes membrorum inalgescunt: horrorem, ubi corpus
the-extreme parts of-the-limbs grow-chill shivering when the-body
totum intremit. Rursus aliae sic desinunt, ut ex toto
whole trembles Again some so end that from the-whole
sequatur integritas: aliae sic, ut aliquantum quidem minuatur
follows soundness others so that somewhat indeed be-lessened
ex febre, nihilominus tamen quaedam reliquiae remaneant,
of the-fever nevertheless yet certain remnants remain
donec altera accessio accedat: ac saepe aliae vix quidquam
until another onset come-on and often others scarcely anything
aut nihil remittunt. Deinde aliae fervorem ingentem habent,
or nothing remit Then some heat huge have
aliae tolerabilem: aliae quotidie pares sunt, aliae impares;
others tolerable some daily equal are others unequal
atque invicem altero die leviores, altero vehementiores:
and in-turn on-one day lighter on-the-other more-vehement

aliae tempore eodem postridie revertuntur, aliae vel serius
some at-the-time same next-day return others either later
vel celerius: aliae diem noctemque accessione et decessione
or sooner some the-day and-night with-onset and decline
implent, aliae minus, aliae plus: aliae, quum decedunt, sudorem
fill others less others more some when they-decline sweat
movent, aliae non movent; atque alias per sudorem ad
move others not move and sometimes through sweat to
integritatem venitur, alias corpus tantum imbecillius redditur.
soundness one-comes sometimes the-body only weaker is-rendered
Accessiones etiam modo singulae singulis diebus fiunt,
Onsets also at-one-time single on-single days happen
modo binae pluresve concurrunt: ex quo saepe evenit,
at-another two or-more run-together from which often it-happens
ut quotidie plures accessiones remissionesque sint; sic
that daily several onsets and-remissions there-are thus
tamen, ut unaquaeque alicui priori respondeat. Interdum
yet that each to-some earlier-one correspond Sometimes
vero accessiones quoque confunduntur sic, ut notari neque
however the-onsets also are-confused so that be-marked neither
tempora earum, neque spatia possint. Neque verum est,
the-times of-them nor the-spaces can Nor true is-it
quod dicitur a quibusdam, nullam febrem inordinatam esse,
what is-said by some no fever irregular to-be
nisi aut ex vomica, aut ex inflammatione, aut ex ulcere:
unless either from an-abscess or from inflammation or from an-ulcer
facilior enim semper curatio foret, si hoc verum esset.
easier for always the-treatment would-be if this true were
Sed quod evidentes causae faciunt, facere etiam abditae
But what evident causes make to-make also hidden-ones
possunt. Neque de re, sed de verbo controversiam
can Nor about the-thing but about the-word a-controversy

movent, qui quum aliter aliterque in eodem morbo febres
they-stir who when in-one-way and-another in the-same disease fevers
accedunt, non easdem inordinate redire, sed alias aliasque
come-on not the-same irregularly to-return but other and-other
subinde oriri dicunt. Quod tamen ad curandi rationem
repeatedly to-arise say Which yet to of-treating the-method
nihil pertineret, etiamsi vere diceretur. Tempora quoque
nothing would-pertain even-if truly it-were-said The-times also
remissionum modo liberalia, modo vix ulla sunt.
of-remissions at-one-time generous at-another scarcely any are

IV · THE TREATMENT OF FEVERS IN GENERAL

Asclepiades would have the physician cure safely, quickly, and pleasantly, but haste and pleasure are usually dangerous. The ancients gave drugs and clysters, Asclepiades fasted his patients with light, waking, and thirst and then indulged them; Celsus allows drugs and clysters rarely and lets abstinence lessen the excess matter without breaking the strength. When to feed is decided not by odd critical days, the Pythagorean numbers that misled the ancients, but by the onsets and the strength watched at the bedside, so one cannot treat many; food is best given in the fullest remission.

Et febrium quidem ratio maxime talis est. Curationum
And of-fevers indeed the-nature chiefly such is Of-treatments
vero diversa genera sunt, prout auctores aliquos habent.
however different kinds there-are according-as authors some have
Asclepiades officium esse medici dicit, ut tuto, ut
Asclepiades the-duty to-be of-the-physician says that safely that
celeriter, ut jucunde curet. Id votum est: sed fere
quickly that pleasantly he-cure That a-wish is but generally
periculosa esse nimia et festinatio et voluptas solet. Qua
dangerous to-be excessive both haste and pleasure is-wont What

vero moderatione utendum sit, ut, quantum fieri potest,
however moderation to-be-used be that as-much-as be-done can
omnia ista contingant, prima semper habita salute, in
all those-things befall first always held safety in
ipsis partibus curationum considerandum erit. Et ante
the-very parts of-the-treatments to-be-considered it-will-be And before
omnia quaeritur, primis diebus aeger qua ratione
all-things it-is-asked in-the-first days the-sick-man by-what method
continendus sit. Antiqui, medicamentis quibusdam datis,
to-be-held be The-ancients medicaments certain given
concoctionem moliebantur; eo quod cruditatem maxime
digestion worked-at for-this that indigestion most
horrebant: deinde eam materiam, quae laedere videbatur,
they-dreaded then that matter which to-harm seemed
ducendo saepius alvum subtrahebant. Asclepiades medicamenta
by-clystering more-often the-bowel they-withdrew Asclepiades medicaments
sustulit; alvum non toties, sed fere tamen in omni morbo,
abolished the-bowel not so-often but generally yet in every disease
subduxit: febre vero ipsa praecipue se ad remedium ejus
he-purged the-fever however itself especially himself for the-remedy of-it
uti professus est. Convellendas enim vires aegri
to-use professed he-has To-be-shaken for the-strength of-the-sick-man
putavit, luce, vigilia, siti ingenti, sic ut ne os
he-thought by-light by-wakefulness by-thirst huge so that not the-mouth
quidem primis diebus elui sineret; quo magis falluntur
even in-the-first days to-be-rinsed he-allowed whereby the-more are-deceived
qui per omnia jucundam ejus disciplinam esse concipiunt.
those-who in all-things pleasant his discipline to-be conceive
Is enim ulterioribus quidem diebus cubantis etiam luxuriae
He for in-the-later indeed days of-one-lying-sick even to-luxury
subscripsit; primis vero tortoris vicem exhibuit. Ego autem
subscribed in-the-first however of-a-torturer the-part he-played I however

medicamentorum dari potiones, et alvum duci non
of-medicaments to-be-given drafts and the-bowel to-be-clystered not
nisi raro debere, concedo; non ideo tamen id agendum,
except rarely ought grant not therefore yet this to-be-done
ut aegri vires convellantur, existimo; quoniam ex
that of-the-sick-man the-strength be-shaken I-think since from
imbecillitate summum periculum est. Minui ergo tantum
weakness the-greatest danger is To-be-lessened therefore only
materiam superantem oportet, quae naturaliter digeritur, ubi
the-matter superabundant it-is-proper which naturally is-dispersed when
nihil novi accedit. Itaque abstinendus a cibo primis diebus,
nothing new comes-on And-so to-be-kept from food in-the-first days
et in luce habendus aeger, nisi infirmus, interdiu est,
and in light to-be-kept the-sick-man unless weak by-day he-is
quoniam corpus ista quoque digerit; isque cubare quam
since the-body those-things also disperses and-he lie as
maximo conclavi debet. Quod ad sitim vero somnumque
largest in-a-room ought What to thirst however and-sleep
pertinet, moderandum est, ut interdiu vigilet; noctu, si fieri
pertains to-be-moderated it-is that by-day he-wake by-night if be-done
potest, conquiescat: ac neque potet, neque nimium siti
it-can he-rest and neither drink nor too-much by-thirst
crucietur. Os etiam ejus elui potest, ubi et siccum
be-tormented The-mouth also of-him to-be-rinsed can when both dry
est, et ipsi foetet; quamvis id tempus potioni aptum
it-is and to-himself it-stinks although that time for-drinking suitable
non est. Commodeque Erasistratus dixit, saepe, interiore
not is And-aptly Erasistratus said often the-inner
parte humorem non requirente, os et fauces requirere;
part moisture not requiring the-mouth and the-throat to-require
neque ad rem, male haberi aegrum, pertinere.
nor to the-matter badly to-be-off the-sick-man to-pertain

Ac primo quidem sic tenendus est. Optimum vero
And at-first indeed thus to-be-held he-is The-best however
medicamentum est, opportune cibus datus: qui quando
medicament is opportunely food given which when
primum dari debeat, quaeritur. Plerique ex antiquis tarde
first to-be-given it-ought is-asked Most of the-ancients late
dabant, saepe quinto die, saepe sexto: et id fortasse vel in
gave-it often on-the-fifth day often on-the-sixth and this perhaps either in
Asia, vel in Aegypto, coeli ratio patitur. Asclepiades, ubi
Asia or in Egypt of-the-climate the-nature allows Asclepiades when
aegrum triduo per omnia fatigaverat, quarto die cibo
the-sick-man for-three-days by all-means he-had-wearied on-the-fourth day for-food
destinabat. At Themison nuper, non quando coepisset febris,
appointed But Themison lately not when had-begun the-fever
sed quando desiisset, aut certe levata esset, considerabat;
but when it-had-ceased or at-least been-relieved had considered
et ab illo tempore, exspectato die tertio, si non accesserat
and from that time awaited the-day third if not had-come-on
febris, statim; si accesserat, ubi ea vel desierat, vel, si assidue
the-fever at-once if it-had-come-on when it either had-ceased or if constantly
inhaerebat, certe sese inclinaverat, cibum dabat. Nihil autem
it-clung at-least itself had-declined food he-gave Nothing however
horum utique perpetuum est. Nam potest primo die primus
of-these at-all-events fixed is For it-can on-the-first day the-first
cibus dandus esse, potest secundo, potest tertio, potest
food to-be-given be it-can on-the-second it-can on-the-third it-can
non nisi quarto, aut quinto; potest post unam accessionem,
not except on-the-fourth or on-the-fifth it-can after one onset
potest post duas, potest post plures. Refert enim qualis
it-can after two it-can after more It-matters for what-kind-of
morbus sit, quale corpus, quale coelum, quae aetas,
disease it-be what-kind-of body what-kind-of climate what age

quod tempus anni, minimeque in rebus multum inter se
what season of-the-year and-least in things much among themselves
differentibus, perpetuum esse praeceptum temporis potest.
differing fixed to-be a-precept of-time can
In morbo, qui plus virium aufert, celerius cibus dandus est;
In a-disease which more of-strength takes-away more-quickly food to-be-given is
itemque eo coelo, quod magis digerit. Ob quam causam in
and-likewise in-that climate which more disperses For which reason in
Africa nullo die aeger abstineri recte videtur. Maturius
Africa on-no day the-sick-man to-be-kept-fasting rightly seems Earlier
etiam puero, quam juveni, aestate, quam hieme, dari debet.
also to-a-boy than to-a-youth in-summer than in-winter be-given it-ought
Unum illud est, quod semper, quod ubique servandum est,
One that is which always which everywhere to-be-observed is
ut aegri vires subinde assidens medicus inspiciat,
that of-the-sick-man the-strength repeatedly sitting-by the-physician inspect
et quamdiu supererunt, abstinentia pugnet; si imbecillitatem
and as-long-as they-will-hold-out by-abstinence he-fight if weakness
vereri coeperit, cibo subveniat. Id enim ejus officium est, ut
to-fear he-has-begun with-food he-relieve That for his duty is that
aegrum, neque supervacua materia oneret, neque imbecillitatem
the-sick-man neither with-superfluous matter he-burden nor weakness
fame prodat. Idque apud Erasistratum quoque invenio: qui
by-hunger betray And-this in Erasistratus also I-find who
quamvis parum docuit, quando venter, quando corpus ipsum
although too-little he-taught when the-belly when the-body itself
exinaniretur, dicendo tamen haec esse videnda, et tum
was-emptied by-saying yet these-things to-be to-be-seen and then
cibum dandum, quum corpori deberetur, satis ostendit, dum
food to-be-given when to-the-body it-was-owed enough showed while
vires superessent, dari non oportere; ne deficerent,
the-strength held-out to-be-given not to-be-proper lest they-fail

consulendum esse. Ex his autem intelligi potest, ab
to-be-provided to-be From these however to-be-understood it-can by
uno medico multos non posse curari: eumque, si artifex
one physician many not can be-treated and-him if a-craftsman
est, idoneum esse, qui non multum ab aegro recedit.
he-is suitable to-be who not much from the-sick-man withdraws
Sed qui quaestui serviunt, quoniam is major ex populo
But those-who to-gain are-slaves since that greater from the-populace
est, libenter amplectuntur ea praecepta, quae sedulitatem non
is gladly embrace those precepts which diligence not
exigunt; ut in hac ipsa re. Facile est enim dies vel accessiones
demand as in this very matter Easy it-is for days or onsets
numerare iis quoque, qui aegrum raro vident: ille assideat
to-count for-those also who the-sick-man rarely see that-one sit-by
necesse est, qui, quod solum opus est, visurus est, quando
necessary it-is who what alone needful is about-to-see is when
nimis imbecillus futurus sit, nisi cibum acceperit. In pluribus
too weak about-to-be he-be unless food he-has-received In most
tamen ad initium cibi dies quartus aptissimus esse consuevit.
yet for the-beginning of-food the-day fourth most-suitable to-be has-been-wont
Est autem alia etiam de diebus ipsis dubitatio;
There-is however another also about the-days themselves doubt
quoniam antiqui potissimum impares sequebantur, eosque,
since the-ancients chiefly the-odd-ones followed and-them
tamquam tunc de aegris judicaretur, κρισίμους nominabant.
as-if then about the-sick it-were-judged krisimous they-named
Hi erant dies tertius, quintus, septimus, nonus, undecimus,
These were the-days third fifth seventh ninth eleventh
quartusdecimus, unus et vicesimus; ita ut summa potentia
fourteenth one and twentieth so that the-greatest power
septimo, deinde quartodecimo, deinde uni et vicesimo
to-the-seventh then to-the-fourteenth then to-the-one and twentieth

daretur. Igitur sic aegros nutriebant, ut dierum imparium
was-given Therefore so the-sick they-nourished that of-the-days odd
accessiones exspectarent; deinde postea cibum, quasi levioribus
the-onsets they-awaited then afterward food as-if with-lighter
accessionibus instantibus, darent. Id Asclepiades jure ut
onsets impending they-gave That Asclepiades rightly as
vanum repudiavit; atque in nullo die, quia par imparve esset,
empty rejected and on no day because even or-odd it-was
iis vel majus vel minus periculum esse dixit. Interdum
for-them either greater or less the-danger to-be he-said Sometimes
enim pejores dies pares fiunt; et opportunius post eorum
for worse days the-even become and more-opportunely after their
accessiones cibus datur. Nonnumquam etiam in ipso morbo
onsets food is-given Sometimes also in the-very disease
dierum ratio mutatur; fitque gravior, qui remissior
of-the-days the-pattern is-changed and-becomes graver that-which more-remiss
esse consueverat. Atque ipse quartusdecimus par est, in quo
to-be had-been-wont And itself the-fourteenth even is in which
esse magnam vim antiqui fatebantur. Qui quum octavum
to-be great force the-ancients admitted Who when the-eighth
primi naturam habere contenderent, ut ab eo secundus
of-the-first the-nature to-have contended so-that from it the-second
septenarius inciperet, ipsi sibi repugnabant, non
week begin they-themselves with-themselves conflicted not
octavum, neque decimum, neque duodecimum diem sumendo,
the-eighth nor the-tenth nor the-twelfth day taking
quasi potentiorem: plus enim tribuebant nono, et undecimo.
as-if more-powerful more for they-attributed to-the-ninth and the-eleventh
Quod quum fecissent sine ulla probabili ratione, ab
Which when they-had-done without any probable reason from
undecimo, non ad tertiumdecimum, sed ad quartumdecimum
the-eleventh not to the-thirteenth but to the-fourteenth

transibant. Est etiam apud Hippocratem, ei, quem
they-passed There-is also in Hippocrates for-him whom
septimus dies liberaturus sit, quartum esse gravissimum. Ita,
the-seventh day about-to-free be the-fourth to-be heaviest So
illo quoque auctore, in die pari et gravior febris esse potest,
by-that also author on a-day even both a-graver fever to-be can
et certa futuri nota. Atque idem alio loco quartum
and a-sure of-the-future sign And the-same in-another place fourth
quemque diem, ut in utrumque efficacissimum apprehendit;
every day as in either-direction most-effective takes
id est quartum, septimum, undecimum, quartumdecimum,
that is the-fourth seventh eleventh fourteenth
decimumseptimum. In quo et ab imparis ad paris
seventeenth In which both from of-the-odd to of-the-even
rationem transiit, et ne hoc quidem propositum conservavit;
the-reckoning he-passed and not this even proposal kept
quum a septimo die undecimus, non quartus, sed
since from the-seventh day the-eleventh not the-fourth but
quintus sit. Adeo apparet, quacumque ratione ad numerum
the-fifth is So-far it-appears by-whatever reckoning to number
respexerimus, nihil rationis, sub illo quidem auctore, reperiri.
we-have-looked nothing of-reason under that indeed author to-be-found
Verum in his quidem antiquos tunc celebres admodum
But in these-things indeed the-ancients then famous very
pythagorici numeri fefellerunt: quum hic quoque medicus
the-Pythagorean numbers deceived since here also the-physician
non numerare dies debeat, sed ipsas accessiones intueri;
not to-count the-days ought but the-very onsets to-regard
et ex his conjectare, quando dandus cibus sit.
and from these to-conjecture when to-be-given food be

Illud autem magis ad rem pertinet, scire, tum oporteat
This however more to the-matter pertains to-know then whether-it-is-proper
dari, quum jam bene venae conquieverunt, an etiamnum
to-be-given when already well the-veins have-calmed or while-still
manentibus reliquiis febris. Antiqui enim quam integerrimis
remaining the-remnants of-fever The-ancients for as most-sound
corporibus alimentum offerebant; Asclepiades, inclinata quidem
bodies nourishment offered Asclepiades with-declined indeed
febre, sed adhuc tamen inhaerente. In quo vanam rationem
fever but still yet clinging In which an-empty reasoning
sequutus est: non quo non sit interdum maturius cibus
followed he-has not that not it-be sometimes earlier food
dandus, si mature timetur altera accessio; sed quo scilicet quam
to-be-given if early is-feared a-second onset but that evidently as
sanissimo dari debeat: minus enim corrumpitur, quod integro
to-the-soundest be-given it-ought less for is-corrupted what into-a-sound
corpori infertur. Neque tamen verum est, quod Themisoni
body is-put Nor yet true is-it what to-Themison
videbatur, si duabus horis integer futurus esset aeger,
seemed if for-two hours sound about-to-be were the-sick-man
satius esse tunc dari; ut ab integro corpore potissimum
better to-be then to-be-given so-that by the-sound body chiefly
diduceretur. Nam si diduci tam celeriter posset, id esset
it-be-distributed For if be-distributed so quickly it-could that would-be
optimum: sed quum hoc breve tempus non praestet, satius est
best but since this short time not offer better it-is
principia cibi a decedente febre, quam reliquias ab incipiente
the-beginnings of-food by the-declining fever than the-remnants by the-beginning-one
excipi. Ita si longius tempus secundum est, quam integerrimo
to-be-received So if longer the-time favorable is as to-the-soundest
dandus est; si breve, etiam antequam ex toto integer fiat.
to-be-given it-is if short even before from the-whole sound he-become

Quo loco vero integritas est, eodem est remissio, quae
In-which place however soundness is in-the-same is the-remission which
maxima in febre continua potest esse. Atque hoc quoque
greatest in fever continuous can be And this also
quaeritur, utrum tot horae exspectandae sint, quot febrem
is-asked whether as-many hours to-be-awaited are as the-fever
habuerunt; an satis sit primam partem earum praeteriri, ut
they-have-held or enough it-be the-first part of-them to-be-passed that
aegris jucundius insidat, quibus interdum non vacat.
for-the-sick more-pleasantly it-settle for-whom sometimes not there-is-leisure
Tutissimum est autem, ante totius accessionis tempus
Safest it-is however before of-the-whole onset the-time
praeteriri: quamvis, ubi longa febris fuit, potest indulgeri
to-be-passed although when long the-fever has-been it-can be-indulged
aegro maturius, dum tamen ante minime pars dimidia
the-sick-man earlier provided yet before at-least part the-half
praetereatur. Idque non in ea sola febre, de qua proxime
be-passed And-this not in that alone fever about which most-recently
dictum est, sed in omnibus ita servandum est.
spoken it-has-been but in all so to-be-observed it-is

A single onset from the groin, weariness, or heat allows food the next day; one from within waits to the third or fourth. Quotidians are fed every other day, continuous fevers best at midnight, wandering ones whenever relief comes, and bad news waits until after food and sleep.

Haec magis per omnia genera febrium perpetua sunt:
These more through all kinds of-fevers constant are
nunc ad singulas earum species descendam. Igitur si semel
now to the-single of-them classes I-shall-descend Therefore if once
tantum accessit, deinde desiit, eaque vel ex inguine, vel
only it-has-come-on then has-ceased and-it either from the-groin or
ex lassitudine, vel ex aestu, aliave simili re fuit, sic,
from weariness or from heat or-other similar thing has-been so
ut interior nulla causa metum fecerit, postero die, quum
that inner no cause fear has-made on-the-following day when
tempus accessionis ita transiit, ut nihil moverit, cibus
the-time of-the-onset so has-passed that nothing it-has-stirred food
dari potest. At si ex alto calor venit, et gravitas
be-given can But if from deep-within the-heat has-come and heaviness
vel capitis vel praecordiorum sequuta est, neque apparet
either of-the-head or of-the-praecordia followed has nor appears
quid corpus confuderit; quamvis unam accessionem sequuta
what the-body has-disordered although one onset followed
integritas est; tamen, quia tertiana timeri potest, exspectandus
soundness has yet because a-tertian be-feared can to-be-awaited
est dies tertius: et ubi accessionis tempus praeteriit, cibus
is the-day third and when of-the-onset the-time has-passed food
dandus est, sed exiguus; quia quartana quoque timeri
to-be-given is but slight because a-quartan also be-feared

potest: et die quarto demum, si corpus integrum est,
can and on-the-day fourth at-last if the-body sound is
eo cum fiducia utendum. Si vero postero, tertiove, aut
it with confidence to-be-used If however on-the-following or-third or
quarto die sequuta febris est, scire licet morbum esse.
fourth day followed the-fever has to-know it-is-possible a-disease to-be
Sed tertianarum, quartanarumque, quarum et certus circumitus
But of-tertians and-quartans of-which both a-fixed cycle
est, et finis integer, et liberaliter quieta tempora sunt,
is and the-end sound and generously quiet the-times are
expeditior ratio est: de quibus suo loco dicam.
easier the-method is about which in-its-own place I-shall-speak
Nunc vero eas explicabo quae quotidie urgent. Igitur tertio
Now however those I-shall-explain which daily press Therefore third
quoque die cibus aegro commodissime datur: ut alter
every day food to-the-sick-man most-conveniently is-given that one-day
febrem minuat, alter viribus subveniat. Sed is dari debet,
the-fever diminish the-other the-strength relieve But it be-given ought
si quotidiana febris est, quae ex toto desinat, simulatque
if quotidian the-fever is which from the-whole ceases as-soon-as
corpus integrum factum est: si quamvis non accessiones,
the-body sound become has if although not onsets
febres tamen junguntur, et quotidie quidem increscunt, sed
the-fevers yet are-joined and daily indeed increase but
sine integritate tamen remittunt, quum corpus ita se habet,
without soundness yet remit when the-body so itself has
ut major remissio non exspectetur: si altero die gravior,
that a-greater remission not be-expected if on-one day graver
altero levior accessio est, post graviorem. Fere vero
on-the-other lighter the-onset is after the-graver Generally however
graviorem accessionem levior nox sequitur: quo fit,
a-graver onset a-lighter night follows whence it-comes-about

ut graviorem accessionem nox quoque tristior antecedat. At
that a-graver onset a-night also gloomier precede But
si continuatur febris, neque levior umquam fit, et dari
if is-continuous the-fever nor lighter ever becomes and to-be-given
cibum necesse est, quando dari debeat, magna dissensio est.
food necessary it-is when be-given it-ought great disagreement there-is
Quidam, quia fere remissius matutinum tempus aegris est,
Some because generally more-remiss the-morning time for-the-sick is
tunc putant dandum. Quod si respondet, non quia mane
then think it-to-be-given But if it-answers not because morning
est, sed quia remissio est, dari debet. Si vero ne tunc
it-is but because remission it-is be-given it-ought If however not then
quidem ulla requies aegris est, hoc ipso pejus id tempus
even any rest for-the-sick there-is by-this very worse that time
est, quod quum sua natura melius esse debeat, morbi
is that when by-its-own nature better to-be it-ought of-the-disease
vitio, non est: simulque insequitur tempus meridianum,
by-the-fault not it-is and-at-once follows the-time of-midday
a quo quum omnis aeger fere pejor fiat, timeri potest,
from which since every sick-man generally worse becomes be-feared it-can
ne ille magis etiam, quam ex consuetudine, urgeatur. Igitur
lest he more even than from custom be-pressed Therefore
alii vespere tali aegro cibum dant. Sed quum eo
others in-the-evening to-such a-sick-man food give But since at-that
tempore fere pessimi sint, qui aegrotant, verendum est,
time generally worst are those-who are-sick to-be-feared it-is
ne, si quid tunc moverimus, fiat aliquid asperius. Ob
lest if anything then we-have-stirred there-happen something harsher For
haec ad mediam noctem decurro; id est, finito jam
these-reasons to the-middle night I-resort that is finished now
gravissimo tempore, eodemque longissime distante: sequuturis
the-heaviest time and-the-same farthest distant about-to-follow

vero antelucanis horis, quibus omnes fere maxime dormiunt;
however before-dawn hours in-which all almost most sleep
deinde matutino tempore, quod natura sua levissimum est.
then the-morning time which by-nature its-own lightest is
Si vero febres vagae sunt, quia verendum est, ne cibum
If however the-fevers wandering are because to-be-feared it-is lest the-food
statim subsequantur, quandocumque quis ex accessione
at-once they-follow whenever someone from an-onset
levatus est, tunc debet assumere. At si plures accessiones
relieved has-been then he-ought to-take-it But if several onsets
eodem die veniunt, considerare oportet, paresne per omnia
on-the-same day come to-consider it-is-proper whether-equal in all-things
sint, quod vix fieri potest, an impares. Si per omnia pares
they-be which hardly happen can or unequal If in all-things equal
sunt, post eam potius accessionem cibus dari debet, quae
they-are after that rather onset food be-given ought which
non inter meridiem et vesperem desinit: si impares sunt,
not between midday and evening ends if unequal they-are
considerandum est, quo distent. Nam si altera gravior, altera
to-be-considered it-is in-what they-differ For if one graver the-other
levior est, post graviorem dari debet: si altera longior, altera
lighter is after the-graver be-given it-ought if one longer the-other
brevior, post longiorem: si altera gravior, altera longior est,
shorter after the-longer if one graver the-other longer is
considerandum est utra magis affligat, illa vi, an haec
to-be-considered it-is which more afflict that-one by-force or this-one
tempore; et post eam dandus est; sed plane plurimum interest,
by-time and after that to-be-given it-is but plainly most it-matters
quantae qualesque inter eas remissiones sint. Nam si post
how-great and-of-what-kind between them the-remissions be For if after
alteram febrem motio manet, post alteram integrum corpus
the-one fever disturbance remains after the-other sound the-body

est, integro corpore cibo tempus aptius est: si semper
is with-sound body for-food the-time more-suitable is if always
febricula manet, sed alterum tamen longius tempus remissionis
slight-fever remains but the-other yet longer time of-remission
est, id potius eligendum est; adeo ut, ubi accessiones
is that rather to-be-chosen is so-much that when the-onsets
continuantur, protinus, inclinata priore, dandus cibus sit.
are-continuous immediately declined the-former to-be-given food be
Etenim perpetuum est, ad quod omne consilium dirigi potest,
For constant it-is to which all counsel be-directed can
cibum quam maxime semper ab accessione futura reducere;
food as most always from the-onset to-come to-draw-back
et, hoc salvo, dare quam integerrimo corpore. Quod non inter
and this preserved to-give as with-the-soundest body Which not between
duas tantum, sed etiam inter plures accessiones servabitur. Sed
two only but also between several onsets will-be-observed But
quum sit aptissimum tertio quoque die cibum dare; tamen,
although it-be most-suitable third every day food to-give yet
si corpus infirmum est, quotidie dandus est; multoque magis,
if the-body weak is daily to-be-given it-is and-much more
si continentes febres sine remissione sunt, quanto magis
if continuous the-fevers without remission are by-as-much-as more
corpus affligunt; aut si duae pluresve accessiones eodem die
the-body they-afflict or if two or-more onsets on-the-same day
veniunt. Quae res efficit, ut et a primo die protinus
come Which thing brings-about that both from the-first day at-once
cibus dari quotidie debeat, si protinus venae conciderunt; et
food be-given daily ought if at-once the-veins have-collapsed and
saepius eodem die, si inter plures accessiones subinde vis
more-often on-the-same day if between several onsets repeatedly strength
corpori deest. Illud tamen in his servandum est, ut post eas
to-the-body is-lacking That yet in these to-be-observed is that after those

febres minus cibi detur, post quas, si per corpus liceret,
fevers less of-food be-given after which if for the-body it-were-allowed
omnino non daretur. Quum vero febris instet, incipiat,
at-all not it-would-be-given When however the-fever impends begins
augeatur, consistat, decedat, deinde in decessione consistat,
increases stands declines then in the-decline stands
aut finiatur, scire licet, optimum cibo tempus esse
or is-ended to-know it-is-possible best for-food the-time to-be
febre finita; deinde quum decessio ejus consistit; tertium,
with-the-fever ended then when the-decline of-it stands third
si necesse est, quandocumque decedit; cetera omnia periculosa
if necessary it-is whenever it-declines the-rest all dangerous
esse; si tamen propter infirmitatem necessitas urget, satius
to-be if yet on-account-of weakness necessity presses better
esse, consistente jam incremento febris, aliquid offerre, quam
to-be standing now the-increase of-the-fever something to-offer than
increscente; satius esse, instante, quam incipiente: cum eo
while-increasing better to-be while-impending than while-beginning with this
tamen, ut nullo tempore is, qui deficit, non sit sustinendus.
yet that at-no time he who fails not be to-be-sustained
Neque hercule satis est, ipsas tantum febres medicum intueri,
Nor by-Hercules enough is-it the-very only fevers the-physician to-regard
sed etiam totius corporis habitum, et ad eum dirigere
but also of-the-whole body the-habit and to it to-direct
curationem; seu supersunt vires, seu desunt, seu quidam
the-treatment whether remain the-strength or fail or certain
alii affectus interveniunt. Quum vero semper aegros securos
other affections intervene Since however always the-sick free-from-care
agere conveniat, ut corpore tantum, non etiam animo
to-live it-befits that in-body only not also in-mind
laborent: tum praecipue, ubi cibum sumserunt. Itaque, si
they-labor then especially when food they-have-taken And-so if

qua sunt, quae exasperatura eorum animos sunt, optimum
any-things there-are which about-to-exasperate their minds are best
est ea, dum aegrotant, eorum notitiae subtrahere: si
it-is them while they-are-sick their from-the-knowledge to-withdraw if
id fieri non potest, sustinere tamen post cibum usque
that be-done not can to-hold-off yet after food until
somni tempus, et quum experrecti sunt, tum exponere.
of-sleep the-time and when awakened they-are then to-set-them-forth

VI · DRINK, THE PULSE, AND THE FEVERISH PATIENT

Drink is the great struggle with the feverish, whose thirst rises with the fever; they must be taught that thirst ends with it, and on the first day get no moisture unless the pulse has collapsed. The pulse deceives, varying with age, sex, and nature and stirred by the sun, the bath, fear, and the physician's arrival, so he sits cheerfully and questions before taking the arm, and judges fever also by skin, breath, color, and eyes. Celsus then treats the sweating, food after fever, and bound and flowing bodies.

Sed de cibo quidem facilior cum aegris ratio est, quorum
But about food indeed easier with the-sick the-reckoning is whose
saepe stomachus hunc respuit, etiamsi mens concupiscit:
often the-stomach it rejects even-if the-mind desires
de potione vero ingens pugna est; eoque magis, quo
about drink however a-huge fight there-is and-the more the
major febris est. Haec enim sitim accendit, et tum maxime
greater the-fever is This for thirst kindles and then most
aquam exigit, quum illa periculosissima est. Sed docendus
water demands when it most-dangerous is But to-be-taught
aeger est, ubi febris quieverit, protinus sitim quoque
the-sick-man is when the-fever has-calmed at-once the-thirst also
quieturam; longioremque accessionem fore, si quod ei
about-to-calm and-longer the-onset to-be if any to-him

datum fuerit alimentum: ita celerius eum desinere sitire,
given has-been nourishment so more-quickly him to-cease to-thirst
qui non bibit. Necesse est tamen, quanto facilius etiam
who not drinks Necessary it-is yet by-as-much-as more-easily even
sani famem, quam sitim sustinent, tanto magis aegris
the-healthy hunger than thirst endure by-so-much more to-the-sick
in potione, quam in cibo indulgere. Sed primo quidem die
in drink than in food to-indulge But on-the-first indeed day
nullus humor dari debet, nisi subito sic venae conciderunt,
no moisture be-given ought unless suddenly so the-veins have-collapsed
ut cibus quoque dari debeat: secundo vero, ceterisque
that food also be-given ought on-the-second however and-the-others
etiam, quibus cibus non dabitur, tamen, si magna sitis
also on-which food not will-be-given yet if great thirst
urgebit, potio dari potest. Ac ne illud quidem ab Heraclide
will-press drink be-given can And not that even by Heraclides
Tarentino dictum ratione caret: ubi aut bilis aegrum, aut
of-Tarentum said of-reason lacks when either bile the-sick-man or
cruditas male habet, expedire quoque per modicas potiones
indigestion badly afflicts it-is-expedient also through moderate drinks
misceri novam materiae corruptae. Illud videndum est,
to-be-mixed new-matter with-the-matter corrupted That to-be-seen is
ut qualia tempora cibo leguntur, talia potioni quoque, ubi
that such times for-food are-chosen such for-drink also when
sine illo datur, deligantur; aut quum aegrum dormire
without it it-is-given be-chosen or when the-sick-man to-sleep
cupiemus; quod fere sitis prohibet. Satis autem convenit,
we-shall-wish which generally thirst prevents Enough however it-is-agreed
quum omnibus febricitantibus nimius humor alienus sit, tum
as for-all the-feverish excessive moisture foreign be so
praecipue esse feminis, quae ex partu in febres inciderunt.
especially to-be for-women who from childbirth into fevers have-fallen

Sed quum tempora cibo potionique febris et remissionis
But since the-times for-food and-drink of-the-fever and of-the-remission
ratio det, non est expeditissimum scire, quando aeger
the-pattern give not it-is most-easy to-know when the-sick-man
febricitet, quando melior sit, quando deficiat; sine quibus
is-feverish when better he-be when he-fail without which
dispensari illa non possunt. Venis enim maxime
be-dispensed those-things not can The-veins for most
credimus, fallacissimae rei; quia saepe istae leniores
we-trust a-most-deceptive thing because often they slower
celerioresve sunt, et aetate, et sexu, et corporum natura: et
or-quicker are both by-age and by-sex and of-bodies by-nature and
plerumque satis sano corpore, si stomachus infirmus est,
generally in-a-fairly sound body if the-stomach weak is
nonnumquam etiam incipiente febre, subeunt et quiescunt;
sometimes also with-beginning fever they-sink and are-quiet
ut imbecillus is videri possit, cui facile laturo gravis
so-that weak he seem may to-whom easily about-to-bear a-grave
instat accessio. Contra saepe eas concitat et sol, et
impends onset On-the-other-hand often them stirs both the-sun and
balneum, et exercitatio, et metus, et ira, et quilibet alius
the-bath and exercise and fear and anger and any other
animi affectus: adeo ut, quum primum medicus venit,
of-the-mind affection so that when first the-physician comes
sollicitudo aegri dubitantis, quomodo illi se habere
the-anxiety of-the-sick-man doubting how to-that-one he to-be
videatur, eas moveat. Ob quam causam, periti medici est,
seem them moves For which reason of-a-skilled physician it-is
non protinus ut venit, apprehendere manu brachium: sed
not at-once as he-comes to-grasp with-the-hand the-arm but
primum residere hilari vultu, percontarique, quemadmodum
first to-sit-down with-cheerful face and-to-inquire how

se habeat; et si quis ejus metus est, eum probabili
he is and if any of-him fear there-is it with-plausible
sermone lenire; tum deinde ejus corpori manum admovere.
talk to-soothe then afterward to-his body the-hand to-apply
Quas venas autem conspectus medici movet, quam facile
Which veins however the-sight of-the-physician moves how easily
mille res turbant! Altera res est, cui credimus, calor,
a-thousand things disturb The-other thing is which we-trust heat
aeque fallax: nam hic quoque excitatur aestu, labore,
equally deceptive for this also is-roused by-hot-weather by-toil
somno, metu, sollicitudine. Igitur intueri quidem etiam
by-sleep by-fear by-anxiety Therefore to-regard indeed also
ista oportet; sed his non omnia credere. Ac protinus
those-things it-is-proper but to-these not all-things to-trust And at-once
quidem scire, non febricitare eum, cujus venae naturaliter
indeed to-know not to-be-feverish him whose veins naturally
ordinatae sunt, teporque talis est, qualis esse sani
ordered are and-the-warmth such is as to-be of-the-healthy
solet: non protinus autem sub calore motuque febrem esse
is-wont not at-once however under heat and-movement fever to-be
concipere; sed ita, si summa quoque arida inaequaliter cutis
to-conceive but so if the-surface also dry unevenly skin
est; si calor et in fronte est, et ex imis praecordiis
is if the-heat both in the-forehead is and from the-lowest praecordia
oritur; si spiritus ex naribus cum fervore prorumpit; si color
arises if the-breath from the-nostrils with glow bursts-forth if the-color
aut rubore, aut pallore novo mutatus est; si oculi graves,
either by-redness or by-pallor new changed has-been if the-eyes heavy
et aut persicci, aut subhumidi sunt; si sudor quum fit,
and either very-dry or moistish are if sweat when it-occurs
inaequalis est; si venae non aequalibus intervallis moventur.
uneven is if the-veins not at-equal intervals are-moved

Ob quam causam medicus neque in tenebris, neque a
For which reason the-physician neither in darkness nor at
capite aegri debet residere; sed illustri loco adversus,
the-head of-the-sick-man ought to-sit but in-a-lighted place facing
ut omnes notas ex vultu quoque cubantis percipiat.
that all the-marks from the-face also of-the-one-lying he-perceive
Ubi vero febris fuit, ac decrevit, spectare oportet, num
When however fever has-been and has-decreased to-watch it-is-proper whether
tempora, partesve corporis aliae paulum madescant, quae
the-temples or-parts of-the-body other a-little grow-moist which
sudorem venturum esse testentur: ac si qua nota est, tunc
sweat about-to-come to-be testify and if any mark there-is then
demum dare potui calidam aquam, cujus salubris effectus
at-last to-give to-drink hot water whose healthful effect
est, si sudorem per omnia membra diffundit. Hujus autem
is if sweat through all limbs it-spreads Of-this however
rei causa, continere aeger sub veste satis multa manus
thing for-the-sake to-keep the-sick-man under clothing enough much the-hands
debet; eademque crura, pedesque contegere: qua plerique
ought and-the-same the-legs and-feet to-cover in-which most
aegros in ipso febris impetu male habent. Si sudare corpus
the-sick in the-very of-the-fever onset badly fare If to-sweat the-body
coepit, linteum tepefacere oportet, paulatimque singula membra
has-begun linen to-warm it-is-proper and-little-by-little each limb
detergere. At ubi sudor omnis finitus est, aut si is non
to-wipe-off But when the-sweat all finished is or if it not
venit, ubi quam maxime potuit, idoneus esse cibo aeger
has-come when as most he-could suitable to-be for-food the-sick-man
videtur, sub veste leniter ungendus est, tum detergendus,
seems under the-clothing gently to-be-anointed he-is then to-be-wiped
deinde ei cibus dandus. Is autem febricitantibus humidus
then to-him food to-be-given It however for-the-feverish moist

est aptissimus, aut humori certe quam proximus: utique
is most-suitable or to-moisture at-least as nearest at-all-events
ex materia quam levissima, maximeque sorbitio, eaque, si
from material as lightest and-especially broth and-it if
magnae febres fuerint, quam tenuissima esse debet.
great the-fevers have-been as thinnest be ought
Mel quoque despumatum huic recte adjicitur, quo corpus
Honey also skimmed to-this rightly is-added whereby the-body
magis nutriatur: sed id, si stomachum offendit, supervacuum
more be-nourished but it if the-stomach it-offends superfluous
est; sicut ipsa quoque sorbitio. Dari vero in vicem ejus
is as the-very also broth Be-given however in place of-it
potest, vel intrita ex aqua calida, vel alica elota; si
can either bread-crumbled in water hot or spelt-groats washed if
firmus est stomachus, et compressa alvus, ex aqua mulsa; si
strong is the-stomach and bound the-bowel in water honeyed if
vel ille languet, vel haec profluit, ex posca. Et primo
either that is-languid or this flows-freely in vinegar-water And at-the-first
quidem cibo id satis est. Secundo vero aliquid adjici
indeed food that enough is At-the-second however something be-added
potest, ex eodem tamen genere materiae, vel olus, vel
can from the-same yet kind of-material either a-vegetable or
conchylium, vel pomum. Et dum febres quidem increscunt,
shellfish or fruit And while the-fevers indeed increase
hic solus cibus idoneus est. Ubi vero aut desinunt, aut
this alone food suitable is When however either they-cease or
levantur, semper quidem incipiendum est ab aliquo ex
are-relieved always indeed to-be-begun it-is from something of
materia levissima, adjiciendum vero aliquid ex media, ratione
material lightest to-be-added however something from the-middle account
habita subinde et virium hominis et morbi. Ponendi
had repeatedly both of-the-strength of-the-man and of-the-disease To-be-set

vero aegro varii cibi, sicut Asclepiades praecepit,
however before-the-sick-man various foods as Asclepiades taught
tum demum sunt, ubi fastidio urgetur, neque satis vires
then at-last are when by-loathing he-is-pressed nor enough the-strength
sufficiunt; ut paulum ex singulis degustando, famem vitet.
suffices that a-little from each by-tasting hunger he-avoid
At si neque vis, neque cupiditas deest, nulla varietate
But if neither strength nor desire is-lacking by-no variety
sollicitandus aeger est; ne plus assumat, quam concoquat.
to-be-tempted the-sick-man is lest more he-take than he-digests
Neque verum est, quod ab eo dicitur, facilius concoqui
Nor true is-it what by him is-said more-easily to-be-digested
cibos varios. Eduntur enim facilius: ad concoctionem autem
foods various They-are-eaten for more-easily to digestion however
materiae genus et modus pertinent. Neque inter magnos
of-material the-kind and the-measure pertain Neither amid great
dolores, neque increscente morbo, tutum est aegrum cibo
pains nor with-increasing disease safe it-is the-sick-man with-food
impleri; sed ubi inclinata jam in melius valetudo est.
to-be-filled but when declined now toward the-better the-health is
Sunt aliae quoque observationes in febribus necessariae. Atque
There-are other also observations in fevers necessary And
id quoque videndum est, quod quidam solum praecipiunt,
that also to-be-seen is which some alone prescribe
adstrictum corpus sit, an profluat; quorum alterum strangulat,
bound the-body be or flow of-which the-one chokes
alterum digerit; nam si adstrictum est, ducenda alvus est,
the-other disperses for if bound it-is to-be-clystered the-bowel is
movenda urina, eliciendus omni modo sudor. In hoc genere
to-be-moved the-urine to-be-drawn-out in-every way sweat In this kind
morborum sanguinem etiam misisse, concussisse vehementibus
of-diseases blood even to-have-let to-have-shaken by-vigorous

gestationibus corpus, in lumine habuisse, imperasse famem,
carryings the-body in light to-have-kept to-have-imposed hunger
sitim, vigiliam prodest. Utile est etiam ducere in balneum,
thirst wakefulness helps Useful it-is also to-lead into the-bath
prius demittere in solium, tum ungere, iterum ad solium
first to-lower into the-tub then to-anoint again to the-tub
redire, multaque aqua fovere inguina; interdum etiam oleum
to-return and-with-much water to-foment the-groin sometimes also oil
in solio cum aqua calida miscere; uti cibo serius et rarius,
in the-tub with water hot to-mix to-use food later and more-rarely
tenui, simplici, molli, calido, exiguo; maximeque oleribus,
thin simple soft hot slight and-especially vegetables
qualia sunt lapathum, urtica, malva; vel jure etiam
such-as are sorrel nettle mallow or with-the-broth even
concharum, musculorumve, aut locustarum: neque danda caro,
of-shellfish or-mussels or of-crayfish nor to-be-given meat
nisi elixa, est. At potio esse debet magis liberalis, et ante
unless boiled it-is But the-drink to-be ought more generous both before
cibum, et post hunc, et cum hoc, ultra quam sitis coget:
food and after it and with it beyond what thirst will-compel
poteritque a balneo etiam pinguius, aut dulcius dari
and-it-will-be-able from the-bath even richer or sweeter be-given
vinum; poterit semel, aut bis interponi graecum salsum.
wine will-be-able once or twice be-interposed Greek salted
Contra vero, si corpus profluet, sudor coercendus, quies
On-the-other-hand however if the-body will-flow sweat to-be-restrained rest
adhibenda erit; tenebris somnoque, quandocumque volet,
to-be-applied will-be darkness and-sleep whenever he-will-wish
utendum; non nisi leni gestatione corpus agitandum, et
to-be-used not except by-gentle carrying the-body to-be-shaken and
pro genere mali subveniendum. Nam si venter fluit, aut si
according-to the-kind of-evil to-be-relieved For if the-belly flows or if

stomachus non continet, ubi febris decrevit, liberaliter oportet
the-stomach not holds when the-fever has-decreased generously it-is-proper
aquam tepidam potui dare, et vomere cogere; nisi aut fauces,
water lukewarm to-drink to-give and to-vomit to-compel unless either the-throat
aut praecordia, aut latus dolet, aut vetus morbus est. Si
or the-praecordia or the-side aches or old the-disease is If
vero sudor exercet, duranda cutis est nitro, vel sale, quae
however sweat troubles to-be-hardened the-skin is with-soda or salt which
cum oleo miscentur: ac si levius id vitium est, oleo corpus
with oil are-mixed and if lighter that fault is with-oil the-body
ungendum; si vehementius, rosa, vel melino, vel myrteo,
to-be-anointed if more-vehement with-rose-oil or quince-oil or myrtle-oil
cui vinum austerum sit adjectum. Quisquis autem
to-which wine harsh have-been added Whoever however
fluore aeger est, quum venit in balneum, prius ungendus,
by-flux sick is when he-comes into the-bath first to-be-anointed
deinde in solium demittendus est. Si in cute vitium est,
then into the-tub to-be-lowered is If in the-skin the-fault is
frigida quoque, quam calida aqua melius utetur. Ubi ad
cold also than hot water better he-will-use When to
cibum ventum est, dari debet is valens, frigidus, siccus,
food come it-has-been be-given ought it strong cold dry
simplex, qui quam minime corrumpi possit, panis tostus,
simple which as least be-corrupted can bread toasted
caro assa, vinum austerum, vel certe subausterum; si venter
meat roasted wine harsh or at-least somewhat-harsh if the-belly
profluit, calidum; si sudores nocent, vomitusve sunt, frigidum.
flows hot if sweats harm or-vomitings there-are cold

In pestilential fevers hunger, drugs, and clysters help least; blood is let if the strength allows, the chest purged by vomiting, and bath, hot wine, and gelatinous food come sooner than in other diseases. Children are treated more gently. In a burning fever no draft of medicament is given: the patient is cooled with oil and water, kept in a room with plenty of pure air, lightly covered, fed from the third day, and at the height of the disease given cold water beyond satiety, then covered to sleep and sweat, unless he has a cough or other pain.

Desiderat etiam propriam animadversionem in febribus
Requires also its-own attention in fevers
pestilentiae casus. In hac minime utile est, aut fame, aut
of-pestilence the-case In this least useful it-is either hunger or
medicamentis uti, aut ducere alvum. Si vires sinunt,
medicaments to-use or to-clyster the-bowel If the-strength allows
sanguinem mittere optimum est; praecipueque si cum dolore
blood to-let best it-is and-especially if with pain
febris est: si id parum tutum est, ubi febris levata est,
the-fever is if that too-little safe is when the-fever relieved has-been
vomitu pectus purgare. Sed in hoc maturius, quam in aliis
by-vomiting the-chest to-purge But in this earlier than in other
morbis, ducere in balneum opus est; vinum calidum et
diseases to-lead into the-bath need there-is wine hot and
meracius dare, et omnia glutinosa; inter quae carnem quoque
more-undiluted to-give and all-things gelatinous among which meat also
generis ejusdem. Nam quo celerius ejusmodi tempestates
of-kind the-same For the more-quickly of-that-kind storms
corripiunt, eo maturius auxilia, etiam cum quadam temeritate,
seize the earlier remedies even with a-certain rashness
rapienda sunt. Quod si puer est, qui laborat, neque tantum
to-be-snatched are But if a-boy it-is who labors nor so-much

robur ejus est, ut sanguis mitti possit, cucurbitulis ei
strength of-him there-is that blood be-let can cupping-glasses for-him
utendum est; ducenda alvus vel aqua, vel ptisanae
to-be-used is to-be-clystered the-bowel either with-water or of-barley-gruel
cremore; tum demum levibus cibis nutriendus. Et ex toto
with-the-cream then at-last with-light foods to-be-nourished And from the-whole
non sic pueri, ut viri, curari debent. Ergo, ut in alio quoque
not so boys as men be-treated ought Therefore as in other also
genere morborum, parcius in his agendum est: non facile
kind of-diseases more-sparingly in these to-be-acted it-is not easily
sanguinem mittere, non facile ducere alvum, non cruciare
blood to-let not easily to-clyster the-bowel not to-torment
vigilia, fameve, aut nimia siti, non vino curare.
by-wakefulness or-hunger or by-too-much thirst not with-wine to-treat
Vomitus post febrem eliciendus est; deinde dandus cibus ex
Vomiting after the-fever to-be-drawn-out is then to-be-given food from
levissimis; tum is dormiat; posteroque die, si febris manet,
the-lightest then he let-sleep and-on-the-following day if the-fever remains
abstineat; tertio, ad similem cibum redeat. Dandaque
let-him-abstain on-the-third to similar food let-him-return And-to-be-given
opera est, quantum fieri potest, ut inter opportunam
effort is as-much-as be-done can that between timely
abstinentiam cibo opportuno, omissis ceteris, nutriatur.
abstinence with-food timely the-rest omitted he-be-nourished
Si vero ardens febris extorret, nulla medicamenti danda potio
If however burning fever parches no of-medicament to-be-given draft
est; sed in ipsis accessionibus oleo et aqua refrigerandus
is but in the-very onsets with-oil and water to-be-cooled
est, quae miscenda manu sunt, donec albescant; eo conclavi
he-is which to-be-mixed by-hand are until they-whiten in-that room
tenendus, quo multum et purum aerem trahere possit;
to-be-kept in-which much and pure air to-draw he-can

neque multis vestimentis strangulandus, sed admodum levibus
nor with-many clothes to-be-stifled but with-quite light
tantum velandus est. Possunt etiam super stomachum imponi
only to-be-veiled he-is Can also over the-stomach be-placed
folia vitis in aqua frigida tincta. Ac ne siti quidem nimia
leaves of-the-vine in water cold dipped And not by-thirst even too-much
vexandus est. Alendus maturius est, id est a die tertio;
to-be-troubled he-is To-be-fed earlier he-is that is from the-day third
et ante cibum iisdem perungendus. Si pituita in stomacho
and before food with-the-same to-be-anointed If phlegm in the-stomach
coiit, inclinata jam accessione, vomere cogendus est; tum
has-collected with-declined already onset to-vomit to-be-compelled he-is then
dandum frigidum olus, aut pomum ex iis quae stomacho
to-be-given cold a-vegetable or fruit of those which the-stomach
conveniunt. Si siccus manet stomachus, protinus vel ptisanae,
suit If dry remains the-stomach at-once either of-barley-gruel
vel alicae, vel oryzae cremor dandus est, cum quo
or of-spelt-groats or of-rice the-cream to-be-given is with which
recens adeps cocta sit. Quum vero in summo incremento
fresh lard cooked has-been When however at the-highest increase
morbus est, utique non ante quartum diem, magna siti
the-disease is at-all-events not before the-fourth day great thirst
antecedente, frigida aqua copiose praestanda est, ut bibat
going-before cold water copiously to-be-supplied is that he-drink
etiam ultra satietatem; et quum jam venter et praecordia
even beyond satiety and when already the-belly and the-praecordia
ultra modum repleta, satisque refrigerata sunt, vomere debet.
beyond measure filled and-enough cooled are vomit he-ought
Quidam ne vomitum quidem exigunt; sed ipsa aqua frigida
Some not vomiting even require but the-very water cold
tantum, ad satietatem data, pro medicamento utuntur. Ubi
only to satiety given as a-medicament they-use When

utrumlibet factum est, multa veste operiendus est, et
either done has-been with-much clothing to-be-covered he-is and
collocandus ut dormiat. Fereque post longam sitim et
to-be-settled that he-sleep And-generally after long thirst and
vigiliam, post multam satietatem, post infractum calorem,
wakefulness after much satiety after broken heat
plenus somnus venit, per quem ingens sudor effunditur;
full sleep comes through which a-huge sweat is-poured-out
idque praesentissimum auxilium est: sed in iis tamen, in
and-that most-efficacious remedy is but in those yet in
quibus praeter ardorem, nulli dolores, nullus praecordiorum
whom besides the-burning no pains no of-the-praecordia
tumor; nihil prohibens vel in thorace, vel in pulmone, vel
swelling nothing hindering either in the-chest or in the-lung or
in faucibus; non ulcus, non dejectio fuit. Si quis autem
in the-throat no ulcer no purging has-been If anyone however
in ejusmodi febre leviter tussit, is neque vehementi siti
in such fever lightly coughs he neither by-vehement thirst
conflictatur, neque bibere aquam frigidam debet; sed eo
is-afflicted nor to-drink water cold ought but in-that
modo curandus est, quo in ceteris febribus praecipitur.
way to-be-treated is in-which in other fevers it-is-prescribed

The semitertian, with frequent onsets and a fever of twenty-four to thirty-six hours, is fed only in a true remission, and blood is let at the start.

At ubi id genus tertianae est, quod ἡμιτριταῖον medici appellant,
But when that kind of-tertian it-is which hemitritaion physicians call
magna cura opus est, ne id fallat. Habet enim plerumque
great care need there-is lest it deceive It-has for generally
frequentes accessiones decessionesque, porrigiturque febris inter
frequent onsets and-declines and-is-extended the-fever between
horas viginti quatuor, et triginta sex; ut, quod idem est,
hours twenty four and thirty six so-that what the-same is
non idem esse videatur. Et magnopere necessarium est, neque
not the-same to-be seem And greatly necessary it-is neither
dari cibum, nisi in ea remissione, quae vera est; et ubi ea
to-be-given food except in that remission which true is and when it
venit, protinus dari: plurimique sub alterutro curantis
comes at-once to-be-given and-very-many under either of-the-one-treating
errore subito moriuntur. Ac, nisi magnopere aliqua res prohibet,
error suddenly die And unless greatly some thing prevents
inter initia sanguis mitti debet; tum dari cibus, qui
among the-beginnings blood be-let ought then be-given food which
neque incitet febrem, et tamen longum ejus spatium sustineat.
neither rouse the-fever and yet the-long of-it space sustain

When slow fevers hold the body without remission and leave no room for food or remedy, the physician should change the disease: rub it with cold water and oil to provoke shivering, or give honey wine or diluted wine in the fever. This is not new: before Herophilus and Erasistratus, Petro covered his patients, then gave cold water, pork, and wine. Celsus calls it rash, since it kills more if used from the start, yet rashness helps those reason has failed, and a careful physician may rouse a disease.

Nonnumquam etiam lentae febres sine ulla remissione corpus
Sometimes also slow fevers without any remission the-body
tenent; ac neque cibo, neque ulli remedio locus est. In
hold and neither for-food nor for-any remedy room there-is In
hoc casu medici cura esse debet, ut morbum mutet:
this case of-the-physician the-care to-be ought that the-disease he-change
fortasse enim curationi opportunior fiet. Saepe igitur
perhaps for to-treatment more-amenable it-will-become Often therefore
ex aqua frigida, cui oleum sit adjectum, corpus ejus
with water cold to-which oil have-been added the-body of-him
pertractandum est, quoniam interdum sic evenit, ut horror
to-be-handled is since sometimes thus it-comes-about that shivering
oriatur, et fiat initium quoddam novi motus; exque eo,
arise and there-be a-beginning a-certain of-new movement and-from it
quum magis corpus incaluit, sequatur etiam remissio. In
when more the-body has-grown-warm follow also a-remission In
his frictio quoque ex oleo et sale salubris videtur. At si diu
these rubbing also with oil and salt healthful seems But if long
frigus est, et torpor, et jactatio corporis, non alienum est
cold there-is and torpor and tossing of-the-body not foreign it-is
in ipsa febre dare mulsi tres aut quatuor cyathos, vel
in the-very fever to-give of-honey-wine three or four cyathi or
cum cibo vinum bene dilutum. Intenditur enim saepe ex eo
with food wine well diluted Is-intensified for often from it

febris; et major ortus calor simul et priora mala tollit,
the-fever and the-greater arisen heat at-once both the-former ills removes
et spem remissionis, inque ea curationis ostendit. Neque
and hope of-remission and-in it of-treatment shows Nor
hercules ista curatio nova est, qua nunc quidam traditos
by-Hercules that treatment new is by-which now some handed-over
sibi aegros, qui sub cautioribus medicis trahebantur,
to-themselves sick-men who under more-cautious physicians were-dragged-on
interdum contrariis remediis sanant.
sometimes by-contrary remedies heal
Siquidem apud antiquos quoque ante Herophilum et
Since among the-ancients also before Herophilus and
Erasistratum, maximeque post Hippocratem fuit Petro
Erasistratus and-especially after Hippocrates there-was Petro
quidam, qui febricitantem hominem ubi acceperat, multis
a-certain who a-feverish man when he-had-received with-many
vestimentis operiebat, ut simul calorem ingentem, sitimque
clothes covered that at-once heat huge and-thirst
excitaret: deinde, ubi paulum remitti coeperat febris, aquam
he-might-rouse then when a-little to-be-remitted had-begun the-fever water
frigidam potui dabat; ac, si moverat sudorem, explicuisse se
cold to-drink he-gave and if it-had-moved sweat to-have-freed himself
aegrum judicabat; si non moverat, plus etiam aquae frigidae
the-sick-man he-judged if not it-had-moved more even of-water cold
ingerebat; et tum vomere cogebat. Si alterutro modo febre
he-poured-in and then to-vomit compelled If in-either way from-fever
liberaverat, protinus suillam assam, et vinum homini dabat:
he-had-freed at-once pork roasted and wine to-the-man he-gave
si non liberaverat, decoquebat aquam sale adjecto, eamque
if not he-had-freed he-boiled-down water with-salt added and-it
bibere cogebat, ut movendo ventrem purgaret. Et intra
to-drink he-compelled that by-moving the-belly he-might-purge And within

haec omnis ejus medicina erat; eaque non minus grata fuit
these all his medicine was and-it not less welcome was
iis, quos Hippocratis successores non refecerant; quam nunc
to-those whom of-Hippocrates the-successors not had-restored than now
est iis, quos Herophili vel Erasistrati aemuli diu tractos
it-is to-those whom of-Herophilus or Erasistratus the-rivals long dragged-out
non expedierunt. Neque ideo tamen non est temeraria ista
not have-freed Nor therefore yet not is rash that
medicina: quia plures, si protinus a principiis excepit,
medicine because more if at-once from the-beginnings it-has-taken
interimit. Sed quum eadem omnibus convenire non possint,
it-kills But since the-same-things for-all suit not can
fere quos ratio non restituit, temeritas adjuvat. Ideoque
generally those-whom reason not has-restored rashness helps And-therefore
ejusmodi medici melius alienos aegros, quam suos nutriunt.
of-that-kind physicians better others' sick than their-own nourish
Sed est circumspecti quoque hominis, et novare interdum,
But it-is-the-part of-a-circumspect also man both to-change sometimes
et augere morbum, et febres accendere; quia curationem, ubi
and to-increase the-disease and fevers to-kindle because treatment when
id, quod est, non recipit, potest recipere id quod futurum est.
that which is not admits it-can admit that which about-to-be is

With a fever Celsus watches the head, the tongue, and the praecordia: headache takes rose oil and vinegar; inflamed praecordia take repressing, then hot poultices; a dry tongue is wiped with a brush and anointed with rose oil and honey.

Considerandum etiam est, febresne solae sint, an alia quoque
To-be-considered also it-is whether-fevers alone they-be or other also
his mala accedant; id est num caput doleat, num lingua
to-these ills come that is whether the-head ache whether the-tongue
aspera, num praecordia intenta sint. Si capitis dolores
rough whether the-praecordia distended be If of-the-head pains
sunt, rosam cum aceto miscere oportet, et in id ingerere:
there-are rose-oil with vinegar to-mix it-is-proper and on it to-pour
deinde habere duo pittacia, quae frontis latitudinem
then to-have two pieces-of-cloth which of-the-forehead the-breadth
longitudinemque aequent; ex his invicem alterum in aceto et
and-length equal of these in-turn one in vinegar and
rosa habere, alterum in fronte; aut intinctam iisdem lanam
rose-oil to-have the-other on the-forehead or dipped in-the-same wool
succidam imponere. Si acetum offendit, pura rosa utendum
greasy to-place If the-vinegar offends pure rose-oil to-be-used
est; si rosa ipsa laedit, oleo acerbo. Si ista parum juvant,
is if the-rose-oil itself hurts oil unripe If those-things too-little help
teri potest vel iris arida, vel nuces amarae, vel quaelibet
be-ground can either iris dry or nuts bitter or any
herba ex refrigerantibus: quorum quidlibet ex aceto impositum,
herb of the-cooling-ones of-which any from vinegar applied
dolorem minuit; sed magis aliud in alio. Juvat etiam panis
the-pain lessens but more one in another Helps also bread
cum papavere injectus; vel cum rosa cerussa, spumave argenti.
with poppy thrown-on or with rose-oil white-lead or-foam of-silver

Olfacere quoque vel serpyllum, vel anethum, non alienum
To-smell also either wild-thyme or dill not foreign
est. At si in praecordiis inflammatio et dolor est, primo
it-is But if in the-praecordia inflammation and pain there-is first
superimponenda sunt cataplasmata reprimentia; ne, si calidiora
to-be-put-on are poultices repressing lest if hotter
fuerint, plus eo materiae concurrat: deinde, ubi prima
they-have-been more thither of-matter run-together then when the-first
inflammatio se remisit, tunc demum ad calida et humida
inflammation itself has-remitted then at-last to hot and moist-things
veniendum est; ut ea, quae remanserint, discutiant.
to-be-come is that those-things which have-remained they-may-disperse
Notae vero inflammationis sunt quatuor, rubor et tumor,
The-marks however of-inflammation are four redness and swelling
cum calore et dolore. Quo magis erravit Erasistratus,
with heat and pain Whereby the-more erred Erasistratus
qui febrem nullam sine hac esse dixit. Ergo si sine
who fever none without this to-be said Therefore if without
inflammatione dolor est, nihil imponendum est: hunc enim
inflammation pain there-is nothing to-be-applied is this for
statim ipsa febris solvet. At si neque inflammatio, neque
at-once the-very fever will-dissolve But if neither inflammation nor
febris, sed tantum praecordiorum dolor est, protinus calidis
fever but only of-the-praecordia pain there-is at-once hot
et siccis fomentis uti licet. Si vero lingua sicca et
and dry fomentations to-use it-is-allowed If however the-tongue dry and
scabra est, detergenda primum penicillo est ex aqua calida:
scaly is to-be-wiped first with-a-brush it-is from water hot
deinde ungenda mixtis inter se rosa et melle. Mel
then to-be-anointed with-mixed among themselves rose-oil and honey The-honey
purgat, rosa reprimit, simulque siccescere non sinit. At
cleanses the-rose-oil represses and-at-once to-dry not allows But

si scabra non est, sed arida, ubi penicillo detersa est,
if scaly not it-is but parched when with-a-brush wiped it-has-been
ungi rosa debet, cui cerae paulum sit adjectum.
to-be-anointed with-rose-oil it-ought to-which of-wax a-little have-been added

XI · THE CHILL BEFORE FEVERS

A chill before fevers is a most troublesome kind of illness. The patient takes no drink before it, is covered early, has dry hot fomentations and rubbing with old oil on the parts at risk. Some give broth in the remissions of these fevers and cold food after; Celsus tries this only when one meal after the fever does not help, and warns against a false remission, trusting only one that lasts and lessens the tossing and the bad breath.

Solet etiam ante febres esse frigus; idque vel molestissimum
Is-wont also before fevers to-be cold and-that even most-troublesome
morbi genus est. Ubi id exspectatur, omni potione prohibendus
of-disease kind is When it is-expected from-all drink to-be-kept
aeger est: haec enim paulo ante data multum malo adjicit.
the-sick-man is this for a-little before given much to-the-evil adds
Item maturius veste multa tegendus est; admovenda
Likewise earlier with-clothing much to-be-covered he-is to-be-applied
partibus iis, pro quibus metuimus, sicca et calida fomenta
to-the-parts those for which we-fear dry and hot fomentations
sic, ne statim vehementissimi calores incipiant, sed paulatim
so lest at-once most-vehement heats begin but gradually
increscant: perfricandae quoque eae partes manibus unctis ex
increase to-be-rubbed also those parts with-hands anointed from
vetere oleo sunt, eique adjiciendum aliquid ex calefacientibus;
old oil are and-to-it to-be-added something of the-heating-things
contentique medici quidam una frictione, etiam ex quolibet
and-content physicians some with-one rubbing even from any

oleo, sunt. In harum febrium remissionibus nonnulli tres aut
oil are In of-these fevers the-remissions some three or
quatuor sorbitionis cyathos, etiamnum manente febre, dant:
four of-broth cyathi while-still remaining the-fever give
deinde, ea bene finita, reficiunt stomachum cibo frigido et
then it well ended they-restore the-stomach with-food cold and
levi. Ego tum hoc puto tentandum, quum parum cibus, semel
light I then this think to-be-tried when too-little food once
et post febrem datus, prodest. Sed curiose prospiciendum est,
and after the-fever given helps But carefully to-be-foreseen it-is
ne tempus remissionis decipiat: saepe enim in hoc quoque
lest the-time of-remission deceive often for in this also
genere valetudinis jam minui febris videtur, et rursus
kind of-illness already to-be-lessened the-fever seems and again
intenditur. Itaque ei remissioni credendum est, quae etiam
is-intensified And-so that remission to-be-trusted it-is which also
immoratur, et jactationem, foetoremque quemdam oris,
lingers and the-tossing and-the-fetor a-certain of-the-mouth
quem ὄζην Graeci vocant, minuit. Illud satis convenit, si
which ozen the-Greeks call lessens This enough is-agreed if
quotidie pares accessiones sunt, quotidie cibum dandum: si
daily equal the-onsets are daily food to-be-given if
impares, post graviorem, cibum; post leviorem, aquam mulsam.
unequal after the-graver food after the-lighter water honeyed

Shivering precedes fevers of fixed cycle, the safest to treat. Where the times are fixed, the shivering is fought first: an emetic, the bath, heated coverings, firebrands, oil, rubbing, and holding the breath, with a clyster if the shivering is slow to quiet.

Horror autem eas fere febres antecedit, quae certum habent
Shivering however those generally fevers precedes which a-fixed have
circumitum, et ex toto remittuntur; ideoque tutissimae
cycle and from the-whole are-remitted and-therefore safest
sunt, maximeque curationes admittunt. Nam ubi incerta
are and-most treatments admit For when uncertain
tempora sunt, neque alvi ductio, neque balneum, neque
the-times are neither of-the-bowel the-clystering nor the-bath nor
vinum, neque medicamentum aliud recte datur. Incertum
wine nor medicament other rightly is-given Uncertain
est enim quando febris ventura sit: ita fieri potest, ut,
it-is for when the-fever about-to-come be so happen it-can that
si subito venerit, summa in eo pernicies sit, quod auxilii
if suddenly it-has-come the-greatest in that ruin be which of-help
causa sit inventum. Nihilque aliud fieri potest, quam ut
for-the-sake has-been found And-nothing else be-done can than that
primis diebus bene abstineatur aeger; deinde sub decessu
on-the-first days well abstain the-sick-man then at the-decline
febris ejus, quae gravissima est, cibum sumat. At ubi certus
of-the-fever of-that which heaviest is food he-take But when a-fixed
circumitus est, facilius omnia illa tentantur; quia magis
cycle there-is more-easily all those-things are-tried because more
proponere nobis et accessionum et decessionum vices
to-set-before ourselves both of-the-onsets and of-the-declines the-alternations
possumus. In his autem, quum inveteraverunt, utilis fames
we-can In these however when they-have-grown-old useful hunger

non est: primis tantummodo diebus ea pugnandum est;
not is in-the-first only days with-it to-be-fought is
deinde dividenda curatio est, et ante horror, tum febris
then to-be-divided the-treatment is and first the-shivering then the-fever
discutienda. Igitur quum primum aliquis inhorruit, et ex
to-be-dispersed Therefore when first someone has-shivered and from
horrore incaluit, dare ei oportet potui tepidam aquam
shivering has-grown-hot to-give to-him it-is-proper to-drink lukewarm water
subsalsam, et vomere eum cogere: nam fere talis horror
slightly-salted and to-vomit him to-compel for generally such shivering
ab iis oritur, quae biliosa in stomacho resederunt.
from those-things arises which bilious in the-stomach have-settled
Idem faciendum est, si proximo quoque circumitu aeque
The-same to-be-done is if at-the-next also cycle equally
accessit: saepe enim sic discutitur. Jamque quod genus
it-has-come-on often for thus it-is-dispersed And-now what kind
febris sit, scire licet. Itaque sub exspectatione proximae
of-fever it-be to-know it-is-possible And-so under the-expectation of-the-next
accessionis, quae instare tertia potest, deducendus in balneum
onset which to-impend third can to-be-led-down into the-bath
est; dandaque opera, ut per tempus horroris in solio sit.
he-is and-to-be-given effort that through the-time of-shivering in the-tub he-be
Si ibi quoque senserit, nihilominus idem sub exspectatione
If there also he-has-felt-it nevertheless the-same under the-expectation
quartae accessionis faciat: siquidem eo quoque modo
of-the-fourth onset let-him-do since in-that also way
saepe is discutitur. Si ne balneum quidem profuit, ante
often it is-dispersed If not the-bath even has-helped before
accessionem allium edat, aut bibat aquam calidam cum
the-onset garlic let-him-eat or let-him-drink water hot with
pipere: siquidem ea quoque assumta calorem movent, qui
pepper since those also taken heat move which

horrorem non admittit. Deinde eodem modo, quo in frigore
shivering not admits Then in-the-same way as for cold
praeceptum est, antequam inhorrescere possit, operiatur:
prescribed it-has-been before to-shiver he-can let-him-be-covered
fomentisque, sed protinus validioribus, totum corpus
and-with-fomentations but at-once stronger the-whole body
circumdare convenit, maximeque involutis exstinctis testis et
to-surround it-befits and-especially with-wrapped quenched potsherds and
titionibus. Si nihilominus horror perruperit, multo oleo
firebrands If nevertheless the-shivering has-broken-through with-much oil
calefacto inter ipsa vestimenta perfundatur, cui aeque
heated between the-very clothes let-him-be-drenched to-which equally
ex calefacientibus aliquid sit adjectum; adhibeaturque
of the-heating-things something have-been added and-let-there-be-applied
frictio, quantam is sustinere poterit, maximeque in manibus
rubbing as-much-as he to-sustain will-be-able and-especially on the-hands
et cruribus; et spiritum ipse contineat.
and legs and the-breath he-himself hold
Neque desistendum est, etiamsi horror est: saepe enim
Nor to-be-desisted it-is even-if shivering there-is often for
pertinacia juvantis malum corporis vincit. Si quid
the-persistence of-the-one-helping the-evil of-the-body conquers If anything
evomuit, danda aqua tepida, iterumque vomere cogendus
he-has-vomited to-be-given water lukewarm and-again to-vomit to-be-compelled
est; utendumque eisdem est, donec horror finiatur. Sed
he-is and-to-be-used the-same-things it-is until the-shivering be-ended But
praeter haec ducenda alvus est, si tardius horror quiescit:
besides these to-be-clystered the-bowel is if more-slowly the-shivering quiets
siquidem id quoque exonerato corpore prodest. Ultimaque
since that also with-unburdened body helps And-last
post haec auxilia sunt gestatio et frictio. Cibus autem
after these the-remedies are carrying and rubbing Food however

in ejusmodi morbis maxime dandus est, qui mollem alvum
in such diseases chiefly to-be-given is which soft the-bowel
praestet; caro glutinosa; vinum, quum dabitur, austerum.
makes meat gelatinous wine when it-will-be-given harsh

XIII · THE QUOTIDIAN

Each cycle has its own treatment. In a quotidian the patient abstains strictly for the first three days, then eats every second day; if it has grown old, he tries the bath and wine after the fever, the more if the shivering is gone and only the fever remains.

Haec ad omnes circumitus febrium pertinent: discernendae
These to all cycles of-fevers pertain to-be-distinguished
tamen singulae sunt, sicut rationem habent dissimilem. Si
yet each are as a-method they-have unlike If
quotidiana est, triduo primo magnopere abstinere oportet:
quotidian it-is for-three-days at-first greatly to-abstain it-is-proper
tum cibis altero quoque die uti. Si res inveteraverit, post
then foods second every day to-use If the-thing has-grown-old after
febrem experiri balneum et vinum; magisque si, horrore
the-fever to-try the-bath and wine and-more if the-shivering
sublato, haec superest.
removed this remains

In a tertian or a remitting quartan the middle days are for walks and anointing; Celsus tries vomiting, clyster, and wine on the third, fifth, and seventh days.

Si vero tertiana, quae ex toto intermittit, aut quartana
If however a-tertian which from the-whole intermits or a-quartan
est, mediis diebus et ambulationibus uti oportet,
it-is on-the-middle days both walks to-use it-is-proper
aliisque exercitationibus, et unctionibus. Quidam ex antiquis
and-other exercises and anointings A-certain of the-ancient
medicis Cleophantus, in hoc genere morborum, multo
physicians Cleophantus in this kind of-diseases long
ante accessionem, per caput aegrum multa calida aqua
before the-onset over the-head the-sick-man with-much hot water
perfundebat, deinde vinum dabat. Quod, quamvis pleraque
drenched then wine gave Which although most
ejus viri praecepta sequutus est Asclepiades, recte tamen
of-that man the-precepts followed has Asclepiades rightly yet
praeteriit: est enim anceps. Ipse, si tertiana febris est,
passed-over it-is for doubtful He-himself if a-tertian the-fever is
tertio die post accessionem dicit alvum duci oportere;
on-the-third day after the-onset says the-bowel to-be-clystered ought
quinto, post horrorem vomitum elicere; deinde post febrem,
on-the-fifth after the-shivering vomiting to-draw-out then after the-fever
sicut illi mos erat, adhuc calidis dare cibum et
as for-him the-custom was still to-them-hot to-give food and
vinum; sexto die in lectulo detineri: sic enim fore,
wine on-the-sixth day in his-couch to-be-kept so for it-would-be
ne septimo die febris accedat. Id saepe fieri posse
lest on-the-seventh day the-fever come-on That often to-be-done to-be-able

verisimile est. Tutius tamen est, ut hoc ordine utamur;
likely it-is Safer yet it-is that this order we-use
tria remedia: vomitus, alvi ductionis, vini, per triduum,
three remedies of-vomiting of-the-bowel of-clystering of-wine over three-days
id est tertio die et quinto, et septimo tentare: nec
that is on-the-third day and on-the-fifth and on-the-seventh to-try nor
vinum, nisi post accessionem diei septimi, bibat. Si
wine unless after the-onset of-the-day seventh let-him-drink If
vero primis diebus discussus morbus non est, inciditque
however in-the-first days dispersed the-disease not has-been and-has-fallen
in vetustatem, quo die febris exspectabitur, in lectulo
into chronicity on-what day the-fever will-be-expected in his-couch
se contineat; post febrem perfricetur; tum, cibo assumto,
himself let-him-keep after the-fever let-him-be-rubbed then food taken
bibat aquam; postero die, ab exercitatione unctioneque,
let-him-drink water on-the-following day from exercise and-anointing
aqua tantum contentus, conquiescat. Et id quidem
with-water only content let-him-rest And that indeed
optimum est. Si vero imbecillitas urgebit, et post febrem
best is If however weakness will-press both after the-fever
vinum, et medio die paulum cibi debebit assumere.
wine and at-mid day a-little of-food he-will-have-to take

Since a quartan is slow to end unless scattered at once, its first days are prescribed closely: abstinence, an emetic, the bath, a clyster, and rubbing. If it remains, the body is made to bear it with rubbing, strong food and wine, and exercise, since a quartan kills no one.

Eadem in quartana facienda sunt. Sed quum haec tarde
The-same-things in a-quartan to-be-done are But since this slowly
admodum finiatur, nisi primis diebus discussa est,
very is-ended unless in-the-first days dispersed it-has-been
diligentius ab initio praecipiendum est, quid in ea
more-carefully from the-beginning to-be-prescribed it-is what in it
fieri debeat. Igitur si cui cum horrore febris accessit,
be-done ought Therefore if to-anyone with shivering the-fever has-come-on
eaque desiit, eodem die et postero tertioque continere
and-it has-ceased on-the-same day both on-the-following and-the-third keep
se debet, et aquam tantummodo calidam primo die
himself he-ought and water only hot on-the-first day
post febrem sumere; biduo proximo, quantum fieri
after the-fever to-take for-the-two-days next as-much-as be-done
potest, ne hanc quidem; si quarto die cum horrore febris
can not this even if on-the-fourth day with shivering the-fever
revertitur, vomere, sicut ante praeceptum est; deinde post
returns to-vomit as before prescribed it-has-been then after
febrem modicum cibum sumere, vini quadrantem; postero
the-fever moderate food to-take of-wine a-quarter-pint on-the-following
tertioque die abstinere, aqua tantummodo calida, si sitis est,
and-third day to-abstain water only hot if thirst there-is
assumpta; septimo die balneo frigus praevenire; si febris
taken on-the-seventh day by-the-bath the-cold to-forestall if the-fever

redierit, ducere alvum; ubi ex eo corpus conquieverit, in
has-returned to-clyster the-bowel when from it the-body has-calmed in
unctione vehementer perfricari; eodem modo sumere cibum
anointing vigorously to-be-rubbed in-the-same way to-take food
et vinum; biduo proximo se abstinere, frictione
and wine for-the-two-days next himself to-abstain the-rubbing
servata; decimo die rursus balneum experiri; et, si postea
kept on-the-tenth day again the-bath to-try and if afterward
febris accessit, aeque perfricari, vinum copiosius bibere.
the-fever has-come-on equally to-be-rubbed wine more-copiously to-drink
Ac sic proximum est, ut quies tot dierum, et abstinentia
And so most-likely it-is that the-rest of-so-many days and abstinence
cum ceteris, quae praecipiuntur, febrem tollant. Si vero
with the-other-things which are-prescribed the-fever remove If however
nihilominus remanet, aliud ex toto sequendum est curationis
nevertheless it-remains another from the-whole to-be-followed is of-treatment
genus; idque agendum, ut, quod diu sustinendum est, corpus
kind and-this to-be-done that what long to-be-sustained is the-body
facile sustineat. Quo minus etiam curatio probari Heraclidis
easily sustain Whereby the-less also the-treatment be-approved of-Heraclides
Tarentini debet, qui primis diebus ducendam alvum, deinde
of-Tarentum ought who in-the-first days to-be-clystered the-bowel then
abstinendum in septimum diem dixit. Quod, ut sustinere
to-be-abstained to the-seventh day said Which though to-sustain
aliquis possit, tamen, etiam febre liberatus, vix refectioni
someone can yet even from-fever freed hardly for-restoration
valebit: adeo, si febris saepius accesserit, concidet. Igitur
will-be-strong so if the-fever more-often has-come-on he-will-collapse Therefore
si tertio decimo die morbus manebit, balneum neque ante
if on-the-third tenth day the-disease will-remain the-bath neither before
febrem, neque post eam tentandum erit; nisi interdum jam
the-fever nor after it to-be-tried will-be unless sometimes already

horrore discusso: horror ipse per ea, quae supra
the-shivering dispersed the-shivering itself through those-things which above
scripta sunt, expugnandus. Deinde post febrem oportebit
written are to-be-overcome Then after the-fever it-will-be-proper
ungi, et vehementer perfricari; cibum et validum, et
to-be-anointed and vigorously to-be-rubbed food both strong and
fortiter assumere; vino uti quanto libebit: postero
stoutly to-take wine to-use as-much-as it-will-please on-the-following
die, quum satis quieverit, ambulare, exerceri, ungi,
day when enough he-has-rested to-walk to-be-exercised to-be-anointed
perfricari, cibum capere sine vino: tertio die abstinere.
to-be-rubbed food to-take without wine on-the-third day to-abstain
Quo die vero febrem exspectabit, ante surgere, et
On-what day however the-fever he-will-expect before to-rise and
exerceri, dareque operam, ut in ipsam exercitationem
to-be-exercised and-to-give effort that into the-very exercise
febris tempus incurrat: sic enim saepe illa discutitur. At si
of-the-fever the-time fall so for often it is-dispersed But if
in opere occupavit, tum demum se recipere. In ejusmodi
at work it-has-seized-him then at-last himself to-withdraw In such
valetudine medicamenta sunt oleum, frictio, exercitatio,
illness the-medicaments are oil rubbing exercise
cibus, vinum. Si venter adstrictus est, solvendus est. Sed
food wine If the-belly bound is to-be-loosened it-is But
haec facile validiores faciunt: si imbecillitas occupavit,
these-things easily the-stronger do if weakness has-seized-him
pro exercitatione gestatio est: si ne hanc quidem sustinet,
for exercise carrying there-is if not this even he-sustains
adhibenda tamen frictio est: si haec quoque vehemens
to-be-applied yet rubbing is if this also vigorous
onerat, intra quietem et unctionem et cibum sistendum est:
burdens within rest and anointing and food to-be-stopped it-is

dandaque opera est, ne qua cruditas in quotidianam id
and-to-be-given effort is lest any indigestion into a-quotidian that
malum vertat. Nam quartana neminem jugulat: sed si ex ea
evil turn For a-quartan no-one kills but if from it
facta quotidiana est, in malis aeger est: quod tamen,
made a-quotidian it-has-been in evils the-sick-man is which yet
nisi culpa vel aegri vel curantis, numquam fit.
unless by-the-fault either of-the-sick-man or of-the-one-treating never happens

XVI · THE DOUBLE QUARTAN

With two quartans, where exercise is impossible, the patient rests or walks gently, sits with feet and head wrapped through each fever, and takes food and wine after it. An old quartan, rarely ended except in spring, is shaken by changing the diet often, from wine to water, from mild food to sharp, by radish and an emetic, chicken broth, heating oils in rubbing, and vinegar or mustard sipped before the onset; once it has gone, its day is remembered and guarded.

At si duae quartanae sunt, neque eae, quas proposui,
But if two quartans there-are nor those which I-have-set-forth
exercitationes adhiberi possunt; aut ex toto quiescere opus
exercises be-applied can either from the-whole to-rest need
est, aut, si id difficile est, leniter ambulare; considere diligenter
there-is or if that difficult is gently to-walk to-sit carefully
involutis pedibus et capite; quoties febris accessit et desiit,
with-wrapped feet and head as-often-as the-fever has-come-on and has-ceased
cibum modicum sumere, et vinum; reliquo tempore, nisi
food moderate to-take and wine at-the-remaining time unless
imbecillitas urget, abstinere; at si duae febres paene junguntur,
weakness presses to-abstain but if the-two fevers almost are-joined
post utramque cibum sumere: deinde vacuo tempore, et
after each food to-take then in-the-free time both

moveri aliquid, et post unctionem cibo uti. Quum vero
to-be-moved somewhat and after anointing food to-use Since however
vetus quartana raro, nisi vere, solvatur; utique eo
an-old quartan rarely except in-spring be-resolved at-all-events at-that
tempore attendendum est, ne quid fiat, quod valetudinem
time to-be-attended it-is lest anything be-done which the-recovery
impediat. Prodestque in vetere quartana mutare subinde victus
hinder And-it-helps in an-old quartan to-change repeatedly of-diet
genus; a vino ad aquam, ab aqua ad vinum, a lenibus cibis
the-kind from wine to water from water to wine from mild foods
ad acres, ab acribus ad lenes transire; esse radicem, deinde
to sharp from sharp to mild to-pass-over to-eat radish then
vomere; jureve pulli gallinacei ventrem resolvere; oleo ad
to-vomit or-with-broth of-a-chicken domestic the-belly to-loosen to-oil for
frictiones adjicere calefacientia; ante accessionem sorbere vel
rubbings to-add heating-things before the-onset to-sip either
aceti cyathos duos, vel unum sinapis cum tribus graeci vini
of-vinegar cyathi two or one of-mustard with three of-Greek wine
salsi, vel mixta paribus portionibus, et in aqua diluta, piper,
salted or mixed in-equal portions and in water diluted pepper
castoreum, laser, myrrham. Per haec enim similiaque
castoreum laser myrrh Through these for and-similar-things
corpus agitandum est, ut moveatur ex eo statu, quo
the-body to-be-shaken is that it-be-moved from that state in-which
detinetur. Si febris quievit, diu meminisse ejus diei convenit;
it-is-held If the-fever has-ceased long to-remember that day it-befits
eoque vitare frigus, calorem, cruditatem, lassitudinem. Facile
and-on-it to-avoid cold heat indigestion weariness Easily
enim revertitur, nisi a sano quoque aliquamdiu timetur.
for it-returns unless by the-healthy-man also for-some-time it-is-feared

A quotidian born of a quartan is treated with two days' abstinence, rubbing, and water at evening; on the third day the fever often fails.

At si ex quartana quotidiana facta est, quum id vitio
But if from a-quartan a-quotidian made it-has-been since this by-fault
inciderit, per biduum abstinere oportet, et frictione uti;
has-befallen for two-days to-abstain it-is-proper and rubbing to-use
aquam tantummodo vespere potui dare. Tertio die saepe
water only in-the-evening to-drink to-give On-the-third day often
fit, ne febris accedat: sed sive fuit, sive non
it-happens that-not the-fever come-on but whether it-has-been or not
fuit, cibus post accessionis tempus est dandus; ac si
it-has-been food after of-the-onset the-time is to-be-given and if
manet, per triduum abstinentia, quanta maxima imperari
it-remains for three-days abstinence as-great-as greatest be-imposed
potest, et frictione quotidie utendum est.
can and rubbing daily to-be-used is

Phrenitis is let blood and soothed or distracted; a second insanity, from black bile, takes bloodletting or hellebore; a third, hellebore, fear, bonds, and travel.

Et febrium quidem curatio exposita est. Supersunt vero
And of-fevers indeed the-treatment set-forth has-been Remain however
alii corporis affectus, qui huic superveniunt; ex quibus eos,
other of-the-body affections which on-this supervene of which those
qui certis partibus assignari non possunt, protinus jungam.
which to-fixed parts be-assigned not can at-once I-shall-join
Incipiam ab insania, primamque hujus ipsius partem aggrediar,
I-shall-begin with insanity and-the-first of-this itself part I-shall-approach
quae et acuta, et in febre est: φρενῖτιν Graeci appellant.
which both acute and in fever is phrenitis the-Greeks call
Illud ante omnia scire oportet, interdum in accessione aegros
This before all-things to-know it-is-proper sometimes in an-onset the-sick
desipere, et loqui aliena. Quod non quidem leve est; neque
to-be-delirious and to-speak strange-things Which not indeed light is nor
incidere potest, nisi in febre vehementi: non tamen aeque
happen can except in fever vehement not yet equally
pestiferum est: nam plerumque breve esse consuevit, levatoque
pestilential it-is for generally short to-be it-has-been-wont and-relieved
accessionis impetu, protinus mens redit. Neque id genus
of-the-onset the-force at-once the-mind returns Nor that kind
morbi remedium aliud desiderat, quam quod in curanda febre
of-disease remedy other requires than what in treating the-fever
praeceptum est. Phrenesis vero tum demum est, quum
prescribed has-been Phrenitis however then at-last is when
continua dementia esse incipit; aut quum aeger, quamvis
continuous dementia to-be begins or when the-sick-man although

adhuc sapiat, tamen quasdam vanas imagines accipit: perfecta
still he-be-sane yet certain empty images receives complete
est, ubi mens illis imaginibus addicta est. Ejus autem plura
it-is when the-mind to-those images given-over is Of-it however several
genera sunt: siquidem ex phreneticis alii hilares, alii tristes
kinds are since of the-phrenetics some cheerful others sad
sunt; alii facilius continentur, et intra verba desipiunt, alii
are some more-easily are-restrained and within words rave others
consurgunt, et violenter quaedam manu faciunt; atque ex
rise-up and violently certain-things with-the-hand do and of
his ipsis alii nihil nisi impetu peccant, alii etiam artes
these very-ones some nothing except by-impulse offend others even arts
adhibent, summamque speciem sanitatis in captandis malorum
apply and-the-highest appearance of-sanity in seizing of-evil
operum occasionibus praebent; sed exitu deprehenduntur.
deeds the-opportunities they-show but by-the-outcome are-detected
Ex his autem eos, qui intra verba desipiunt, aut leviter
Of these however those who within words rave or lightly
etiam manu peccant, onerare asperioribus coercitionibus
even with-the-hand offend to-burden with-harsher restraints
supervacuum est: eos vero qui violentius se gerunt,
superfluous it-is those however who more-violently themselves conduct
vincire convenit; ne vel sibi vel alteri noceant. Neque
to-bind it-befits lest either to-themselves or to-another they-harm Nor
credendum est, si vinctus aliquis, dum levari vinculis
to-be-believed it-is if bound someone while to-be-relieved from-the-bonds
cupit, quamvis prudenter et miserabiliter loquitur; quoniam
he-desires although sensibly and pitiably he-speaks since
is dolus insanientis est. Fere vero antiqui tales aegros
this the-trickery of-one-raving is Generally indeed the-ancients such sick
in tenebris habebant; eo quod illis contrarium esset
in darkness kept for-this that to-them contrary it-would-be

exterreri, et ad quietem animi tenebras ipsas conferre aliquid
to-be-terrified and for the-quiet of-the-mind the-darkness itself to-contribute something
judicabant. At Asclepiades, tamquam tenebris ipsis terrentibus,
they-judged But Asclepiades as-if the-darkness itself terrifying
in lumine habendos eos dixit. Neutrum autem perpetuum est:
in light to-be-kept them said Neither however constant is
alium enim lux, alium tenebrae magis turbant; reperiunturque,
one for the-light another the-darkness more disturb and-there-are-found
in quibus nullum discrimen deprehendi vel hoc, vel illo
in whom no difference be-detected either in-this or in-that
modo possit. Optimum itaque est utrumque experiri; et
way can Best and-so it-is each to-try and
habere eum, qui tenebras horret, in luce; eum, qui lucem, in
to-keep him who darkness dreads in light him who light in
tenebris. At ubi nullum tale discrimen est, aeger, si vires
darkness But when no such difference there-is the-sick-man if strength
habet, loco lucido; si non habet, obscuro continendus est.
he-has in-a-place bright if not he-has in-a-dark-one to-be-kept is
Remedia vero adhibere, ubi maxime furor urget,
Remedies however to-apply when most the-frenzy presses
supervacuum est: simul enim febris quoque increscit. Itaque
superfluous it-is at-once for the-fever also increases And-so
tum nihil nisi continendus aeger est: ubi vero res
then nothing except to-be-restrained the-sick-man is when however the-matter
patitur, festinanter subveniendum est. Asclepiades perinde esse
allows hastily to-be-helped it-is Asclepiades the-same to-be
dixit, his sanguinem mitti, ac si trucidentur: rationem hanc
said for-these blood to-be-let as if they-were-butchered reasoning this
sequutus, quod neque insania esset, nisi febre intenta;
following that neither insanity would-be except with-the-fever intense
neque sanguis, nisi in remissione ejus, recte mitteretur. Sed
nor blood except in remission of-it rightly be-let But

ipse in his somnum multa frictione quaesivit; quum et
he-himself in these sleep with-much rubbing sought since both
intentio febris somnum impediat, et frictio non nisi in
the-intensity of-the-fever sleep binders and rubbing not except in
remissione ejus utilis sit. Itaque hoc quoque auxilium debuit
remission of-it useful is And-so this also remedy he-ought
praeterire. Quid igitur est? Multa in praecipiti periculo
to-have-passed-over What therefore is-it Many-things in headlong danger
recte fiunt, alias omittenda. Et continuata quoque febris
rightly are-done at-other-times to-be-omitted And continuous also a-fever
habet tempora, quibus, etsi non remittit, non tamen crescit:
has times in-which although not it-remits not yet it-grows
estque hoc, ut non optimum, sic tamen secundum remediis
and-is this as not best so yet second-best for-remedies
tempus. Quod si vires aegri patiuntur, sanguis quoque
a-time But if the-strength of-the-sick-man allows blood also
mitti debet. Minus deliberari potest, an alvus ducenda sit.
be-let ought Less be-deliberated can whether the-bowel to-be-clystered be
Tum, interposito die, convenit caput ad cutem tondere;
Then interposed a-day it-befits the-head to the-skin to-shave
deinde aqua fovere, in qua verbenae aliquae decoctae sint
then with-water to-foment in which sacred-boughs some boiled-down have-been
ex reprimentibus; aut prius fovere, deinde tondere, et iterum
of the-repressing-ones or first to-foment then to-shave and again
fovere; ac novissime rosa caput naresque implere; offerre
to-foment and last-of-all with-rose-oil the-head and-the-nostrils to-fill to-offer
etiam naribus rutam ex aceto contritam; movere sternutamenta
also to-the-nostrils rue in vinegar crushed to-move sneezings
medicamentis in id efficacibus. Quae tamen facienda sunt in iis,
by-medicaments for this effective Which yet to-be-done are in those
quibus vires non desunt. Si vero imbecillitas est, rosa
to-whom the-strength not is-lacking If however weakness there-is with-rose-oil

tantum caput, adjecto serpyllo, similive aliquo, madefaciendum
only the-head added wild-thyme or-similar some-thing to-be-moistened
est. Utiles etiam in quibuscumque viribus herbae duae sunt,
is Useful also in whatever strength herbs two are
solanum et muralis, si simul ex utraque succo expresso caput
nightshade and the-wall-herb if at-once from each the-juice pressed-out the-head
impletur. Quum febris remisit, frictione utendum est; parcius
is-filled When the-fever has-remitted rubbing to-be-used is more-sparingly
tamen in iis, qui nimis hilares, quam in iis, qui nimis tristes
yet in those who too cheerful than in those who too sad
sunt. Adversus omnium autem sic insanientium animos gerere
are Toward of-all however so raving the-minds to-conduct
se pro cujusque natura necessarium est. Quorumdam
oneself according-to of-each the-nature necessary it-is Of-some
enim vani metus levandi sunt; sicut in homine praedivite
for the-empty fears to-be-relieved are as in a-man very-rich
famem timente incidit, cui subinde falsae hereditates
hunger fearing happened to-whom repeatedly false inheritances
nuntiabantur: quorumdam audacia coercenda est; sicut in
were-announced of-some the-boldness to-be-restrained is as in
iis fit, in quibus continendis plagae quoque adhibentur:
those is-done in whom in-restraining blows also are-applied
quorumdam etiam intempestivus risus et objurgatione et
of-some also the-untimely laughter both by-rebuke and
minis finiendus: quorumdam discutiendae tristes cogitationes;
by-threats to-be-ended of-some to-be-dispersed sad thoughts
ad quod symphoniae, et cymbala, strepitusque proficiunt.
to which concerts and cymbals and-noise avail
Saepius tamen assentiendum, quam repugnandum est;
More-often yet to-be-agreed than to-be-resisted it-is
paulatimque, et non evidenter, ab iis, quae stulte dicentur,
and-gradually and not evidently from those-things which foolishly will-be-said

ad meliora mens adducenda. Interdum etiam elicienda ipsius
to better-things the-mind to-be-led Sometimes also to-be-drawn-out his
intentio; ut fit in hominibus studiosis litterarum, quibus liber
attention as is-done in men studious of-letters to-whom a-book
legitur, aut recte, si delectantur, aut perperam, si id ipsum
is-read either rightly if they-are-delighted or wrongly if that itself
eos offendit: emendando enim convertere animum incipiunt.
them offends by-correcting for to-turn the-mind they-begin
Quin etiam recitare, si qua meminerunt, cogendi sunt.
Indeed also to-recite if any-things they-remember to-be-compelled they-are
Ad cibum quoque quosdam non desiderantes reduxerunt ii,
To food also some not desiring have-brought-back those
qui inter epulantes eos collocarunt. Omnibus vero sic affectis
who among people-feasting them placed For-all however so affected
somnus et difficilis, et praecipue necessarius est: sub hoc
sleep both difficult and especially necessary is under this
enim plerique sanescunt. Prodest ad id, atque etiam ad mentem
for most become-sane Helps for this and also for the-mind
ipsam componendam, crocinum unguentum cum irino in caput
itself to-be-composed saffron ointment with iris-oil on the-head
datum. Si nihilominus vigilant, quidam somnum moliuntur
put If nevertheless they-are-wakeful some sleep work-at
potui dando aquam, in qua papaver, aut hyoscyamum decoctum
to-drink by-giving water in which poppy or henbane boiled-down
sit: alii mandragorae mala pulvino subjiciunt: alii
has-been others of-mandrake the-apples under-the-pillow place others
vel amomum, vel sycamini lacrimam fronti inducunt.
either amomum or of-the-sycamine the-tear on-the-forehead spread
Asclepiades ea supervacua esse dixit; quoniam in
Asclepiades those-things superfluous to-be said since into
lethargum saepe converterent. Praecepit autem, ut primo die
lethargy often they-turned He-prescribed however that on-the-first day

a cibo, potione, somno abstineretur; vespere ei daretur
from food drink sleep he-should-abstain in-the-evening to-him be-given
potui aqua; tum frictio admoveretur lenis, ut ne manum
to-drink water then rubbing be-applied gentle so-that not the-hand
quidem, qui perfricaret, vehementer imprimeret; postero
even he-who rubbed vigorously should-press on-the-following
deinde die, iisdem omnibus factis, vespere ei daretur
then day the-same all-things done in-the-evening to-him be-given
sorbitio et aqua, rursusque frictio adhiberetur: per hanc enim
broth and water and-again rubbing be-applied by this for
nos consequuturos, ut somnus accedat. Id interdum fit,
we about-to-achieve that sleep come-on That sometimes happens
et quidem adeo, ut, illo confitente, nimia frictio etiam
and indeed so-much that with-him admitting too-much rubbing even
lethargi periculum afferat. Sed si sic somnus non accessit,
of-lethargy the-danger brings But if so sleep not has-come-on
tum demum illis medicamentis arcessendus est: habita scilicet
then at-last by-those medicaments to-be-summoned it-is kept evidently
eadem moderatione, quae hic quoque necessaria est, ne quem
the-same moderation which here also necessary is lest him-whom
obdormire volumus, excitare postea non possimus. Confert etiam
to-fall-asleep we-wish to-wake afterward not we-can Contributes also
aliquid ad somnum silanus juxta cadens; vel gestatio post cibum
something to sleep a-fountain near falling or carrying after food
et noctu; maximeque suspensi lecti motus. Neque alienum est,
and by-night and-especially of-a-hung bed the-motion Nor foreign is-it
si neque sanguis ante missus est, neque mens constat, neque
if neither blood before let has-been nor the-mind is-steady nor
somnus accedit, occipitio inciso cucurbitulam admovere; quae,
sleep comes-on with-the-occiput cut a-cupping-glass to-apply which
quia levat morbum, potest etiam somnum facere. Moderatio
because it-relieves the-disease can also sleep to-make Moderation

autem in cibo quoque adhibenda est: nam neque implendus
however in food also to-be-applied is for neither to-be-filled
aeger est, ne insaniat; neque jejunio utique vexandus,
the-sick-man is lest he-rave nor by-fasting at-all-events to-be-troubled
ne imbecillitate in cardiacum incidat. Opus est cibo
lest by-weakness into cardiac-disease he-fall Need there-is of-food
infirmo, maximeque sorbitione, potione aquae mulsae, cujus
weak and-especially of-broth of-drink of-water honeyed of-which
ternos cyathos bis hieme, quater aestate dedisse satis est.
three cyathi twice in-winter four-times in-summer to-have-given enough is
Alterum insaniae genus est, quod spatium longius recipit;
A-second of-insanity kind is which a-space longer admits
quia fere sine febre incipit, leves deinde febriculas excitat.
because generally without fever it-begins light then slight-fevers it-rouses
Consistit in tristitia, quam videtur bilis atra contrahere. In hac
It-consists in sadness which seems bile black to-bring-on In this
utilis detractio sanguinis est: si quid hanc prohibet, prima
useful the-withdrawal of-blood is if anything this prevents the-first
est abstinentia; secunda per album veratrum vomitumque
is abstinence the-second through white hellebore and-vomiting
purgatio. Post utrumlibet adhibenda bis die frictio est;
purging After either to-be-applied twice a-day rubbing is
si magis valet, frequens etiam exercitatio; in jejuno
if more he-is-strong frequent also exercise in the-fasting-state
vomitus: cibus, sine vino, dandus ex media materia est.
vomiting food without wine to-be-given of the-middle material is
Quam quoties posuero, scire licebit etiam ex
Which as-often-as I-shall-have-set-down to-know it-will-be-possible even from
infirmissima dari posse; dum ne ea sola quis utatur:
the-weakest to-be-given can provided not it alone one use
valentissima tantummodo esse removenda. Praeter haec servanda
the-strongest only to-be to-be-removed Besides these to-be-kept

alvus est quam tenerrima; removendi terrores, et potius bona
the-bowel is as most-tender to-be-removed terrors and rather good
spes afferenda; quaerenda delectatio ex fabulis, ludisque, quibus
hope to-be-brought to-be-sought delight from stories and-games by-which
maxime capi sanus assueverat; laudanda, si qua sunt,
most to-be-taken when-healthy he-was-wont to-be-praised if any there-are
ipsius opera, et ante oculos ejus ponenda; leviter objurganda
his-own works and before the-eyes of-him to-be-set lightly to-be-rebuked
vana tristitia; subinde admonendus, in iis ipsis rebus,
the-empty sadness repeatedly to-be-admonished in those very things
quae sollicitant, cur potius laetitiae, quam sollicitudinis causa
which trouble-him why rather of-joy than of-anxiety cause
sit. Si febris quoque accessit, sicut aliae febres, curanda est.
it-be If fever also has-come-on as other fevers to-be-treated it-is
Tertium genus insaniae est, ex his longissimum; adeo
A-third kind of-insanity is of these the-longest so-much
ut vitam ipsam non impediat: quod robusti corporis esse
that life itself not it-hinders which of-a-robust body to-be
consuevit. Hujus autem ipsius species duae sunt. Nam quidam
has-been-wont Of-this however itself the-kinds two are For some
imaginibus, non mente falluntur, quales insanientem Ajacem vel
by-images not by-mind are-deceived such-as raving Ajax or
Orestem percepisse poetae ferunt; quidam animo desipiunt. Si
Orestes to-have-perceived the-poets relate some in-mind are-delirious If
imagines fallunt, ante omnia videndum est, tristes, an hilares
images deceive before all-things to-be-seen it-is sad or cheerful
sint. In tristitia nigrum veratrum dejectionis causa; in
they-be In sadness black hellebore of-purging for-the-sake in
hilaritate, album, ad vomitum excitandum dari debet: idque,
cheerfulness white for vomiting to-be-roused be-given ought and-it
si in potione non accipit, pani adjiciendum est, quo facilius
if in a-drink not he-takes to-bread to-be-added it-is whereby more-easily

fallat. Nam si bene se purgaverit, ex magna parte morbum
it-deceive For if well himself he-has-purged in great part the-disease
levabit. Ergo etiam si semel datum veratrum parum
he-will-relieve Therefore even if once given hellebore too-little
profecerit, interposito tempore iterum dari debet. Neque
has-availed interposed a-time again be-given it-ought Nor
ignorare oportet, leviorem esse morbum cum risu, quam
be-unaware it-is-proper lighter to-be the-disease with laughter than
serio insanientium. Illud quoque perpetuum est in omnibus
in-earnest of-the-raving That also constant is in all
morbis; ubi ab inferiore parte purgandus aliquis est, ventrem
diseases when from the-lower part to-be-purged someone is the-belly
ejus ante solvendum esse; ubi a superiore, comprimendum.
of-him before to-be-loosened to-be when from the-upper to-be-bound
Si vero consilium insanientem fallit, tormentis quibusdam
If however judgment the-raving-man deceives by-torments certain
optime curatur. Ubi perperam aliquid dixit, aut fecit,
best he-is-treated When wrongly anything he-has-said or he-has-done
fame, vinculis, plagis coercendus est. Cogendus est et
by-hunger by-bonds by-blows to-be-restrained he-is To-be-compelled he-is both
attendere, et ediscere aliquid, et meminisse: sic enim
to-attend and to-learn something and to-remember so for
fiet, ut paulatim metu cogatur considerare, quid
it-will-happen that gradually by-fear he-be-compelled to-consider what
faciat. Subito etiam terreri, et expavescere, in hoc morbo
he-does Suddenly also to-be-terrified and to-take-fright in this disease
prodest; et fere quidquid animum vehementer perturbat.
helps and generally whatever the-mind vehemently disturbs
Potest enim quaedam fieri mutatio, quum ab eo statu
Can for a-certain be-made change when from that state
mens, in quo fuerat, abducta est. Interest etiam, is ipse
the-mind in which it-had-been withdrawn has-been It-matters also he himself

sine causa subinde rideat, an moestus demissusque sit: nam
without cause repeatedly laugh or sad and-downcast he-be for
demens hilaritas terroribus iis, de quibus supra dixi, melius
demented cheerfulness by-terrors those about which above I-spoke better
curatur: si nimia tristitia est, prodest lenis, sed multa bis
is-treated if excessive sadness there-is helps gentle but much twice
die frictio; item per caput aqua frigida infusa, demissumque
a-day rubbing likewise over the-head water cold poured and-lowered
corpus in aquam et oleum. Illa communia sunt:
the-body into water and oil Those-things common are
insanientes vehementer exerceri debere; multa frictione uti;
the-raving vigorously be-exercised ought with-much rubbing to-use
neque pinguem carnem, neque vinum assumere; cibis uti
neither fat meat nor wine to-take with-foods to-use
post purgationem, ex media materia, quam levissimis; non
after purging of the-middle material as lightest not
oportere esse vel solos, vel inter ignotos, vel inter eos,
it-is-proper to-be either alone or among strangers or among those
quos aut contemnant, aut negligant; mutare debere regiones,
whom either they-despise or neglect to-change they-ought regions
et, si mens redit, annua peregrinatione esse jactandos.
and if the-mind returns by-yearly travel to-be tossed-about
Raro, sed aliquando tamen, ex metu delirium nascitur.
Rarely but sometimes yet from fear delirium is-born
Quod genus insanientium specie simili, similique victus
Which kind of-the-raving with-appearance similar and-similar of-diet
genere curandum est: praeterquam quod in hoc insaniae
by-a-kind to-be-treated is except that in this of-insanity
genere solo recte vinum datur.
kind alone rightly wine is-given

The cardiac disease, though phrenetics often pass into it, is opposite to them, the mind holding while excessive weakness disperses the body in immoderate sweat with a feeble pulse and cold feet. Repressing poultices go over the praecordia, the sweat is checked with harsh oils, gypsum, or dust, and the patient lies lightly covered in moving air, fed often, with harsh wine, even three heminae a day; if he vomits, bulbs are smeared on him, and as a last resort gruel is clystered.

His morbis praecipue contrarium est id genus, quod
To-these diseases especially contrary is that kind which
καρδιακόν a Graecis nominatur; quamvis saepe ad eum
kardiakon by the-Greeks is-named although often to it
phrenetici transeunt: siquidem mens in illis labat, in
the-phrenetics pass since the-mind in those totters in
hoc constat. Id autem nihil aliud est, quam nimia
this stands-firm It however nothing other is than excessive
imbecillitas corporis, quod stomacho languente, immodico
weakness of-the-body which with-the-stomach languishing by-immoderate
sudore digeritur. Licetque protinus scire id esse, ubi
sweat is-dispersed And-it-is-possible at-once to-know it to-be when
venarum exigui imbecillique pulsus sunt; sudor autem supra
of-the-veins slight and-weak the-pulses are the-sweat however beyond
consuetudinem, et modo, et tempore, ex toto thorace et
custom both in-measure and in-time from the-whole chest and
cervicibus, atque etiam capite prorumpit, pedibus tantummodo
neck and also head bursts-forth the-feet only
et cruribus siccioribus atque frigentibus. Acutique id morbi
and legs drier and growing-cold And-acute that of-disease
genus est. Curatio prima est, supra praecordia imponere,
kind is The-treatment first is over the-praecordia to-place
quae reprimant, cataplasmata: secunda, sudorem prohibere. Id
which repress poultices second sweat to-prevent That

praestat acerbum oleum, vel rosa, vel melinum, aut myrteum:
achieves unripe oil or rose-oil or quince-oil or myrtle-oil
quorum aliquo corpus leniter perungendum, ceratumque ex
of-which with-some the-body gently to-be-anointed and-a-cerate from
aliquo horum tum imponendum est. Si sudor vincit, delinendus
some of-these then to-be-applied it-is If the-sweat prevails to-be-smeared
homo est vel gypso, vel argenti spuma, vel cimolia
the-man is either with-gypsum or of-silver with-foam or with-Cimolian
creta, vel etiam subinde horum pulvere respergendus.
chalk or even repeatedly of-these with-the-powder to-be-sprinkled
Idem praestat pulvis ex contritis aridis myrti vel rubi
The-same achieves powder from crushed dry of-myrtle or of-bramble
foliis, aut ex austeri et boni vini arida faece: pluraque
leaves or from of-harsh and good wine the-dry lees and-many
similia sunt, quae si desunt, satis utilis est quilibet ex
similar-things there-are which if they-are-lacking enough useful is any from
via pulvis injectus. Super haec vero, quo minus corpus
the-road dust thrown-on Above these however whereby the-less the-body
insudet, levi veste debet esse contectus, loco non calido,
sweat with-light clothing he-ought to-be covered in-a-place not hot
fenestris patentibus sic, ut perflatus quoque aliquis accedat.
with-windows open so that a-draft also some come-in
Tertium auxilium est, imbecillitati jacentis cibo vinoque
The-third remedy is the-weakness of-the-one-lying with-food and-wine
succurrere. Cibus non multus quidem, sed saepe tamen nocte
to-relieve The-food not much indeed but often yet by-night
ac die dandus est, ut nutriat, neque oneret. Is esse debet
and by-day to-be-given is that it-nourish and-not burden It to-be ought
ex infirmissima materia, et stomacho aptus. Nisi si necesse
of the-weakest material and for-the-stomach suitable Unless if necessary
est, ad vinum festinare non oportet: si verendum est, ne
it-is to wine to-hasten not it-is-proper if to-be-feared it-is lest

deficiat, tum et intrita ex hoc, et hoc ipsum austerum
he-fail then both bread-crumbled in this and this itself harsh
quidem, sed tamen tenue, meraculum, egelidum subinde et
indeed but yet thin a-little-undiluted cooled repeatedly and
liberaliter dandum est; adjecta polenta, si modo is aeger
generously to-be-given is added barley-meal if only this sick-man
parum cibi assumit: idque vinum esse debet, neque nullarum
too-little of-food takes and-that wine to-be ought neither of-no
virium, neque ingentium; recteque tota die ac nocte, vel
strength nor of-huge and-rightly in-the-whole day and night even
tres heminas aeger bibet; si vastius corpus est, plus etiam.
three heminae the-sick-man will-drink if larger the-body is more even
Si cibum non accipit, perunctum ante perfundere aqua
If food not he-takes anointed before to-drench with-water
frigida convenit, et tum dare. Quod si stomachus resolutus
cold it-befits and then to-give But if the-stomach relaxed
parum continet, et ante cibum, et post eum sponte
too-little holds both before food and after it of-his-own-accord
vomere oportet; rursusque post vomitum cibum sumere; si
to-vomit it-is-proper and-again after vomiting food to-take if
ne id quidem manserit, sorbere vini cyathum, interpositaque
not that even has-stayed to-sip of-wine a-cyathus and-interposed
hora, sumere alterum. Si id quoque stomachus reddiderit,
an-hour to-take a-second If that also the-stomach has-returned
totum corpus bulbis contritis superillinendum est; qui, ubi
the-whole body with-bulbs crushed to-be-smeared-over is which when
inaruerunt, efficiunt, ut vinum in stomacho contineatur,
they-have-dried bring-about that the-wine in the-stomach be-held
exque eo toti corpori calor, venisque vis redeat.
and-from it to-the-whole body heat and-to-the-veins strength return
Ultimum auxilium est, in alvum ptisanae vel alicae
The-last remedy is into the-bowel of-barley-gruel or of-spelt-groats

cremorem ex inferioribus partibus indere: siquidem id
the-cream from the-lower parts to-put-in since that
quoque vires tuetur. Neque alienum est, naribus quoque
also the-strength guards Nor foreign is-it to-the-nostrils also
aestuantis admovere, quod reficiat; id est rosam et vinum:
of-one-burning to-apply what may-refresh that is rose-oil and wine
et si qua in extremis partibus frigent, unctis et
and if any-things in the-extreme parts grow-cold with-anointed and
calidis manibus fovere. Per quae si consequi potuimus,
hot hands to-foment Through which if to-attain we-have-been-able
ut et sudoris impetus minuatur, et vita prorogetur, incipit
that both of-the-sweat the-onrush be-lessened and life be-prolonged begins
jam tempus ipsum esse praesidio. Ubi esse in tuto videtur,
now time itself to-be for-a-protection When to-be in safety he-seems
verendum tamen est, ne in eamdem imbecillitatem cito
to-be-feared yet it-is lest into the-same weakness quickly
recidat: itaque, vino tantummodo remoto, quotidie validiorem
he-fall-back and-so wine only removed daily stronger
cibum debet assumere, donec satis virium corpori redeat.
food he-ought to-take until enough of-strength to-the-body return

Lethargy is a stupor and an almost unconquerable need to sleep, acute and quickly fatal. Some rouse the patient with sneezing powders and foul smells; Tharrias held it an evil of the onset that passes with it. If the sleep is continuous he is roused in the lightest part of the fever, best by cold water poured suddenly over the anointed body, provided breath and praecordia allow; the head is shaved and fomented, mustard applied, and he is carried and fed in the remissions, broth until the disease declines.

Alter quoque morbus est, aliter phrenetico contrarius. In
Another also disease there-is otherwise to-the-phrenetic contrary In
eo difficilior somnus, promta ad omnem audaciam mens
that more-difficult sleep ready for every boldness the-mind
est: in hoc marcor, et inexpugnabilis paene dormiendi
is in this stupor and unconquerable almost of-sleeping
necessitas. Λήθαργον Graeci nominarunt. Atque id quoque
necessity Lethargon the-Greeks have-named And that also
genus acutum est, et nisi succurritur, celeriter jugulat. Hos
kind acute is and unless it-is-helped quickly kills These
aegros quidam subinde excitare nituntur, admotis iis,
sick some repeatedly to-rouse strive applied those-things
per quae sternutamenta evocantur, et iis quae odore foedo
through which sneezings are-called-out and those which by-smell foul
movent; qualis est pix cruda, lana succida, piper, veratrum,
stir such-as is pitch raw wool greasy pepper hellebore
castoreum, acetum, allium, cepa. Juxta etiam galbanum
castoreum vinegar garlic onion Near also galbanum
incendunt, aut pilos, aut cornu cervinum; si id non est,
they-burn or hairs or horn of-a-stag if that not there-is
quodlibet aliud. Tharrias vero quidam, accessionis id malum
anything other Tharrias however a-certain of-the-onset that evil
esse dixit, levarique quum ea decessit: itaque eos, qui
to-be said and-to-be-relieved when it has-declined and-so those who

subinde excitant, sine usu male habere. Interest autem, in
repeatedly rouse without use badly to-keep-them It-matters however in
decessione expergiscatur aeger, an quum febris non levetur,
the-decline wake the-sick-man or when the-fever not be-relieved
aut levata quoque ea somnus urgeat. Nam si expergiscitur,
or relieved also it sleep press For if he-wakes
adhibere ei, ut sopito, supervacuum est: neque enim
to-apply to-him as to-one-stupefied superfluous it-is nor for
vigilando melior fit; sed per se, si melior est, vigilat.
by-waking better he-becomes but by himself if better he-is he-wakes
Si vero continens ei somnus est, utique excitandus est;
If however continuous to-him the-sleep is at-all-events to-be-roused he-is
sed iis temporibus, quibus febris levissima est, ut et
but at-those times in-which the-fever lightest is that both
excernat aliquid, et sumat. Excitat autem validissime repente
he-excrete something and he-take Rouses however most-strongly suddenly
aqua frigida infusa. Post remissionem itaque, perunctum oleo
water cold poured-on After the-remission and-so anointed with-oil
multo corpus tribus aut quatuor amphoris totum per caput
much the-body with-three or four amphorae whole over the-head
perfundendum est. Sed hoc utemur, si aequalis aegro
to-be-drenched is But this we-shall-use if even to-the-sick-man
spiritus erit, si mollia praecordia: sin aliter haec erunt, ea
the-breath will-be if soft the-praecordia if otherwise these will-be those-things
potiora, quae supra comprehensa sunt. Et, quod ad somnum
preferable which above comprised have-been And what to sleep
quidem pertinet, commodissima haec ratio est. Medendi autem
indeed pertains most-suitable this method is Of-healing however
causa, caput radendum; deinde posca fovendum est, in
for-the-sake the-head to-be-shaved then with-vinegar-water to-be-fomented it-is in
qua laurus, aut ruta decocta sit: altero die imponendum
which bay or rue boiled-down has-been on-the-second day to-be-applied

castoreum, aut ruta ex aceto contrita, aut lauri baccae, aut
castoreum or rue in vinegar crushed or of-bay the-berries or
hedera cum rosa et aceto. Praecipueque proficit, et ad
ivy with rose-oil and vinegar And-especially avails both for
excitandum hominem, naribus admotum, et ad morbum
rousing the-man to-the-nostrils applied and for the-disease
ipsum depellendum, capiti frontive impositum sinapi. Gestatio
itself driving-off to-the-head or-forehead applied mustard Carrying
etiam in hoc morbo prodest; maximeque opportune cibus
also in this disease helps and-especially opportunely food
datus, id est in remissione, quanta maxima inveniri poterit.
given that is in remission as-great-as greatest be-found can
Aptissima autem sorbitio est, donec morbus decrescere incipiat:
Most-suitable however broth is until the-disease to-decrease begin
sic, ut si quotidie gravis accessio est, haec quotidie detur; si
so that if daily a-grave onset there-is this daily be-given if
alternis, post graviorem sorbitio, post leviorem mulsa aqua.
on-alternate-days after the-graver broth after the-lighter honeyed water
Vinum quoque cum tempestivo cibo datum non mediocriter
Wine also with timely food given not moderately
adjuvat. Quod si post longas febres ejusmodi torpor accessit,
helps But if after long fevers such torpor has-come-on
cetera eadem servanda sunt: ante accessionem autem, tribus
the-other the-same-things to-be-kept are before the-onset however by-three
quatuorve horis, castoreum, si venter adstrictus est, mixtum
or-four hours castoreum if the-belly bound is mixed
cum scammonia; si non est, per se ipsum cum aqua dandum
with scammony if not it-is by itself alone with water to-be-given
est. Si praecordia mollia sunt, cibis utendum est plenioribus;
is If the-praecordia soft are with-foods to-be-used it-is fuller

si dura, in iisdem sorbitionibus subsistendum; imponendumque
if hard in the-same broths to-be-stayed and-to-be-applied
praecordiis, quod simul et reprimat, et emolliat.
to-the-praecordia what at-once both may-repress and may-soften

XXI · DROPSY

Dropsy, water under the skin, has three kinds, the tympanites, leucophlegmatia, and ascites. Slaves are cured more easily than the free, since it needs hunger, thirst, and patience; Chrysippus' pupil refused a friend of Antigonus whose intemperance killed him despite the king's guards. Fever is removed first; then walking, running, rubbing, sweating, a hard diet, and drinks that move urine, with the belly measured daily. Celsus gives each kind its treatment, cupping, cautery, clysters, scarifying the swellings, and for ascites the letting out of the water, which Erasistratus wrongly rejected.

Sed hic quidem acutus est morbus. Longus vero fieri potest
But this indeed acute is disease Long however become can
eorum, quos aqua inter cutem male habet; nisi primis
of-those whom water under the-skin badly afflicts unless in-the-first
diebus discussus est: ὕδρωπα Graeci vocant. Atque
days dispersed it-has-been hydropa the-Greeks call And
ejus tres species sunt. Nam modo, ventre vehementer
of-it three kinds there-are For at-one-time with-the-belly vehemently
intento, creber intus ex motu spiritus sonus est: modo
distended frequent within from the-motion of-breath a-sound there-is at-another
corpus inaequale est, tumoribus aliter aliterque per totum
the-body uneven is with-swellings in-one-way and-another through the-whole
id orientibus: modo intus in uterum aqua contrahitur,
of-it arising at-another within into the-belly water is-drawn
et moto corpore ita movetur, ut impetus ejus conspici
and with-moved body so is-moved that the-surge of-it be-seen

possit. Primum τυμπανίτην, secundum λευκοφλεγματίαν, vel
can The-first tympaniten the-second leukophlegmatian or
ὑποσάρκα, tertium ἀσκίτην Graeci nominarunt. Communis
hyposarka the-third askiten the-Greeks have-named Common
tamen omnium est humoris nimia abundantia; ob
yet of-all is of-moisture excessive abundance on-account-of
quam ne ulcera quidem in his aegris facile sanescunt. Saepe
which not ulcers even in these sick easily heal Often
vero hoc malum per se incipit; saepe alteri vetusto morbo,
indeed this evil by itself begins often on-another old disease
maximeque quartanae, supervenit. Facilius in servis, quam in
and-especially on-a-quartan supervenes More-easily in slaves than in
liberis tollitur: quia, quum desideret famem, sitim, mille
the-free it-is-removed because since it-requires hunger thirst a-thousand
alia taedia, longamque patientiam, promtius iis succurritur,
other wearinesses and-long patience more-readily those are-helped
qui facile coguntur, quam quibus inutilis libertas est.
who easily are-compelled than those-to-whom useless freedom is
Sed ne ii quidem, qui sub alio sunt, si ex toto sibi
But not those even who under another are if from the-whole themselves
temperare non possunt, ad salutem perducuntur. Ideoque non
to-restrain not they-can to health are-brought And-therefore not
ignobilis medicus, Chrysippi discipulus, apud Antigonum
an-ignoble physician of-Chrysippus the-pupil at-the-court-of Antigonus
regem, amicum quemdam ejus, notae intemperantiae,
the-king a-friend certain of-his of-known intemperance
mediocriter eo morbo implicitum, negavit posse sanari.
moderately in-that disease entangled denied to-be-able to-be-healed
Quumque alter medicus Epirotes Philippus se sanaturum
And-when another physician of-Epirus Philip himself would-heal
polliceretur; respondit, illum ad morbum aegri respicere;
promised he-replied that-one to the-disease of-the-sick-man to-look

se, ad animum. Neque eum res fefellit. Ille enim
himself to the-mind Nor him the-matter deceived That-one for
quum summa diligentia non medici tantummodo, sed
when with-the-highest diligence not of-the-physician only but
etiam regis custodiretur, tamen malagmata sua devorando,
also of-the-king he-was-guarded yet emollients his-own by-devouring
bibendoque suam urinam, in exitium se praecipitavit. Inter
and-by-drinking his-own urine into destruction himself he-hurled Among
initia tamen non difficilis curatio est, si imperata sunt
the-beginnings yet not difficult the-treatment is if commanded are
quies, sitis, inedia; at si malum inveteravit, nonnisi magna mole
rest thirst fasting but if the-evil has-grown-old only with-great effort
discutitur. Metrodorum tamen, Epicuri discipulum, ferunt,
it-is-dispersed Metrodorus yet of-Epicurus the-pupil they-relate
quum hoc morbo tentaretur, nec aequo animo necessariam
when by-this disease he-was-assailed nor with-equal mind the-necessary
sitim sustineret, ubi diu abstinuerat, bibere solitum, deinde
thirst endured when long he-had-abstained to-drink was-accustomed then
evomere. Quod si redditur quidquid receptum est, multum
to-vomit-it-up But if is-returned whatever received has-been much
taedio demit; si a stomacho retentum est, morbum
of-weariness takes-away if by the-stomach retained it-has-been the-disease
auget: ideoque in quolibet tentandum non est.
it-increases and-therefore on anyone to-be-tried not it-is
Sed si febris quoque est, haec in primis submovenda
But if fever also there-is this in the-first-place to-be-removed
est per eas rationes, per quas huic succurri posse
is through those methods through which this be-relieved can
propositum est: si sine febre aeger est, tum demum
set-forth it-has-been if without fever the-sick-man is then at-last
ad ea veniendum est, quae ipsi morbo mederi solent.
to those-things to-be-come is which the-very disease heal are-wont

Atque hic quoque quaecumque species est, si nondum
And here also whatever kind it-is if not-yet
nimis occupavit, iisdem auxiliis opus est: multum
too-much it-has-seized-him the-same remedies need there-is much
ambulandum, currendum aliquid est; superiores maxime partes
to-be-walked to-be-run somewhat is the-upper especially parts
sic perfricandae, ut spiritum ipse contineat; evocandus
so to-be-rubbed that the-breath he-himself hold to-be-called-out
est sudor, non per exercitationem tantum, sed etiam in
is sweat not by exercise only but also in
arena calida, vel laconico, vel clibano, similibusque
sand hot or in-the-sweating-room or in-the-oven and-similar
aliis; maximeque utiles naturales et siccae sudationes sunt.
others and-especially useful natural and dry sweating-places are
Balneum, atque omnis humor alienus est. Jejuno
The-bath and all moisture foreign is On-an-empty-stomach
recte catapotia dantur, facta ex absinthii duabus, myrrhae
rightly pills are-given made from of-wormwood two of-myrrh
tertia parte. Cibus esse debet ex media quidem materia, sed
a-third part The-food to-be ought of middle indeed material but
tamen generis durioris: potio non ultra danda est, quam
yet of-kind harder drink not beyond to-be-given is than
ut vitam sustineat; optimaque est, quae urinam movet.
that life it-sustain and-best is that-which the-urine moves
Sed id ipsum tamen moliri cibo, quam medicamento melius
But that itself yet to-work-at with-food than with-medicament better
est. Si tamen res coget, ex iisdem aliquid, quae
it-is If yet the-matter will-compel of the-same-things something which
id praestant, erit decoquendum, eaque aqua potui danda.
this achieve it-will-be to-be-boiled-down and-that water to-drink to-be-given
Videntur autem hanc facultatem habere iris, nardum, crocum,
Seem however this property to-have iris nard saffron

cinnamum, amomum, casia, myrrha, balsamum, galbanum,
cinnamon amomum cassia myrrh balsam galbanum
ladanum, oenanthe, panaces, cardamomum, hebenus, cupressi
ladanum oenanthe panaces cardamom ebony of-cypress
semen, uva taminia, quam σταφίδα ἀγρίαν Graeci nominant,
the-seed grape taminia which staphida agrian the-Greeks name
abrotonum, rosae folia, acorum, amarae nuces, tragoriganum,
southernwood of-rose the-leaves acorus bitter almonds tragoriganum
styrax, costum, junci quadrati et rotundi semen; illum κύπειρον,
storax costus of-rush square and round the-seed that kypeiron
hunc σχοῖνον Graeci vocant: quae quoties posuero, non
this schoinon the-Greeks call which as-often-as I-shall-have-set-down not
quae hic nascuntur, sed quae inter aromata afferuntur,
those-which here grow but those-which among spices are-brought
significabo. Primo tamen, quae levissima ex his sunt, id
I-shall-mean First yet those-which lightest of these are that
est rosae folia, vel nardi spica, tentanda sunt. Vinum quoque
is of-rose the-leaves or of-nard the-spike to-be-tried are Wine also
utile est austerum, sed quam tenuissimum. Commodum
useful is harsh but as thinnest Convenient
est etiam, lino quotidie ventrem metiri, et, qua
it-is also with-a-thread daily the-belly to-measure and where
comprehendit alvum, notam imponere; posteroque die videre,
it-encompasses the-belly a-mark to-place and-on-the-following day to-see
plenius corpus sit, an extenuetur: id enim, quod extenuatur,
fuller the-body be or is-made-thinner that for which is-made-thinner
medicinam sentit. Neque alienum est metiri et potionem ejus,
the-medicine feels Nor foreign is-it to-measure both the-drink of-him
et urinam: nam si plus humoris excernitur, quam assumitur,
and the-urine for if more of-moisture is-excreted than is-taken
ita demum secundae valetudinis spes est. Asclepiades in
so at-last of-favorable health hope there-is Asclepiades in

eo, qui ex quartana in hydropa deciderat, se abstinentia
one who from a-quartan into dropsy had-fallen himself abstinence
bidui, et frictione usum; tertio die, jam et febre et
of-two-days and rubbing to-have-used on-the-third day already both from-fever and
aqua liberato, cibum et vinum dedisse, memoriae prodidit.
from-water freed food and wine to-have-given to-memory handed-down
Hactenus communiter de omni specie praecipi potest: si
Thus-far in-common about every kind be-prescribed can if
vehementius malum est, diducenda ratio curandi est. Ergo
more-vehement the-evil is to-be-divided the-method of-treating is Therefore
si inflatio, et ex ea dolor creber est, utilis quotidianus, aut
if flatulence and from it pain frequent there-is useful daily or
altero quoque die post cibum, vomitus est: fomentis siccis
second every day after food vomiting is fomentations dry
calidisque utendum est. Si per haec dolor non finitur,
and-hot to-be-used is If through these the-pain not is-ended
necessariae sunt sine ferro cucurbitulae; si ne per has quidem
necessary are without iron cupping-glasses if not through these even
tormentum tollitur, incidenda cutis est, et tum his utendum.
the-torment is-removed to-be-cut the-skin is and then these to-be-used
Ultimum auxilium est, si cucurbitulae nihil profuerunt, per
The-last remedy is if the-cupping-glasses nothing have-helped through
alvum infundere copiosam aquam calidam, eamque recipere.
the-bowel to-pour-in copious water hot and-it to-take-back
Quin etiam quotidie ter quaterve opus est uti frictione
Indeed also daily three-times or-four-times need there-is to-use rubbing
vehementi cum oleo et quibusdam calefacientibus: sed in
vigorous with oil and certain heating-things but in
hac frictione a ventre abstinendum est. Imponendum vero
this rubbing from the-belly to-be-abstained is To-be-applied however
in eum crebrius sinapi, donec cutem erodat; ferramentisque
on it more-often mustard until the-skin it-erode and-with-irons

candentibus pluribus locis venter exulcerandus est, et servanda
glowing in-several places the-belly to-be-ulcerated is and to-be-kept
ulcera diutius. Utiliter etiam scilla cocta delingitur. Sed diu
the-ulcers longer Usefully also squill cooked is-licked But long
post has inflationes abstinendum est ab omnibus inflantibus.
after this flatulence to-be-abstained is from all inflating-things
At si id vitium est, cui λευκοφλεγματία nomen est, eas
But if that fault it-is to-which leukophlegmatia the-name is those
partes, quae tument, subjicere soli oportet; sed non nimium,
parts which swell to-expose to-the-sun it-is-proper but not too-much
ne febriculam accendat: si is vehementior est, caput velandum
lest a-slight-fever it-kindle if it more-vehement is the-head to-be-veiled
est: utendumque frictione, madefactis tantum manibus aqua,
is and-to-be-used rubbing with-moistened only hands with-water
cui sal et nitrum et olei paulum sit adjectum; sic,
to-which salt and soda and of-oil a-little have-been added so
ut aut pueriles aut muliebres manus adhibeantur, quo
that either boys' or women's hands be-applied whereby
mollior earum tactus sit: idque, si vires patiuntur, ante
softer their touch be and-this if the-strength allows before
meridiem tota hora, post meridiem semihora fieri oportet.
midday a-whole hour after midday a-half-hour to-be-done it-is-proper
Utilia etiam sunt cataplasmata, quae reprimunt; maximeque si
Useful also are poultices which repress and-especially if
corpora teneriora sunt. Incidendum quoque est super talum,
the-bodies more-tender are To-be-cut also it-is above the-ankle
quatuor fere digitis, ex parte interiore, qua per aliquot
four about fingers on the-side inner where through several
dies frequens humor feratur; atque ipsos tumores incidere
days frequent the-moisture be-carried and the-very swellings to-cut
altis plagis oportet: concutiendumque multa gestatione
with-deep cuts it-is-proper and-to-be-shaken with-much carrying

corpus est: atque, ubi inductae vulneribus cicatrices sunt,
the-body is and when drawn-over the-wounds scars are
adjiciendum et exercitationibus est, et cibis, donec corpus
to-be-added both exercises is and foods until the-body
ad pristinum habitum revertatur. Cibus valens esse debet,
to its-former habit return The-food strong to-be ought
et glutinosus, maximeque caro: vinum, si per stomachum
and gelatinous and-especially meat wine if through the-stomach
licet, dulcius; sed ita, ut invicem biduo triduove,
it-is-allowed sweeter but so that in-turn for-two-days or-three
modo aqua, modo id bibatur. Prodest etiam lactucae marinae
now water now it be-drunk Helps also of-lettuce sea
semen cum aqua potui datum. Si valens est, qui id accipit,
the-seed with water to-drink given If strong he-is who it receives
et scilla cocta, sicut supra dixi, delingitur. Auctoresque
also squill cooked as above I-said is-licked And-authorities
multi sunt, inflatis vesicis pulsandos tumores esse.
many there-are with-inflated bladders to-be-beaten the-swellings to-be
Si vero id morbi genus est, quo in uterum multa aqua
If however that of-disease kind it-is by-which into the-belly much water
contrahitur, ambulare, sed magis modice oportet; malagma,
is-drawn to-walk but rather moderately it-is-proper an-emollient
quod digerat, impositum habere; idque ipsum superimposito
which may-disperse applied to-have and-it itself laid-over
triplici panno, fascia, non nimium tamen vehementer
triple cloth with-a-bandage not too yet vigorously
adstringere: quod a Tharria profectum, servatum esse a
to-bind which from Tharrias proceeding kept to-have-been by
pluribus video. Si jecur, aut lienem affectum esse manifestum
many I-see If the-liver or the-spleen affected to-be evident
est, ficum pinguem contusam, adjecto melle, superponere;
it-is a-fig fat crushed added honey to-lay-on

si per talia auxilia venter non siccatur, sed humor nihilo
if by such remedies the-belly not is-dried but the-moisture none
minus abundat, celeriori via succurrere, ut is per ventrem
the-less abounds by-a-quicker road to-help that it through the-belly
ipsum emittatur. Neque ignoro Erasistrato displicuisse
itself be-let-out Nor am-I-unaware to-Erasistratus to-have-displeased
hanc curandi viam: morbum enim hunc jecinoris putavit:
this of-treating road the-disease for this of-the-liver he-thought
ita illud esse sanandum; frustraque aquam emitti, quae,
so that to-be to-be-healed and-in-vain water to-be-let-out which
vitiato illo, subinde nascatur. Sed primum non hujus
with-vitiated that repeatedly is-born But first not of-this
visceris unius hoc vitium est: nam et liene affecto, et
organ alone this the-fault is for both with-the-spleen affected and
in totius corporis malo habitu fit. Deinde, ut inde
in of-the-whole body a-bad habit it-occurs Then though thence
coeperit, tamen aqua nisi emittitur, quae contra naturam
it-has-begun yet the-water unless it-is-let-out which against nature
ibi substitit, et jecinori et ceteris interioribus partibus nocet.
there has-stood both the-liver and the-other inner parts harms
Convenitque corpus nihilo minus esse curandum. Neque
And-it-is-agreed the-body none the-less to-be to-be-treated Nor
enim sanat emissus humor, sed medicinae locum facit, quam
for heals the-let-out moisture but for-medicine room makes which
intus inclusus impedit. Ac ne illud quidem in controversiam
within enclosed it-binders And not that even into controversy
venit, quin non omnes in hoc morbo sic curari possint;
comes that not all in this disease so be-treated can
sed juvenes robusti, qui vel ex toto carent febre, vel
but young-men robust who either from the-whole lack fever or
certe satis liberales intermissiones habent. Nam quorum
at-least fairly generous intermissions have For those-whose

stomachus corruptus est, quive ex atra bile huc deciderunt,
stomach corrupted is or-who from black bile hither have-fallen
quive malum corporis habitum habent, idonei huic curationi
or-who a-bad of-body habit have suitable for-this treatment
non sunt. Cibus autem, quo die primum humor emissus
not are Food however on-what day first the-moisture let-out
est, supervacuus est, nisi si vires desunt: insequentibus
has-been superfluous is unless if the-strength fails on-the-following
diebus, et is, et vinum meracius quidem, sed non ita
days both it and wine more-undiluted indeed but not so
multum dari debet, paulatimque evocandus aeger est
much be-given ought and-gradually to-be-called-out the-sick-man is
ad exercitationes, frictiones, solem, sudationes, navigationes,
to exercises rubbings sun sweatings voyages
et idoneos cibos, donec ex toto convalescat. Balneum
and suitable foods until from the-whole be-recover The-bath
rarum res amat; frequentiorem in jejuno vomitum.
rare the-thing loves more-frequent in the-fasting-state vomiting
Si aestas est, in mari natare commodum est. Ubi convaluit
If summer it-is in the-sea to-swim convenient it-is When has-recovered
aliquis, diu tamen alienus ei veneris usus est.
someone long yet foreign to-him of-sex the-use is

Consumption: atrophy takes food and gentle exercise, cachexia abstinence and baths, and phthisis, the ulcered lung, a long voyage, rest, and milk.

Diutius saepe et periculosius tabes eos male habet, quos
Longer often and more-dangerously consumption them badly afflicts whom
invasit. Atque hujus quoque plures species sunt. Una est,
it-has-invaded And of-this also several kinds there-are One is
qua corpus non alitur, et naturaliter semper aliquibus
in-which the-body not is-nourished and naturally always some-things
decedentibus, nullis vero in eorum locum subeuntibus, summa
departing none however into their place coming-up extreme
macies oritur; et, nisi occurritur, tollit. Ἀτροφίαν hanc
leanness arises and unless it-is-met it-carries-off Atrophian this
Graeci vocant. Ea duabus fere de causis incidere consuevit.
the-Greeks call It two generally from causes to-befall has-been-wont
Aut enim nimio timore aliquis minus, aut aviditate nimia
Either for from-excessive fear someone less or from-greed excessive
plus, quam debet, assumit: ita vel, quod deest, infirmat; vel,
more than he-ought takes so either what is-lacking weakens or
quod superat, corrumpitur. Altera species est, quam Graeci
what is-over is-corrupted The-second kind is which the-Greeks
καχεξίαν appellant, ubi malus corporis habitus est; ideoque
kachexian call when a-bad of-the-body habit there-is and-therefore
omnia alimenta corrumpuntur. Quod fere fit, quum longo
all nourishments are-corrupted Which generally happens when by-long
morbo vitiata corpora, etiamsi illo vacant, refectionem tamen
disease vitiated bodies even-if of-it they-are-free restoration yet
non accipiunt; aut quum malis medicamentis corpus affectum
not receive or when by-bad medicaments the-body affected

est; aut quum diu necessaria defuerunt; aut quum inusitatos
has-been or when long necessities have-been-lacking or when unaccustomed
et inutiles cibos aliquis assumsit, aliquidve simile incidit.
and useless foods someone has-taken or-something similar has-befallen
Huic, praeter tabem, illud quoque nonnumquam accedere
To-this besides the-consumption that also sometimes to-be-added
solet, ut per assiduas pustulas, aut ulcera, summa cutis
is-wont that through constant pustules or ulcers the-surface skin
exasperetur, vel aliquae corporis partes intumescant. Tertia
be-roughened or some of-the-body parts swell The-third
est, longeque periculosissima species, quam Graeci φθίσιν
is and-far most-dangerous kind which the-Greeks phthisin
nominarunt. Oritur fere a capite; inde in pulmonem
have-named It-arises generally from the-head thence into the-lung
destillat; huic exulceratio accedit; ex hac febricula levis fit,
it-distills to-this ulceration is-added from this a-slight-fever light comes
quae etiam quum quievit, tamen repetit; frequens tussis
which even when it-has-calmed yet returns frequent cough
est; pus exscreatur; interdum cruentum aliquid. Quidquid
there-is pus is-spat-up sometimes bloody something Whatever
exscreatum est, si in ignem impositum est, mali odoris
spat-up has-been if into fire put it-has-been of-bad smell
est: itaque, qui de morbo dubitant, hac nota utuntur.
is and-so those-who about the-disease doubt this mark use
Quum haec genera tabis sint, animadvertere primum
Since these kinds of-consumption there-are to-notice first
oportet, quid sit in quo laboretur; deinde, si tantum non
it-is-proper what it-be in which one-labors then if only not
ali corpus apparet, causam ejus attendere; et si cibi
to-be-nourished the-body appears the-cause of-it to-attend-to and if of-food
minus aliquis, quam debet, assumsit, adjicere, sed paulatim;
less someone than he-ought has-taken to-add but gradually

ne si corpus insuetum subita multitudine oneraverit,
lest if the-body unaccustomed by-sudden quantity it-has-burdened
concoctionem impediat. Si vero plus justo quis assumere
the-digestion it-hinder If however more than-right someone to-take
solitus est, abstinere uno die; deinde ab exiguo cibo
accustomed is to-abstain for-one day then from slight food
incipere; quotidie adjicere, donec ad justum modum perveniat.
to-begin daily to-add until to the-right measure he-arrive
Praeter haec convenit ambulare locis quam minime frigidis,
Besides these it-befits to-walk in-places as least cold
sole vitato; per manus quoque exerceri: si infirmior est,
the-sun avoided by the-hands also to-be-exercised if weaker he-is
gestari, ungi, perfricari, si potest, maxime per se
to-be-carried to-be-anointed to-be-rubbed if he-can especially by himself
ipsum, saepius eodem die et ante cibum, et post eum,
alone more-often on-the-same day both before food and after it
sic ut interdum oleo quaedam adjiciantur calefacientia,
so that sometimes to-the-oil certain be-added heating-things
donec insudet. Prodestque jejuno prehendere per
until he-sweat And-it-helps on-an-empty-stomach to-grasp in
multas partes cutem et attrahere, ut relaxetur; aut, imposita
many parts the-skin and to-draw-it that it-be-relaxed or with-applied
resina et abducta, subinde idem facere. Utile est etiam
resin and drawn-off repeatedly the-same to-do Useful it-is also
interdum balneum, sed post cibum exiguum. Atque in ipso
sometimes the-bath but after food slight And in the-very
solio recte cibi aliquid assumitur; aut, si sine hoc frictio
tub rightly of-food something is-taken or if without this rubbing
fuit, post eam protinus. Cibi vero esse debent ex iis,
has-been after it at-once The-foods however to-be ought of those

qui facile concoquuntur, qui maxime alunt. Ergo vini
which easily are-digested which most nourish Therefore of-wine
quoque, sed austeri, necessarius usus est. Movenda urina.
also but harsh necessary the-use is To-be-moved the-urine
At si malus corporis habitus est, primum abstinendum est;
But if a-bad of-the-body habit there-is first to-be-abstained it-is
deinde alvus ducenda; tum paulatim cibi dandi, adjectis
then the-bowel to-be-clystered then gradually foods to-be-given added
exercitationibus, unctionibus, frictionibus. Utilius his frequens
exercises anointings rubbings More-useful to-these frequent
balneum est, sed jejunis; etiam usque sudorem. Cibis
bathing is but on-an-empty-stomach even to sweat Of-foods
vero opus est copiosis, variis, boni succi, quique etiam minus
however need there-is copious various of-good juice and-which also less
facile corrumpantur, vino austero. Si nihil reliqua proficiunt,
easily be-corrupted with-wine harsh If nothing the-rest avail
sanguis mittendus est; sed paulatim, quotidieque pluribus
blood to-be-let is but gradually and-daily for-several
diebus, cum eo, ut cetera quoque eodem modo serventur.
days with this that the-other-things also in-the-same way be-kept
Quod si mali plus est, et vera phthisis est, inter initia
But if of-evil more there-is and true phthisis it-is among the-beginnings
protinus occurrere necessarium est: neque enim facile is
at-once to-meet-it necessary it-is nor for easily this
morbus, quum inveteravit, evincitur. Opus est, si vires
disease when it-has-grown-old is-overcome Need there-is if the-strength
patiuntur, longa navigatione, coeli mutatione, sic ut densius
allows of-a-long voyage of-climate change so that a-denser
quam id est, ex quo discedit aeger, petatur: ideoque
than that is from which departs the-sick-man be-sought and-therefore
aptissime Alexandriam ex Italia itur. Fereque id posse
most-suitably to-Alexandria from Italy one-goes And-generally that to-be-able

inter principia corpus pati debet, quum hic morbus aetate
among the-beginnings the-body to-endure ought since this disease in-age
firmissima maxime oriatur, id est ab anno duodevicesimo
strongest chiefly arises that is from the-year eighteenth
ad annum quintum et tricesimum. Si id imbecillitas non
to the-year fifth and thirtieth If that weakness not
sinit, nave tamen non longe gestari commodissimum est:
allows by-ship yet not far to-be-carried most-convenient is
si navigationem aliqua res prohibet, lectica, vel alio modo
if the-voyage some thing prevents by-litter or in-another way
corpus dimovendum est. Tum a negotiis abstinendum est,
the-body to-be-moved is Then from business to-be-abstained is
omnibusque rebus, quae sollicitare animum possunt; somno
and-from-all things which to-trouble the-mind can to-sleep
indulgendum; cavendae destillationes, ne, si quid cura
to-be-indulged to-be-guarded-against catarrhs lest if anything care
levarit, exasperent; et ob id vitanda cruditas, simulque
has-relieved they-exasperate and for this to-be-avoided indigestion and-at-once
et sol, et frigus; os obtegendum, fauces velandae,
both the-sun and cold the-mouth to-be-covered the-throat to-be-veiled
tussicula suis remediis finienda: et, quamdiu quidem
the-little-cough by-its-own remedies to-be-ended and as-long-as indeed
febricula incursat, huic interdum abstinentia, interdum etiam
the-slight-fever attacks this sometimes by-abstinence sometimes also
tempestivis cibis medendum; eoque tempore bibenda aqua.
by-timely foods to-be-healed and-at-that time to-be-drunk water
Lac quoque, quod in capitis doloribus, et in acutis febribus,
Milk also which in of-the-head pains and in acute fevers
et per eas facta nimia siti, ac, sive praecordia tument, sive
and through them made excessive thirst and whether the-praecordia swell or
biliosa urina est, sive sanguis fluxit, pro veneno est; in phthisi
bilious the-urine is or blood has-flowed as poison is in phthisis

tamen, sicut in omnibus longis difficilibusque febriculis, recte
yet as in all long and-difficult slight-fevers rightly
dari potest. Quod si febris aut nondum incursat, aut jam
be-given can But if the-fever either not-yet attacks or already
remisit, decurrendum est ad modicas exercitationes, maximeque
has-remitted to-be-resorted it-is to moderate exercises and-especially
ambulationes; item lenes frictiones. Balneum alienum est.
walks likewise gentle rubbings The-bath foreign is
Cibus esse debet primo acer, ut allium, porrum, idque ipsum
The-food to-be ought at-first sharp as garlic leek and-that itself
ex aceto, vel ex eodem intubus, ocimum, lactuca: deinde lenis,
in vinegar or in the-same endive basil lettuce then mild
ut sorbitio ex ptisana, vel ex alica, vel ex amylo, lacte
as broth from barley-gruel or from spelt-groats or from starch milk
adjecto. Idem oryza quoque, et, si nihil aliud est, far
added The-same rice also and if nothing else there-is emmer
praestat. Tum invicem modo his cibis, modo illis utendum
provides Then in-turn now these foods now those to-be-used
est; adjiciendaque quaedam ex media materia, praecipueque
is and-to-be-added certain of the-middle material and-especially
cerebellum, vel pisciculus, et his similia. Farina etiam cum
brain or a-little-fish and to-these similar-things Meal also with
sevo ovillo caprinove mixta, deinde incocta pro medicamento est.
suet of-sheep or-goat mixed then boiled for a-medicament is
Vinum assumi debet leve, austerum. Hactenus non magna
Wine be-taken ought light harsh Thus-far not with-great
mole pugnatur: si vehementior noxa est, ac neque
effort one-fights if more-vehement the-harm is and neither
febricula, neque tussis quiescit, tenuarique corpus apparet,
the-slight-fever nor the-cough quiets and-to-be-thinned the-body appears
validioribus auxiliis opus est. Exulcerandum est ferro
stronger remedies need there-is To-be-ulcerated it-is with-iron

candenti, uno loco sub mento, altero in gutture, duobus ad
glowing in-one place under the-chin in-another on the-throat in-two at
mammam utramque; item sub imis ossibus scapularum,
breast each likewise under the-lowest bones of-the-shoulder-blades
quas ὠμοπλάτας Graeci vocant, sic, ne sanescere ulcera
which omoplatas the-Greeks call so that-not to-heal the-ulcers
sinamus, nisi tussi finita: cui per se quoque
we-allow unless with-the-cough ended which by itself also
medendum esse manifestum est. Tunc ter quaterve die
to-be-healed to-be evident it-is Then three-times or-four-times a-day
vehementer extremae partes perfricandae, thorax levi manu
vigorously the-extreme parts to-be-rubbed the-chest with-light hand
pertractandus, post cibum intermittenda hora, et perfricanda
to-be-handled after food to-be-interposed an-hour and to-be-rubbed
crura brachiaque: interpositis denis diebus, demittendus est
the-legs and-arms interposed every-ten days to-be-lowered is
aeger in solium, in quo sit aqua calida et oleum: ceteris
the-sick-man into the-tub in which be water hot and oil on-the-other
diebus bibenda aqua; tum et vinum, si tussis non est, potui
days to-be-drunk water then also wine if cough not there-is to-drink
frigidum dandum; si est, egelidum. Utile est etiam cibos in
cold to-be-given if there-is lukewarm Useful it-is also foods in
remissionibus quotidie dari: frictiones gestationesque similiter
the-remissions daily to-be-given rubbings and-carryings similarly
adhiberi: eadem acria quarto aut quinto die sumere:
to-be-applied the-same sharp-things on-the-fourth or fifth day to-take
interdum herbam sanguinalem ex aceto, vel plantaginem esse.
sometimes the-herb knotgrass in vinegar or plantain to-eat
Medicamentum est etiam vel plantaginis succus per se, vel
A-medicament is also either of-plantain the-juice by itself or
marrubii cum melle incoctus; ita ut illius cyathus sorbeatur,
of-horehound with honey boiled so that of-that a-cyathus be-sipped

hujus cochleare plenum paulatim delingatur; vel inter se
of-this a-spoonful full gradually be-licked or among themselves
mixta, et incocta resinae terebinthinae pars dimidia, butyri
mixed and boiled of-resin terebinth part a-half of-butter
et mellis pars altera. Alvus cita utique vitanda est.
and of-honey part the-other The-bowel quick at-all-events to-be-avoided is
Vomitus in hoc morbo frequens, perniciosus est, maximeque
Vomiting in this disease frequent pernicious is and-especially
sanguinis. Qui meliusculus esse coepit, adjicere debet
of-blood He-who somewhat-better to-be has-begun to-add ought
exercitationes, frictiones, cibos: deinde ipse se, suppresso
exercises rubbings foods then he-himself himself with-held
spiritu, perfricare; diu abstinere a vino, balneo, venere.
breath to-rub long to-abstain from wine bath sex

XXIII · EPILEPSY

In epilepsy a man falls suddenly, foams, and rises unaided. Celsus prescribes bloodletting or hellebore, a measured diet, long walks, rubbing, cold douches, and cautery of the occiput. Some have drunk a slain gladiator's warm blood, a wretched remedy made bearable by a worse evil.

Inter notissimos morbos est etiam is, qui comitialis, vel major
Among the-best-known diseases is also that which epileptic or greater
nominatur. Homo subito concidit; ex ore spumae moventur;
is-named The-man suddenly falls-down from the-mouth foam is-moved
deinde interposito tempore ad se redit, et per se ipse
then interposed a-time to himself he-returns and by himself alone
consurgit. Id genus saepius viros, quam feminas occupat. Ac
rises-up That kind more-often men than women seizes And
solet quidem etiam longum esse, usque ad mortis diem,
it-is-wont indeed also long to-be right to of-death the-day

et vitae non periculosum; interdum tamen, quum recens est,
and to-life not dangerous sometimes yet when recent it-is
hominem consumit: et saepe eum, si remedia non sustulerunt,
the-man it-consumes and often it if remedies not have-removed-it
in pueris veneris, in puellis menstruorum initium tollit.
in boys of-sex in girls of-the-menses the-beginning removes
Modo cum distentione nervorum prolabitur aliquis, modo
At-one-time with convulsion of-the-sinews falls someone at-another
sine illa. Quidam hos quoque iisdem, quibus lethargicos,
without it Some these also by-the-same-means by-which the-lethargic
excitare conantur: quod admodum supervacuum est; et quia
to-rouse try which very superfluous is both because
ne lethargicus quidem his sanatur; et quia, quum possit
not the-lethargic even by-these is-healed and because while can
ille numquam expergisci, atque ita fame interire, hic ad
that-one never wake and so by-hunger perish this-one to
se utique revertitur. Ubi concidit aliquis, si nulla nervorum
himself at-all-events returns When has-fallen someone if no of-the-sinews
distentio accessit, utique sanguis mitti debet: si accessit,
convulsion has-come-on at-all-events blood be-let ought if it-has-come-on
non utique mittendus est, nisi alia quoque hortantur.
not necessarily to-be-let it-is unless other-things also urge
Necessarium autem est ducere alvum, vel nigro veratro
Necessary however it-is to-clyster the-bowel or with-black hellebore
purgare, vel utrumque facere, si vires patiuntur: tunc
to-purge or both to-do if the-strength allows then
caput tondere, oleoque et aceto perungere: cibum post diem
the-head to-shave and-with-oil and vinegar to-anoint food after the-day
tertium, simul transiit hora qua concidit, dare. Neque
third as-soon-as has-passed the-hour in-which he-fell to-give Neither
sorbitiones autem his, aliique molles et faciles cibi, neque
broths however for-these and-other soft and easy foods nor

caro, minimeque suilla convenit; sed mediae materiae: nam
meat and-least pork suits but of-the-middle material for
et viribus opus est, et cruditates cavendae sunt.
both strength need there-is and indigestions to-be-guarded-against are
Cum quibus fugere oportet solem, balneum, ignem, omniaque
With which to-flee it-is-proper the-sun the-bath fire and-all
calefacientia; item frigus, vinum, venerem, loci praecipitis
heating-things likewise cold wine sex of-a-place steep
conspectum, omniumque terrentium, vomitum, lassitudinem,
the-sight and-of-all terrifying-things vomiting weariness
sollicitudines, negotia omnia; ubi tertio die cibus datus
anxieties business all when on-the-third day food given
est, intermittere quartum, et invicem alterum quemque,
has-been to-intermit the-fourth and in-turn the-second each
eadem hora cibi servata, donec quatuordecim dies transeant.
the-same hour of-food kept until fourteen days pass
Quos ubi morbus excessit, acuti vim deposuit: ac,
Which when the-disease has-passed of-an-acute-one the-force it-has-laid-down and
si manet, curandus jam ut longus est. Quod si, non quo
if it-remains to-be-treated now as long it-is But if not on-what
die primum id incidit, medicus accessit, sed is, qui cadere
day first it befell the-physician has-come but he who to-fall
consuevit, ei traditus est; protinus eo genere victus
has-been-wont to-him handed-over has-been at-once that kind of-diet
habito, qui supra comprehensus est, exspectandus est dies,
held which above comprised has-been to-be-awaited is the-day
quo prolabatur; utendumque tum vel sanguinis missione, vel
on-which he-fall and-to-be-used then either of-blood by-letting or
ductione alvi, vel nigro veratro, sicut praeceptum est:
clystering of-the-bowel or black hellebore as prescribed it-has-been

insequentibus deinde diebus per eos cibos, quos proposui,
on-the-following then days through those foods which I-have-set-forth
vitatis omnibus, quae cavenda dixi, nutriendus.
avoided all-things which to-be-guarded-against I-said he-is-to-be-nourished
Si per haec morbus finitus non fuerit, confugiendum
If through these the-disease ended not has-been to-be-resorted
erit ad album veratrum; ac ter quoque aut quater eo
it-will-be to white hellebore and three-times also or four-times it
utendum, non ita multis interpositis diebus; sic tamen, ne
to-be-used not so many interposed days so yet that-not
iterum umquam sumat, nisi conciderit. Mediis autem
again ever he-take-it unless he-has-fallen On-the-middle however
diebus vires ejus erunt nutriendae; quibusdam, praeter ea,
days the-strength of-him will-be to-be-nourished certain besides those
quae supra scripta sunt, adjectis. Ubi mane experrectus
which above written are added When in-the-morning awakened
est, corpus ejus leniter ex oleo vetere, cum capite excepto
he-is the-body of-him gently with oil old with the-head excepted
ventre, permulceatur: tum ambulatione quam maxime longa et
the-belly be-stroked then walking as most long and
recta utatur: post ambulationem loco tepido vehementer
straight let-him-use after walking in-a-place lukewarm vigorously
et diu, ac non minus ducenties, nisi infirmus erit,
and long and not less two-hundred-times unless weak he-will-be
perfricetur: deinde per caput multa aqua frigida perfundatur;
let-him-be-rubbed then over the-head much water cold be-poured
paulum cibi assumat; conquiescat; rursus ante noctem
a-little of-food let-him-take let-him-rest again before night
ambulatione utatur; iterum vehementer perfricetur, sic ut
walking let-him-use again vigorously let-him-be-rubbed so that
neque venter, neque caput contingatur; post haec coenet;
neither the-belly nor the-head be-touched after these let-him-dine

interpositisque tribus aut quatuor diebus, uno aut altero
and-interposed three or four days on-one or another
acria assumat. Si ne per haec quidem fuerit liberatus,
sharp-things let-him-take If not through these even he-has-been freed
caput radat; ungatur oleo vetere, adjecto aceto et
the-head let-him-shave let-him-be-anointed with-oil old added vinegar and
nitro; perfundatur aqua salsa; bibat jejunus ex aqua
soda let-him-be-drenched with-water salty let-him-drink fasting in water
castoreum; nulla aqua, nisi decocta, potionis causa utatur.
castoreum no water except boiled-down of-drink for-the-sake let-him-use
Quidam jugulati gladiatoris calido sanguine epoto tali
Some of-a-butchered gladiator by-the-hot blood drunk-down from-such
morbo se liberarunt: apud quos miserum auxilium
disease themselves have-freed among whom a-wretched remedy
tolerabile miserius malum fecit. Quod ad medicum vero
tolerable a-more-wretched evil made What to the-physician however
pertinet, ultimum est, juxta talum ex utroque crure
pertains the-last is near the-ankle from each leg
paulum sanguinis mittere; occipitium incidere, et cucurbitulas
a-little of-blood to-let the-occiput to-cut and cupping-glasses
admovere; ferro candenti in occipitio, et infra quoque, qua
to-apply with-iron glowing on the-occiput and below also where
summa vertebra cum capite committitur, adurere duobus locis,
the-highest vertebra with the-head is-joined to-burn in-two places
ut per ea perniciosus humor evadat. Quibus si finitum
that through them the-pernicious moisture escape By-which if ended
malum non fuerit, prope est, ut perpetuum sit. Ad levandum
the-evil not has-been near it-is that perpetual it-be For relieving
id, tantummodo utendum erit exercitatione multa, frictione,
it only to-be-used it-will-be exercise much rubbing

cibisque iis, qui supra comprehensi sunt: praecipueque
and-foods those which above comprised are and-especially
vitanda omnia, quae, ne fierent, excepimus.
to-be-avoided all-things which that-not they-should-be-done we-have-excepted

XXIV · JAUNDICE

Jaundice, called arquatus or royal, shows in the yellowed whites of the eyes, with thirst and hardness on the right. After a day's abstinence and a clyster Celsus gives drugs, then food by turns, wine, exercise, and the pleasures, play, jest, and games, which seem to have named it royal.

Aeque notus est morbus, quem interdum arquatum, interdum
Equally known is the-disease which sometimes arquatus sometimes
regium nominant. Quem Hippocrates ait, si post septimum
royal they-name Which Hippocrates says if after the-seventh
diem febricitante aegro supervenit, tutum esse, mollibus
day with-feverish the-sick-man it-supervenes safe to-be with-soft
tantummodo praecordiis substantibus: Diocles ex toto, si
only praecordia remaining Diocles from the-whole if
post febrem oritur, etiam prodesse; si post hunc febris,
after fever it-arises even to-help if after this fever
occidere. Color autem eum morbum detegit, maxime oculorum,
to-kill The-color however that disease reveals chiefly of-the-eyes
in quibus, quod album esse debet, fit luteum. Soletque
in which what white to-be ought becomes yellow And-it-is-wont
accedere et sitis, et dolor capitis, et frequens singultus,
to-come-on both thirst and pain of-the-head and frequent hiccup
et praecordiorum dextra parte durities, et, ubi corporis
and of-the-praecordia on-the-right side hardness and when of-the-body
vehemens motus est, spiritus difficultas, membrorumque
vehement movement there-is of-breath difficulty and-of-the-limbs

resolutio: atque, ubi diutius manet morbus, totum corpus
relaxation and when longer remains the-disease the-whole body
cum pallore quodam inalbescit. Primo die abstinere aegrum
with pallor a-certain whitens On-the-first day to-abstain the-sick-man
oportet; secundo ducere alvum: tum, si febris est, eam victus
it-is-proper on-the-second to-clyster the-bowel then if fever there-is it of-diet
genere discutere; si non est, scammoniam potui dare, vel
by-a-kind to-disperse if not there-is scammony to-drink to-give or
cum aqua betam albam contritam, vel cum aqua mulsa nuces
with water beet white crushed or with water honeyed nuts
amaras, absinthium, anisum, sic ut pars hujus minima sit.
bitter wormwood anise so that the-part of-this smallest be
Asclepiades aquam quoque salsam, et quidem per biduum,
Asclepiades water also salty and indeed for two-days
purgationis causa bibere cogebat, iis, quae urinam
of-purging for-the-sake to-drink compelled those-things which the-urine
movent, rejectis. Quidam, superioribus omissis, per haec,
move rejected Some the-former-things omitted through these
et per eos cibos, qui extenuant, idem se consequi
and through those foods which make-thin the-same themselves to-attain
dicunt. Ego ubique, si satis virium est, validiora; si parum,
say I everywhere if enough of-strength there-is stronger if too-little
imbecilliora auxilia praefero. Si purgatio fuit, post eam
weaker remedies prefer If purging there-has-been after it
triduo primo modice cibum oportet assumere ex media
for-three-days at-first moderately food it-is-proper to-take of the-middle
materia, et vinum bibere graecum salsum, ut resolutio
material and wine to-drink Greek salted that the-loosening
ventris maneat: tum altero triduo validiores cibos, et carnis
of-the-belly remain then for-another three-days stronger foods and of-meat
quoque aliquid esse, intra aquam manere: deinde ad superius
also something to-eat within water to-remain then to the-former

genus victus reverti, cum eo, ut magis satietur; omisso
kind of-diet to-return with this that more he-be-sated omitted
graeco vino, bibere integrum, austerum; atque ita per haec
the-Greek wine to-drink unmixed harsh and so through these
variare, ut interdum acres quoque cibos interponat, interdum
to-vary that sometimes sharp also foods he-interpose sometimes
ad salsum vinum redeat. Per omne vero tempus utendum
to the-salted wine he-return Through all however the-time to-be-used
est exercitatione, frictione; si hiems est, balneo: si aestas,
is exercise rubbing if winter it-is the-bath if summer
frigidis natationibus; lecto etiam, et conclavi cultiore,
cold swimmings with-a-bed also and a-room more-elegant
lusu, joco, ludis, lascivia, per quae mens exhilaretur:
with-play jest games wantonness through which the-mind be-cheered
ob quae regius morbus dictus videtur. Malagma quoque,
on-account-of which royal the-disease called seems An-emollient also
quod digerat, super praecordia datum prodest; vel arida ibi
which may-disperse over the-praecordia put helps or dry there
ficus superimposita, si jecur aut lienis affectus est.
a-fig laid-on if the-liver or the-spleen affected is

Elephantiasis, almost unknown in Italy, darkens and scales the skin and swells face and feet; blood is let or black hellebore given, then fasting, exercise, and rubbing.

Ignotus autem paene in Italia, frequentissimus in quibusdam
Unknown however almost in Italy most-frequent in certain
regionibus is morbus est, quem ἐλεφαντίασιν Graeci vocant:
regions that disease is which elephantiasin the-Greeks call
isque longis annumeratur. Totum corpus afficitur ita, ut
and-it among-the-long is-counted The-whole body is-affected so that
ossa quoque vitiari dicantur. Summa pars corporis crebras
the-bones also to-be-vitiated are-said The-surface part of-the-body frequent
maculas crebrosque tumores habet; rubor earum paulatim in
spots and-frequent swellings has the-redness of-them gradually into
atrum colorem convertitur; summa cutis inaequaliter crassa,
black color is-turned the-surface skin unevenly thick
tenuis, dura, mollisque, quasi squamis quibusdam exasperatur;
thin hard and-soft as-if with-scales certain is-roughened
corpus emacrescit; os, surae, pedes intumescunt: ubi
the-body grows-thin the-face the-calves the-feet swell when
vetus morbus est, digiti in manibus pedibusque sub
old the-disease is the-fingers on the-hands and-feet under
tumore conduntur, febricula oritur, quae facile tot malis
the-swelling are-hidden a-slight-fever arises which easily by-so-many evils
obrutum hominem consumit. Protinus ergo inter initia
overwhelmed the-man consumes At-once therefore among the-beginnings
sanguis per biduum mitti debet, aut nigro veratro venter
blood for two-days be-let ought or with-black hellebore the-belly
solvi: adhibenda tum, quanta sustineri potest, inedia est:
be-loosened to-be-applied then as-much-as be-sustained can fasting is

paulum deinde vires reficiendae, et ducenda alvus: post
a-little then the-strength to-be-restored and to-be-clystered the-bowel after
haec, ubi corpus levatum est, utendum est exercitatione,
these when the-body relieved has-been to-be-used is exercise
praecipueque cursu: sudor primum labore ipsius corporis,
and-especially running sweat first by-the-labor of-the-very body
deinde etiam siccis sudationibus evocandus: frictio adhibenda:
then also by-dry sweating-baths to-be-called-out rubbing to-be-applied
moderandumque inter haec, ut vires conserventur. Balneum
and-to-be-moderated among these that the-strength be-preserved The-bath
rarum esse debet; cibus sine pinguibus, sine glutinosis, sine
rare to-be ought food without fat-things without gelatinous-things without
inflantibus: vinum, praeterquam primis diebus, recte datur.
inflating-things wine except in-the-first days rightly is-given
Corpus contrita plantago et illita optime tueri videtur.
The-body crushed plantain and smeared best to-protect seems

XXVI · THE THUNDERSTRUCK

The thunderstruck, stunned in body and mind by lightning or by disease, apoplexy, are rare. Blood is let, white hellebore or a clyster used, and rubbing, middle foods not fat, some sharp, and no wine follow.

Attonitos quoque raro videmus, quorum et corpus et mens
The-thunderstruck also rarely we-see of-whom both the-body and the-mind
stupet. Fit interdum ictu fulminis, interdum morbo:
is-stupefied It-occurs sometimes by-a-stroke of-lightning sometimes by-disease
ἀποπληξίαν hunc Graeci appellant. His sanguis mittendus
apoplexian this the-Greeks call For-these blood to-be-let
est: veratro quoque albo, vel alvi ductione utendum.
is hellebore also white or of-the-bowel clystering to-be-used

Tum adhibendae frictiones, et ex media materia minime
Then to-be-applied rubbings and of the-middle material least
pingues cibi; quidam etiam acres; a vino abstinendum.
fat foods some even sharp from wine to-be-abstained

XXVII · PARALYSIS

Paralysis of the whole body carries off quickly or leaves a life of misery; bloodletting saves or kills. A paralyzed part is kept from cold, moved gradually, and roughened with nettles or mustard. Pain of the sinews takes gentle rubbing and sulfur fumigation, trembling brisk walking and little sex.

At resolutio nervorum frequens ubique morbus est: sed
But paralysis of-the-sinews a-frequent everywhere disease is but
interdum tota corpora, interdum partes infestat. Veteres
sometimes whole bodies sometimes parts it-infests The-old
auctores illud ἀποπληξίαν, hoc παράλυσιν nominaverunt:
authors that apoplexian this paralysin named
nunc utrumque παράλυσιν appellari video. Solent autem,
now each paralysin to-be-called I-see Are-wont however
qui per omnia membra vehementer resoluti sunt, celeriter
those-who in all limbs vehemently paralyzed are quickly
rapi: ac si correpti non sunt, diutius quidem vivunt;
to-be-carried-off and if seized not they-are longer indeed they-live
sed raro tamen ad sanitatem perveniunt, et plerumque
but rarely yet to health arrive and mostly
miserum spiritum trahunt, memoria quoque amissa. In
a-wretched breath drag-out the-memory also lost In
partibus vero numquam acutus, saepe longus, fere
parts however never acute often long generally
insanabilis morbus est. Si omnia membra vehementer
incurable the-disease is If all the-limbs vehemently

resoluta sunt, sanguinis detractio vel liberat, vel occidit:
paralyzed are of-blood the-withdrawal either frees or kills
aliud curationis genus vix umquam sanitatem restituit,
another of-treatment kind hardly ever health restores
saepe mortem tantum differt, vitam interim infestat.
often death only defers the-life meanwhile infests
Post sanguinis missionem, si non redit et motus et
After of-blood the-letting if not returns both movement and
mens, nihil spei superest; si redit, sanitas quoque
mind nothing of-hope remains if it-returns health also
prospicitur. At ubi pars resoluta est, pro vi et
is-foreseen But when a-part paralyzed is according-to the-force both
mali et corporis, vel sanguis mittendus, vel alvus
of-the-evil and of-the-body either blood to-be-let or the-bowel
ducenda.
to-be-clystered
Cetera eadem in utroque casu facienda sunt: siquidem
The-other the-same-things in each case to-be-done are since
vitare praecipue convenit frigus; paulatimque ad exercitationes
to-avoid especially it-befits cold and-gradually to exercises
revertendum est, sic ut ingrediatur ipse protinus, si potest:
to-be-returned it-is so that he-walk himself at-once if he-can
si id crurum imbecillitas prohibet, vel gestetur, vel
if that of-the-legs the-weakness prevents either let-him-be-carried or
motu lecti concutiatur: tum id membrum, quod
by-the-motion of-the-bed be-shaken then that limb which
deficit, si potest, per se; sin minus, per alium moveatur,
fails if it-can by itself if not by another be-moved
et vi quadam ad consuetudinem redeat. Prodest etiam
and by-force a-certain to custom return It-helps also
torpentis membri summam cutem exasperasse, vel urticis
of-the-numb limb the-surface skin to-have-roughened either with-nettles

caesam, vel imposito sinapi, sic ut, ubi rubere coeperit
beaten or with-applied mustard so that when to-redden has-begun
corpus, haec removeantur. Scilla quoque contrita, bulbique
the-body these be-removed Squill also crushed and-bulbs
contriti cum ture recte imponuntur. Neque alienum est,
crushed with frankincense rightly are-applied Nor foreign is-it
resina cutem tertio quoque die diutius vellere, pluribus etiam
with-resin the-skin third every day longer to-pluck in-several also
locis; aliquando sine ferro cucurbitulas admovere. Unctioni
places sometimes without iron cupping-glasses to-apply For-anointing
vero aptissimum est vetus oleum, vel nitrum aceto et
however most-suitable is old oil or soda with-vinegar and
oleo mixtum. Quin etiam fovere aqua calida marina,
oil mixed Indeed also to-foment with-water hot sea
vel, si ea non est, tamen salsa, magnopere necessarium
or if that not there-is yet salted greatly necessary
est.
is

Ac si quo loco vel naturales, vel etiam manu factae
And if in-any place either natural or even by-hand made
tales natationes sunt, iis potissimum utendum est;
such swimming-places there-are those chiefly to-be-used it-is
praecipueque in his agitanda membra, quae maxime
and-especially in these to-be-exercised the-limbs which most
deficiunt: si id non est, balneum tamen prodest. Cibus
fail if that not there-is the-bath yet helps The-food
esse debet ex media materia, maximeque ex venatione;
to-be ought of the-middle material and-especially of game
potio sine vino aquae calidae: si tamen vetus morbus
the-drink without wine of-water hot if yet old the-disease
est, interponi quarto vel quinto die purgationis causa
is be-interposed on-the-fourth or fifth day of-purging for-the-sake

vinum graecum salsum potest. Post coenam utilis vomitus
wine Greek salted can After dinner useful vomiting
est.
is
Interdum vero etiam nervorum dolor oriri solet. In
Sometimes however also of-the-sinews pain to-arise is-wont In
hoc casu non vomere, non medicamentis urinam movere,
this case not to-vomit not by-medicaments the-urine to-move
non exercitatione sudorem, ut quidam praecipiunt, expedit.
not by-exercise sweat as some prescribe is-expedient
Bibenda aqua est: bis die in lectulo leniter satis diu
To-be-drunk water is twice a-day in his-couch gently fairly long
corpus perfricandum est, deinde retento spiritu: ab ipsa
the-body to-be-rubbed is then with-held breath from the-very
exercitatione potius superiores partes movendae: balneo raro
exercise rather the-upper parts to-be-moved the-bath rarely
utendum: mutandum subinde peregrinationibus coelum. Si
to-be-used to-be-changed repeatedly by-travels the-climate If
dolor est, ea ipsa pars sine oleo, nitro ex aqua
pain there-is that very part without oil with-soda in water
perungenda est; deinde involvenda, et subjicienda pruna
to-be-anointed is then to-be-wrapped and to-be-put-under a-coal
lenis, et sulphur, atque ita id suffumigandum; idque
gentle and sulfur and so it to-be-fumigated and-this
aliquamdiu faciendum, sed jejuno, quum bene
for-some-time to-be-done but on-an-empty-stomach when well
jam concoxerit. Cucurbitulae quoque saepe dolenti parti
already he-has-digested Cupping-glasses also often to-the-aching part
admovendae sunt, pulsandusque leniter inflatis vesicis
to-be-applied are and-to-be-beaten gently with-inflated bladders
bubulis is locus est. Utile est etiam sevum miscere cum
of-oxen that place is Useful it-is also suet to-mix with

hyoscyami et urticae contritis seminibus, sic ut omnium
of-benbane and of-nettle crushed seeds so that of-all
par modus sit, idque imponere: fovere aqua, in qua
an-equal measure be and-this to-apply to-foment with-water in which
sulphur decoctum sit. Utriculi quoque recte imponuntur
sulfur boiled-down has-been Little-skins also rightly are-applied
aqua calida repleti, aut bitumen cum hordeacea farina
with-water hot filled or bitumen with barley meal
mixtum. Atque in ipso potissimum dolore utendum
mixed And in the-very especially pain to-be-used
gestatione vehementi est: quod in aliis doloribus pessimum
carrying vigorous is which in other pains worst
est.
is

Tremor autem nervorum aeque vomitu medicamentisque
Trembling however of-the-sinews equally by-vomiting and-by-medicaments
urinam moventibus intenditur. Inimica etiam habet balnea,
the-urine moving is-intensified Hostile also it-has baths
assasque sudationes. Bibenda aqua est; acri ambulatione
and-dry sweatings To-be-drunk water is brisk walking
utendum; itemque unctionibus frictionibusque, maxime
to-be-used and-likewise anointings and-rubbings especially
per se ipsum; pila, similibusque superiores partes
by himself alone with-a-ball and-similar-things the-upper parts
dimovendae; cibo quolibet utendum, dummodo concoctioni
to-be-moved food any to-be-used provided-that digestion
utique studeatur; secundum cibum, curis abstinendum;
at-all-events be-attended-to after food from-cares to-be-abstained
rarissima Venere utendum est. Si quando quis in
most-rarely Sex to-be-used is If at-any-time someone into
eam prolapsus est, tum oleo leniter diuque in lectulo
it slipped has then with-oil gently and-long in his-couch

perfricari manibus puerilibus potius, quam virilibus,
to-be-rubbed by-hands boys' rather than men's
debet.
he-ought
Suppurationes autem, quae in aliqua interiori parte oriuntur,
Suppurations however which in some inner part arise
ubi natae fuerint, primum id agere oportet per
when born they-have-been first this to-do it-is-proper through
ea cataplasmata, quae reprimunt, ne coitus inutilis
those poultices which repress lest a-gathering of-useless
materiae fiat; deinde, si haec victa sunt, per ea
matter occur then if these overcome have-been through those
malagmata, quae digerunt, dissipentur. Quod si consequuti
emollients which disperse they-be-scattered But if attained
non sumus, sequitur ut evocetur: deinde ut maturescat.
not we-have it-follows that it-be-called-out then that it-ripen
Omnis tum vomicae finis est, ut rumpatur: indiciumque
Every then of-an-abscess end is that it-burst and-the-sign
est pus vel alvo vel ore redditum. Sed nihil
is pus either by-the-bowel or by-the-mouth returned But nothing
facere oportet, quominus quidquid est puris excedat.
to-do it-is-proper whereby-the-less whatever there-is of-pus pass-out
Utendum maxime sorbitionibus est, et aqua calida. Ubi
To-be-used chiefly broths is and water hot When
pus ferri desiit, transeundum ad faciles quidem, sed
pus to-be-carried has-ceased to-be-passed to easy indeed but
tamen validiores et frigidos cibos, frigidamque aquam,
yet stronger and cold foods and-cold water
sic, ut ab egelidis tamen initium fiat. Primoque
so that from lukewarm-ones yet the-beginning be-made And-first
cum melle quaedam edenda, ut nuclei pinei, vel graecae
with honey certain-things to-be-eaten as nuts pine or Greek

nuces, vel avellanae: postea submovendum id ipsum,
nuts or hazelnuts afterward to-be-removed that itself
quo maturius induci cicatrix possit. Medicamentum
whereby earlier be-drawn-over the-scar can The-medicament
eo tempore ulceri est succus assumtus vel porri
at-that time for-the-ulcer is juice taken either of-leek
vel marrubii, et omni cibo porrum ipsum adjectum.
or of-horehound and with-every food the-leek itself added
Oportebit autem uti in iis partibus, quae non afficientur,
It-will-be-proper however to-use in those parts which not will-be-affected
frictionibus; item ambulationibus lenibus: vitandumque erit,
rubbings likewise walks gentle and-to-be-avoided it-will-be
ne vel luctando, vel currendo, vel alia ratione sanescentia
lest either by-wrestling or by-running or by-other means the-healing
ulcera exasperentur. In hoc enim morbo perniciosus,
ulcers be-exasperated In this for disease pernicious
ideoque omni modo cavendus sanguinis vomitus
and-therefore in-every way to-be-guarded-against of-blood vomiting
est.
is

BOOK IV

I · THE INNER PARTS OF THE BODY

Before the diseases of the parts Celsus describes their seats: the great veins and arteries of the neck, the windpipe and gullet with the little tongue that closes the windpipe in swallowing, the lung, the heart under the left breast, the diaphragm, the liver with its gall, the spleen, the kidneys, the stomach and its gate, the pylorus, the jejunum, the coiled thinner intestine, the blind gut, the colon and rectum, the omentum, the ureters, the bladder, the womb, and the peritoneum.

Hactenus reperiuntur ea genera morborum, quae in totis
Thus-far are-found those kinds of-diseases which in the-whole
corporibus ita sunt, ut iis certae sedes assignari non
bodies so are that to-them fixed seats be-assigned not
possint: nunc de iis dicam, quae sunt in partibus.
can now about those I-shall-speak which are in parts
Facilius autem omnium interiorum morbi curationesque in
More-easily however of-all the-inner-parts the-diseases and-treatments into
notitiam venient, si prius eorum sedes breviter ostendero.
knowledge will-come if first their seats briefly I-shall-have-shown
Caput igitur, eaque, quae in ore sunt, non lingua
The-head therefore and-those-things which in the-mouth are not by-the-tongue
tantummodo palatoque terminantur; sed etiam quatenus
only and-palate are-bounded but also as-far-as
oculis nostris exposita sunt. In dextra sinistraque circa
to-eyes our exposed they-are On the-right and-left around
guttur venae grandes, quae σφαγίτιδες nominantur; itemque
the-throat veins large which sphagitides are-named and-likewise
arteriae, quas καρωτίδας vocant, sursum procedentes ultra
arteries which karotidas they-call upward proceeding beyond
aures feruntur. At in ipsis cervicibus glandulae positae
the-ears are-carried But in the-very neck glands placed

sunt, quae interdum cum dolore intumescunt. Deinde duo
are which sometimes with pain swell Then two
itinera incipiunt: alterum asperam arteriam nominant; alterum
passages begin the-one the-rough artery they-name the-other
stomachum. Arteria exterior ad pulmonem; stomachus interior
the-gullet The-artery outer to the-lung the-gullet inner
ad ventriculum fertur: illa spiritum; hic cibum recipit. Quibus
to the-stomach is-carried that the-breath this the-food receives For-which
quum diversae viae sint, qua coeunt, exigua in arteria sub
since different ways they-are where they-meet a-small on the-artery under
ipsis faucibus lingua est, quae, quum spiramus, attollitur;
the-very throat tongue there-is which when we-breathe is-raised
quum cibum potionemque assumimus, arteriam claudit.
when food and-drink we-take the-artery closes
Ipsa autem arteria dura et cartilaginosa in gutture assurgit;
Itself however the-artery hard and cartilaginous in the-throat rises
ceteris partibus residit. Constat ex circulis quibusdam
in-the-other parts it-sinks It-consists of rings certain
compositis ad imaginem earum vertebrarum, quae in spina
composed after the-likeness of-those vertebrae which in the-spine
sunt: ita tamen, ut ex parte exteriore aspera, ex interiore,
are so yet that on the-side outer rough on the-inner
stomachi modo laevis sit: eaque descendens ad praecordia
of-the-gullet in-the-manner smooth it-be and-it descending to the-praecordia
cum pulmone committitur. Is spongiosus, ideoque spiritus
with the-lung is-joined It spongy and-therefore of-breath
capax, et a tergo spinae ipsi junctus, in duas fibras
capable and at the-back to-the-spine itself joined into two lobes
ungulae bubulae modo dividitur. Huic cor annexum
of-a-hoof of-an-ox in-the-manner is-divided To-this the-heart attached
est, natura musculosum, in pectore sub sinisteriore mamma
is by-nature muscular in the-chest under the-more-left breast

situm; duosque quasi ventriculos habet. At sub corde atque
situated and-two as-it-were ventricles it-has But under the-heart and
pulmone transversum ex valida membrana septum est, quod
the-lung crosswise of strong membrane a-partition is which
a praecordiis uterum diducit; idque nervosum, multis etiam
from the-praecordia the-belly separates and-it sinewy with-many also
venis per id discurrentibus, a superiore parte, non solum
veins through it running from the-upper part not only
intestina, sed jecur quoque lienemque discernit. Haec viscera
the-intestines but the-liver also and-the-spleen divides These viscera
proxime, sed infra tamen posita, dextra sinistraque sunt.
next but below yet placed on-the-right and-the-left are
Jecur a dextra parte sub praecordiis ab ipso septo orsum,
The-liver on the-right side under the-praecordia from the-very partition beginning
intrinsecus cavum, extrinsecus gibbum: quod prominens
inside hollow outside convex which projecting
leviter ventriculo insidet, et in quatuor fibras dividitur.
lightly on-the-stomach sits and into four lobes is-divided
Ex inferiore vero parte ei fel inhaeret. At lienis sinistra,
From the-lower however part to-it the-gall clings But the-spleen on-the-left
non eidem septo, sed intestino innexus est, natura mollis
not to-the-same partition but to-the-intestine bound is by-nature soft
et rarus, longitudinis crassitudinisque modicae; isque paulum
and loose of-length and-thickness moderate and-it a-little
a costarum regione in uterum excedens, ex maxima parte
from of-the-ribs the-region into the-belly projecting for the-greatest part
sub his conditur. Atque haec quidem juncta sunt. Renes
under these is-hidden And these indeed joined are The-kidneys
vero diversi; qui lumbis sub imis costis inhaerent, a
however separate which to-the-loins under the-lowest ribs cling on
parte earum rotundi, ab altera resimi; qui et venosi sunt, et
the-side of-them rounded on the-other hollowed which both veined are and

ventriculos habent, et tunicis superconteguntur. — Ac viscerum
ventricles have and with-coats are-covered-over And of-the-viscera
quidem hae sedes sunt. Stomachus vero, qui intestinorum
indeed these the-seats are The-gullet however which of-the-intestines
principium est, nervosus a septima spinae vertebra incipit;
the-beginning is sinewy from the-seventh of-the-spine vertebra begins
circa praecordia cum ventriculo committitur. Ventriculus autem,
around the-praecordia with the-stomach is-joined The-stomach however
qui receptaculum cibi est, constat ex duobus tergoribus;
which the-receptacle of-food is consists of two layers
isque inter lienem et jecur positus est, utroque ex his
and-it between the-spleen and the-liver placed is each of these
paulum super eum ingrediente. Suntque etiam membranulae
a-little over it entering And-there-are also little-membranes
tenues, per quas inter se tria ista connectuntur,
thin through which among themselves three those are-connected
jungunturque ei septo, quod transversum esse supra posui.
and-are-joined to-that partition which crosswise to-be above I-set-down
Inde ima ventriculi pars paulum in dexteriorem partem
Thence the-lowest of-the-stomach part a-little into the-more-right side
conversa, in summum intestinum coartatur. Hanc juncturam
turned into the-top intestine is-narrowed This juncture
πυλωρόν Graeci vocant, quoniam portae modo in inferiores
pyloron the-Greeks call since of-a-gate in-the-manner into the-lower
partes ea, quae excreturi sumus, emittit. Ab ea jejunum
parts those-things which about-to-excrete we-are it-lets-out From it the-jejunum
intestinum incipit, non ita implicitum: cui tale vocabulum
intestine begins not so coiled to-which such a-name
est, quia numquam, quod accipit, continet; sed protinus
is because never what it-receives it-holds but at-once
in inferiores partes transmittit. Inde tenuius intestinum
into the-lower parts sends-on Thence the-thinner intestine

est, in sinus vehementer implicitum: orbes vero ejus per
is into folds vehemently coiled the-coils however of-it through
membranulas singuli cum inferioribus connectuntur; qui in
little-membranes each with the-lower-ones are-connected which into
dexteriorem partem conversi, et e regione dexterioris
the-more-right side turned and over-against the-region of-the-more-right
coxae finiti, superiores tamen partes magis complent. Deinde id
hip ended the-upper yet parts more fill Then that
intestinum cum crassiore altero transverso committitur, quod
intestine with a-thicker other crosswise is-joined which
a dextra parte incipiens, in sinisteriorem pervium et longum
from the-right side beginning into the-more-left open and long
est, in dexteriorem non est; ideoque caecum nominatur. At
is into the-more-right not it-is and-therefore blind it-is-named But
id, quod pervium est, late fusum atque sinuatum, minusque
that which open is widely spread-out and winding and-less
quam superiora intestina nervosum, ab utraque parte huc
than the-upper intestines sinewy on each side hither
atque illuc volutum, magis tamen sinisteriores inferioresque
and thither rolled more yet the-more-left and-lower
partes tenens, contingit jecur atque ventriculum: deinde cum
parts holding it-touches the-liver and the-stomach then with
quibusdam membranulis a sinistro rene venientibus jungitur;
certain little-membranes from the-left kidney coming it-is-joined
atque hinc dextra recurvatum in imo dirigitur, qua
and from-here to-the-right curved-back in the-lowest-part is-directed where
excernit; ideoque id ibi rectum intestinum nominatur.
it-excretes and-therefore it there the-straight intestine is-named
Contegit vero universa haec omentum, ex inferiore parte
Covers however all these the-omentum on the-lower side
laeve et strictum, ex superiore mollius; cui adeps quoque
smooth and tight on the-upper softer on-which fat also

innascitur; quae sensu, sicut cerebrum quoque et medulla,
grows which of-sensation as the-brain also and the-marrow
caret. At a renibus singulae venae, colore albae, ad vesicam
lacks But from the-kidneys single veins in-color white to the-bladder
feruntur; οὐρητῆρας Graeci vocant, quod per eas inde
are-carried oureteras the-Greeks call because through them thence
descendentem urinam in vesicam destillare concipiunt. Vesica
descending the-urine into the-bladder to-distill they-conceive The-bladder
autem in ipso sinu nervosa et duplex, cervice plena atque
however in the-very hollow sinewy and double in-the-neck full and
carnosa, jungitur per venas cum intestino, eoque osse, quod
fleshy is-joined through veins with the-intestine and-to-that bone which
pubi subest: ipsa soluta atque liberior est: aliter in viris
to-the-pubes lies-under itself loose and freer is otherwise in men
atque in feminis posita. Nam in viris juxta rectum intestinum
than in women placed For in men next-to the-straight intestine
est, potius in sinistram partem inclinata; in feminis super
it-is rather toward the-left side inclined in women over
genitale earum sita est, superque elapsa, ab ipsa vulva
the-genitals of-them situated it-is and-above slipped by the-very womb
sustinetur. Tum in masculis iter urinae spatiosius et
is-supported Then in males the-passage of-the-urine more-spacious and
compressius a cervice hujus descendit ad colem: in feminis
more-compressed from the-neck of-this descends to the-penis in women
brevius et plenius, super vulvae cervicem se ostendit.
shorter and fuller above of-the-womb the-neck itself shows
Vulva autem in virginibus quidem admodum exigua est: in
The-womb however in virgins indeed very small is in
mulieribus vero, nisi ubi gravidae sunt, non multo major,
women however unless when pregnant they-are not much larger
quam ut manu comprehendatur. Ea recta tenuataque
than that by-hand it-be-grasped It with-straight and-thinned

cervice, quem canalem vocant, contra mediam alvum orsa,
neck which canal they-call opposite the-middle belly beginning
inde paulum ad dexteriorem coxam convertitur; deinde
thence a-little to the-more-right hip is-turned then
super rectum intestinum progressa, iliis feminae latera
over the-straight intestine advanced to-the-flanks of-the-woman the-sides
sua innectit. Ipsa autem ilia inter coxas et pubem
its-own it-binds The-very however flanks between the-hips and the-pubes
imo ventre posita sunt. A quibus ac pube abdomen
in-the-lowest belly placed are From which and the-pubes the-abdomen
sursum versus ad praecordia pervenit; ab exteriore parte
upward turned to the-praecordia reaches on the-outer side
evidenti cute; ab interiore laevi membrana inclusum, quae
by-evident skin on the-inner by-smooth membrane enclosed which
omento jungitur; περιτόναιον autem a Graecis nominatur.
to-the-omentum is-joined peritonaion however by the-Greeks it-is-named

II · DISEASES OF THE HEAD

By the head he means the part covered with hair. Kephalaia, acute and pestilent, brings shivering, delirium, and intolerable pain; other head pains are long or brief. Blood is let only for intolerable pain; otherwise abstinence, a clyster, and water cold or hot by the cause. Hydrocephalus takes the scalpel.

His veluti in conspectum quemdam, quatenus scire
These as-it-were into view a-certain as-far-as to-know
curanti necessarium est, adductis, remedia singularum
for-one-treating necessary it-is brought the-remedies of-the-single
laborantium partium exsequar, orsus a capite: sub quo
laboring parts I-shall-follow-out beginning from the-head under which
nomine nunc significo eam partem, quae capillo tegitur: nam
name now I-mean that part which by-hair is-covered for

oculorum, aurium, dentium dolor, et si quis similis est,
of-the-eyes of-the-ears of-the-teeth the-pain and if any similar is
alias erit explicandus. In capite autem interdum acutus et
elsewhere will-be to-be-explained In the-head however sometimes an-acute and
pestifer morbus est, quam κεφαλαίαν Graeci vocant: cujus
pestilent disease there-is which kephalaian the-Greeks call of-which
notae sunt, horror validus, nervorum resolutio, oculorum
the-marks are shivering strong of-the-sinews paralysis of-the-eyes
caligo, mentis alienatio, vomitus, sic ut vox supprimatur;
dimness of-the-mind alienation vomiting so that the-voice be-suppressed
vel sanguinis ex naribus cursus, sic ut corpus frigescat,
or of-blood from the-nostrils a-running so that the-body grow-cold
anima deficiat: praeter haec, dolor intolerabilis, maxime circa
the-breath fail besides these pain intolerable especially around
tempora, vel occipitium. Interdum autem in capite longa
the-temples or the-occiput Sometimes however in the-head a-long
imbecillitas, sed neque gravis, neque periculosa per hominis
weakness but neither grave nor dangerous through of-the-man
aetatem est: interdum gravior dolor, sed brevis, neque tamen
the-age there-is sometimes a-graver pain but short nor yet
mortiferus; qui vel vino, vel cruditate, vel frigore, vel igne,
deadly which either by-wine or by-indigestion or by-cold or by-fire
aut sole contrahitur. Hique omnes dolores modo cum febre,
or by-sun is-contracted And-these all pains now with fever
modo sine hac sunt; modo in toto capite, modo in parte;
now without it are now in the-whole head now in a-part
interdum sic, ut oris quoque proximam partem excrucient.
sometimes so that of-the-face also the-nearest part they-torture
Praeter haec etiamnum invenitur genus, quod potest longum
Besides these still is-found a-kind which can long
esse; ubi humor cutem inflat, eaque intumescit, et prementi
be when moisture the-skin inflates and-it swells and to-the-pressing

digito cedit: ὑδροκέφαλον Graeci appellant. Ex his id, quod
finger yields hydrokephalon the-Greeks call Of these that which
secundo loco positum est, dum leve est, qua sit ratione
in-the-second place set-down has-been while light it-is by-what it-be method
curandum, dixi, quum persequerer ea, quae sani
to-be-treated I-said when I-was-following-out those-things which healthy
homines in imbecillitate partis alicujus facere deberent. Quae
men in weakness of-part some to-do ought What
vero auxilia sint capitis, ubi cum febre dolor est, eo
however the-remedies be of-the-head when with fever the-pain is in-that
loco explicitum est, quo febrium curatio exposita est.
place explained it-has-been in-which of-fevers the-treatment set-forth has-been
Nunc de ceteris dicendum est. Ex quibus id, quod acutum
Now about the-others to-be-spoken it-is Of which that which acute
est, et id, quod supra consuetudinem intenditur, idque quod
is and that which beyond custom is-intensified and-that which
ex subita causa, etsi non pestiferum, tamen vehemens est,
from a-sudden cause although not pestilent yet vehement is
primam curationem habet, qua sanguis mittatur. Sed id,
the-first treatment has by-which blood be-let But that
nisi intolerabilis dolor est, supervacuum est: satiusque est
unless intolerable the-pain is superfluous is and-better it-is
abstinere a cibo; si fieri potest, etiam a potione; si non
to-abstain from food if be-done it-can even from drink if not
potest, aquam bibere. Si postero die dolor remanet, alvum
it-can water to-drink If on-the-following day the-pain remains the-bowel
ducere, sternutamenta evocare, nihil assumere, nisi aquam.
to-clyster sneezings to-call-out nothing to-take except water
Saepe enim dies unus aut alter totum dolorem hac
Often for a-day one or a-second the-whole pain by-this
ratione discutit; utique si ex vino vel cruditate origo
method disperses especially if from wine or indigestion the-origin

est. Si vero in his auxilii parum est, tonderi oportet
is If however in these of-help too-little there-is to-be-shaved it-is-proper
ad cutem: deinde considerandum est, quae causa dolorem
to the-skin then to-be-considered it-is what cause the-pain
excitarit. Si calor, aqua frigida multa perfundere caput
has-roused If heat with-water cold much to-drench the-head
expedit: spongiam concavam imponere subinde in aqua frigida
is-expedient a-sponge hollow to-place repeatedly in water cold
expressam: ungere rosa et aceto, vel potius his tinctam
squeezed to-anoint with-rose-oil and vinegar or rather in-these dipped
lanam succidam imponere, aliave refrigerantia cataplasmata.
wool greasy to-place or-other cooling poultices
At si frigus nocuit, caput oportet perfundere aqua
But if cold has-harmed the-head it-is-proper to-drench with-water
calida marina, vel certe salsa, aut in qua laurus decocta
hot sea or at-least salted or in which bay boiled-down
sit; tum caput vehementer perfricare; deinde calido oleo
has-been then the-head vigorously to-rub then with-hot oil
implere et veste velare. Quidam etiam id devinciunt;
to-fill and with-clothing to-veil Some even it bind
alii cervicalibus vestimentisque onerant, et sic levantur; alios
others with-pillows and-clothes burden and so are-relieved others
calida cataplasmata adjuvant. Ergo etiam ubi causa incognita
hot poultices help Therefore also when the-cause unknown
est, videre oportet, refrigerantia magis, an calefacientia leniant,
is to-see it-is-proper the-cooling-things more or the-heating-things soothe
et iis uti, quae experimentum approbarit.
and those to-use which experiment has-approved
At si parum causa discernitur, perfundere caput primum
But if too-little the-cause is-distinguished to-drench the-head first
aqua calida, sicut supra praeceptum est, vel salsa, vel
with-water hot as above prescribed it-has-been either salted or

ex lauro decocta; tum frigida posca. Illa in omni
from bay boiled-down then with-cold vinegar-water Those-things in every
vetusto capitis dolore communia sunt: sternutamenta excitare;
old of-the-head pain common are sneezings to-rouse
inferiores partes vehementer perfricare; gargarizare iis
the-lower parts vigorously to-rub to-gargle with-those-things
quae salivam movent; cucurbitulas temporibus et occipitio
which saliva move cupping-glasses to-the-temples and to-the-occiput
admovere; sanguinem ex naribus detrahere; resina subinde
to-apply blood from the-nostrils to-draw-off with-resin repeatedly
tempora pervellere, et imposito sinapi exulcerare ea, quae
the-temples to-pluck and with-applied mustard to-ulcerate those-parts which
male habent, ante linteolo subjecto, ne vehementer arrodat;
badly are before a-little-linen-cloth put-under lest vigorously it-gnaw
candentibus ferramentis, ubi dolor est, ulcera excitare; cibum
with-glowing irons where the-pain is ulcers to-rouse food
permodicum cum aqua sumere: ubi levatus est dolor, in
very-moderate with water to-take when relieved has-been the-pain into
balneum ire, ibi multa aqua prius calida, deinde frigida per
the-bath to-go there with-much water first hot then cold over
caput perfundi: si discussus ex toto dolor est, etiam ad
the-head to-be-drenched if dispersed from the-whole the-pain is even to
vinum reverti; sed postea semper, antequam quidquam aliud,
wine to-return but afterward always before anything else
aquam bibere. Dissimile est id genus, quod humorem in
water to-drink Unlike is that kind which moisture into
caput contrahit. In hoc tonderi ad cutem necessarium est;
the-head draws In this to-be-shaved to the-skin necessary it-is
deinde imponere sinapi sic, ut exulceret; si id parum profuit,
then to-apply mustard so that it-ulcerate if that too-little has-helped
scalpello utendum est. Illa cum hydropicis communia
the-scalpel to-be-used is Those-things with the-dropsical common

sunt, ut exerceatur, insudet, vehementer perfricetur, cibis
are that he-be-exercised he-sweat vigorously he-be-rubbed with-foods
potionibusque utatur urinam praecipue moventibus.
and-drinks he-use the-urine especially moving

III · THE CYNIC SPASM

Around the face arises the cynic spasm, the mouth twisted and the color changing. Bloodletting, a clyster, or hellebore come first; then rubbing, sneezing, a shaved head drenched with salt water, chewing mustard, and a cerate on the mouth.

Circa faciem vero morbus innascitur, quem Graeci κυνικὸν
Around the-face however a-disease is-born which the-Greeks kynikon
σπασμόν nominant. Isque cum acuta fere febre oritur;
spasmon name And-it with acute generally fever arises
os cum motu quodam pervertitur; accedit crebra
the-mouth with movement a-certain is-twisted there-comes-on frequent
coloris in facie totoque corpore mutatio; somnus in
of-color in the-face and-the-whole body change sleep at
promptu est. In hoc sanguinem mittere optimum est: si
hand is In this blood to-let best it-is if
finitum eo malum non est, ducere alvum: si ne sic quidem
ended by-it the-evil not is to-clyster the-bowel if not thus even
discussum est, albo veratro vomitum movere. Praeter
dispersed it-has-been by-white hellebore vomiting to-move Besides
haec necessarium est vitare solem, lassitudinem, vinum. Si
these necessary it-is to-avoid the-sun weariness wine If
discussum his non est, utendum est cursu; frictione in eo,
dispersed by-these not it-is to-be-used is running rubbing on that
quod laesum est, leni et multa; in reliquis partibus breviore,
which injured is gentle and much on the-other parts shorter

sed vehementi. Prodest etiam movere sternutamenta; caput
but vigorous It-helps also to-move sneezings the-head
radere; idque perfundere aqua calida marina, vel certe salsa,
to-shave and-it to-drench with-water hot sea or at-least salted
sic ut ei sulphur quoque adjiciatur; post perfusionem iterum
so that to-it sulfur also be-added after the-drenching again
perfricare; sinapi manducare; eodemque tempore affectis
to-rub mustard to-chew and-at-the-same time on-the-affected
oris partibus ceratum, integris idem sinapi, donec
of-the-mouth parts a-cerate on-the-sound the-same mustard until
arrodat, imponere. Cibus aptissimus ex media materia est.
it-gnaw to-apply The-food most-suitable of the-middle material is

IV · PARALYSIS OF THE TONGUE

When the tongue is paralyzed so that speech cannot unfold, the patient gargles with thyme, hyssop, or catmint water, rubs head, face, chin, and neck, smears the tongue with laser, chews the sharpest things, mustard, garlic, onion, struggles to press out words, exercises holding his breath, drenches his head with cold water, and sometimes eats much radish and vomits.

At si lingua resoluta est, quod interdum per se, interdum
But if the-tongue paralyzed is which sometimes by itself sometimes
ex morbo aliquo fit, sic ut sermo hominis non
from disease some happens so that the-speech of-the-man not
explicetur; oportet gargarizare ex aqua, in qua vel thymum,
be-unfolded it-is-proper to-gargle with water in which either thyme
vel hyssopum, vel nepeta decocta sit; aquam bibere;
or hyssop or catmint boiled-down has-been water to-drink
caput, et os, et ea, quae sub mento sunt, et
the-head and the-face and those-parts which under the-chin are and

cervicem vehementer perfricare; lasere linguam ipsam linere;
the-neck vigorously to-rub with-laser the-tongue itself to-smear
manducare, quae sunt acerrima, id est sinapi, allium,
to-chew those-things-which are sharpest that is mustard garlic
cepam; magna vi luctari, ut verba exprimantur; exerceri
onion with-great force to-struggle that words be-pressed-out to-be-exercised
retento spiritu; caput saepe aqua frigida perfundere;
with-held breath the-head often with-water cold to-drench
nonnumquam multam esse radiculam, deinde vomere.
sometimes much to-eat radish then to-vomit

V · CATARRH AND COLDS

Moisture flows from the head into the nostrils, which is light, into the throat, worse, or into the lung, worst. A cold closes the nostrils, dulls the voice, and brings a dry cough; Hippocrates called all these koryza. At their first sign one avoids sun, bath, wine, and sex, walks briskly under cover, and rubs head and face; two or three days usually bring relief, then the bath and fuller food. Those often troubled walk much, eat less, and fight thirst; a cold takes a day of rest and fasting, then little food.

Destillat autem humor de capite interdum in nares, quod
Distills however moisture from the-head sometimes into the-nostrils which
leve est; interdum in fauces, quod pejus est; interdum etiam
light is sometimes into the-throat which worse is sometimes even
in pulmonem, quod pessimum est. Si in nares destillat,
into the-lung which worst is If into the-nostrils it-distills
tenuis per has pituita profluit, caput leviter dolet, gravitas
thin through these phlegm flows-out the-head lightly aches heaviness
ejus sentitur, frequentia sternutamenta sunt; si in fauces,
of-it is-felt frequent sneezings there-are if into the-throat
has exasperat, tussiculam movet; si in pulmonem, praeter
them roughens a-little-cough it-moves if into the-lung besides

sternutamenta et tussim, est etiam capitis gravitas, lassitudo,
sneezings and cough there-is also of-the-head heaviness weariness
sitis, aestus, biliosa urina. Aliud autem, quamvis non multum
thirst heat bilious urine Another however although not much
distans, malum, gravedo est. Haec nares claudit, vocem
distant evil a-cold is This the-nostrils closes the-voice
obtundit, tussim siccam movet: sub eadem salsa est saliva,
dulls a-cough dry moves under the-same salty is the-saliva
sonant aures, venae moventur in capite, turbida urina est. Haec
ring the-ears the-veins are-moved in the-head turbid the-urine is These
omnia κορύζας Hippocrates nominat: nunc video apud Graecos
all koryzas Hippocrates names now I-see among the-Greeks
in gravedine hoc nomen servari; destillationem κατασταγμόν
in a-cold this name to-be-kept the-distillation katastagmon
appellari. Haec autem et brevia, et si neglecta sunt, longa esse
to-be-called These however both short and if neglected they-are long to-be
consuerunt. Nihil pestiferum est, nisi quod pulmonem exulcerat.
have-been-wont Nothing pestilent is except what the-lung ulcerates
Ubi aliquid ejusmodi sentimus, protinus abstinere a sole,
When anything of-that-kind we-feel at-once to-abstain from the-sun
balneo, vino, venere debemus: inter quae unctione, et assueto
the-bath wine sex we-ought among which anointing and accustomed
cibo nihilo minus uti licet. Ambulatione tantum acri,
food none the-less to-use it-is-allowed Walking only brisk
sed tecta utendum est, et post eam caput atque os supra
but covered to-be-used is and after it the-head and the-face above
quinquagies perfricandum. Raroque fit, ut, si biduo, vel
fifty-times to-be-rubbed And-rarely it-happens that if for-two-days or
certe triduo nobis temperavimus, id vitium non levetur.
at-least for-three-days ourselves we-have-restrained that fault not be-relieved
Quo levato, si in destillatione crassa facta pituita est, vel in
Which relieved if in the-distillation thick become the-phlegm has or in

gravedine nares magis patent, balneo utendum est, multaque
the-cold the-nostrils more are-open the-bath to-be-used is and-with-much
aqua prius calida, post egelida, fovendum os caputque;
water first hot after lukewarm to-be-fomented the-face and-head
deinde cum cibo pleniore vinum bibendum. At si aeque tenuis
then with food fuller wine to-be-drunk But if equally thin
quarto die pituita est, vel nares aeque clausae videntur,
on-the-fourth day the-phlegm is or the-nostrils equally closed seem
assumendum est vinum amineum austerum; deinde rursus
to-be-taken is wine Aminean harsh then again
biduo aqua; post quae ad balneum, et ad consuetudinem
for-two-days water after which to the-bath and to custom
revertendum est. Neque tamen illis ipsis diebus, quibus
to-be-returned is Nor yet on-those very days on-which
aliqua omittenda sunt, expedit tamquam aegros agere;
some-things to-be-omitted are it-is-expedient as-if sick to-live
sed cetera omnia quasi sanis facienda sunt, praeterquam
but the-other all-things as-if by-the-healthy to-be-done are except
si diutius aliquem et vehementius ista sollicitare consuerunt:
if longer someone and more-vehemently these to-trouble have-been-wont
huic enim quaedam curiosior observatio necessaria est.
for-this-one for a-certain more-careful observance necessary is
Igitur huic, si in nares vel in fauces destillat, praeter
Therefore for-this-one if into the-nostrils or into the-throat it-distills besides
ea, quae supra retuli, protinus primis diebus multum
those-things which above I-related at-once in-the-first days much
ambulandum est; perfricandae vehementer inferiores partes;
to-be-walked is to-be-rubbed vigorously the-lower parts
lenior frictio adhibenda thoraci, ori, capiti; demenda
gentler rubbing to-be-applied to-the-chest to-the-face to-the-head to-be-taken-away
assueto cibo pars dimidia; sumenda ova, amylum,
from-the-accustomed food part the-half to-be-eaten eggs starch

similiaque, quae pituitam faciunt crassiorem; siti contra,
and-similar-things which phlegm make thicker thirst against
quanta maxima sustineri potest, pugnandum. Ubi per haec
as-much-as most be-sustained can to-be-fought When through these
idoneus aliquis balneo factus, eoque usus est, adjiciendus est
suitable someone for-the-bath made and-it used has to-be-added is
cibo pisciculus, aut caro, sic tamen, ne protinus justus
to-the-food a-little-fish or meat so yet that-not at-once the-right
modus cibi sumatur: vino meraco copiosius utendum est. At
measure of-food be-taken with-wine undiluted more-copiously to-be-used is But
si in pulmonem quoque destillat, multo magis et ambulatione
if into the-lung also it-distills much more both of-walking
et frictione opus est; eademque adhibita ratione in cibis, si
and of-rubbing need there-is and-the-same applied method in foods if
non satis illi proficiunt, acrioribus utendum est; magis somno
not enough those avail sharper-ones to-be-used is more to-sleep
indulgendum, abstinendumque a negotiis omnibus; aliquando,
to-be-indulged and-to-be-abstained from business all at-some-time
sed serius, balneum tentandum. In gravedine autem, primo die
but later the-bath to-be-tried In a-cold however on-the-first day
quiescere, neque esse, neque bibere, caput velare, fauces lana
to-rest neither to-eat nor to-drink the-head to-veil the-throat with-wool
circumdare: postero die surgere, abstinere a potione, aut,
to-surround on-the-following day to-rise to-abstain from drink or
si res coegerit, non ultra heminam aquae assumere:
if the-matter will-have-compelled not beyond a-hemina of-water to-take
tertio die panis non ita multum ex parte interiore cum
on-the-third day of-bread not so much from the-part inner with
pisciculo, vel levi carne sumere, aquam bibere: si quis sibi
a-little-fish or light meat to-take water to-drink if anyone himself
temperare non potuerit, quominus pleniore victu utatur,
to-restrain not has-been-able whereby-the-less a-fuller diet he-use

vomere: ubi in balneum ventum est, multa calida aqua caput
to-vomit when into the-bath come it-is with-much hot water the-head
et os fovere usque ad sudorem: tum ad vinum redire.
and the-face to-foment right to sweat then to wine to-return
Post quae vix fieri potest, ut idem incommodum maneat:
After which hardly happen it-can that the-same trouble remain
sed si manserit, utendum erit cibis frigidis, aridis, levibus,
but if it-has-remained to-be-used it-will-be foods cold dry light
humore quam minimo, servatis frictionibus exercitationibusque,
moisture as least kept the-rubbings and-exercises
quae in omni tali genere valetudinis necessariae sunt.
which in every such kind of-illness necessary are

VI · DISEASES OF THE NECK

The neck suffers the opisthotonos, which binds the head to the shoulders, the emprosthotonos, the chin to the chest, and the tetanus, which stretches it straight; they kill within four days or pass. Celsus rejects the objection to Asclepiades' bloodletting that blood is the seat of heat. Castoreum with pepper or laser is given, and moist hot fomentations rather than hot water, which leaves the sinews exposed to cold; continuous fire, rubbing, oil baths, and cupping follow, and soft food long before wine.

A capite transitus ad cervicem est; quae gravibus admodum
From the-head the-passage to the-neck is which to-grave very
morbis obnoxia est. Neque tamen alius importunior acutiorque
diseases liable is Nor yet another more-troublesome and-more-acute
morbus est, quam is, qui quodam rigore nervorum, modo
disease is than that which with-a-certain rigidity of-the-sinews at-one-time
caput scapulis, modo mentum pectori adnectit, modo
the-head to-the-shoulder-blades at-another the-chin to-the-chest binds at-another

rectam et immobilem cervicem intendit. Priorem Graeci
straight and immovable the-neck stretches The-first the-Greeks
ὀπισθότονον, insequentem ἐμπροσθότονον, ultimum τέτανον
opisthotonon the-following emprosthotonon the-last tetanon
appellant: quamvis minus subtiliter quidam indiscretis his
call although less precisely some with-undistinguished these
nominibus utuntur. Ea saepe intra quartum diem tollunt:
names use These often within the-fourth day carry-off
si hunc evaserunt, sine periculo sunt. Eadem omnia
if this they-have-escaped without danger they-are The-same all
ratione curantur; idque convenit. Sed Asclepiades utique
by-method are-treated and-that is-agreed But Asclepiades at-all-events
mittendum sanguinem credidit: quod quidam vitandum esse
to-be-let blood believed which some to-be-avoided to-be
dixerunt, eo quod maxime tum corpus calore egeret;
said for-this that most then the-body of-heat would-need
isque esset in sanguine. Verum hoc quidem falsum est.
and-it would-be in the-blood But this indeed false is
Neque enim natura sanguinis est, ut utique caleat; sed ex
Nor for the-nature of-blood is that at-all-events it-be-hot but of
iis quae in homine sunt, hic celerrime vel calescit, vel
those-things which in a-man are this most-quickly either grows-hot or
refrigescit. Mitti vero nec ne debeat, ex iis intelligi
grows-cold To-be-let however or not it-ought from those-things be-understood
potest, quae de sanguinis missione praecepta sunt.
can which about of-blood the-letting prescribed have-been
Utique autem recte datur castoreum, et cum hoc piper, vel
At-all-events however rightly is-given castoreum and with it pepper or
laser: deinde opus est fomento humido et calido: itaque
laser then need there-is of-fomentation moist and hot and-so
plerique aqua calida multa cervices subinde perfundunt. Id
most with-water hot much the-neck repeatedly drench That

in praesentia levat; sed opportuniores nervos frigori reddit:
for the-present relieves but more-exposed the-sinews to-cold renders
quod utique vitandum est. Utilius igitur est cerato
which at-all-events to-be-avoided is More-useful therefore it-is with-cerate
liquido primum cervicem perungere; deinde admovere vesicas
liquid first the-neck to-anoint then to-apply bladders
bubulas, vel utriculos oleo calido repletos, vel ex farina
of-oxen or little-skins with-oil hot filled or from meal
calidum cataplasma, vel piper rotundum cum ficu contusum.
a-hot poultice or pepper round with a-fig crushed
Utilissimum tamen est humido sale fovere: quod quomodo
Most-useful yet it-is with-moist salt to-foment which how
fieret jam ostendi. Ubi eorum aliquid factum est,
it-may-be-done already I-have-shown When of-these something done has-been
admovere ad ignem, vel, si aestas est, in sole aegrum oportet;
to-bring to the-fire or if summer it-is into the-sun the-sick-man it-is-proper
maximeque oleo vetere; si id non est, syriaco; si ne id
and-especially with-oil old if that not there-is with-Syrian if not that
quidem est, adipe quam vetustissima cervicem et scapulas
even there-is with-fat as oldest the-neck and the-shoulder-blades
et spinam perfricare. Frictio quum omnibus in homine
and the-spine to-rub Rubbing as for-all in a-man
vertebris utilis sit, tum iis praecipue quae in collo sunt.
vertebrae useful it-be so for-those especially which in the-neck are
Ergo die nocteque, interpositis tamen quibusdam temporibus,
Therefore by-day and-night interposed yet certain times
hoc remedio utendum est; dum id intermittitur, imponendum
this remedy to-be-used is while it is-intermitted to-be-applied
malagma aliquod ex calefacientibus. Cavendum vero
an-emollient some of the-heating-ones To-be-guarded-against however
praecipue frigus; ideoque in eo conclavi, quo cubabit
especially cold and-therefore in that room in-which will-lie

aeger, ignis continuus esse debebit, maximeque tempore
the-sick-man fire continuous to-be will-have-to and-especially at-the-time
antelucano, quo praecipue frigus intenditur. Neque inutile
before-dawn when especially cold is-intensified Nor useless
erit caput attonsum habere, idque irino vel cyprino
will-it-be the-head shorn to-have and-it with-iris-oil or cyprus-oil
calido madefacere, et superimposito pileo velare; nonnumquam
hot to-moisten and with-laid-on cap to-veil sometimes
etiam in calidum oleum totum descendere, vel in aquam
also into hot oil whole to-go-down or into water
calidam, in qua foenum graecum decoctum sit, et adjecta
hot in which hay Greek boiled-down has-been and added
olei pars tertia. Alvus quoque ducta saepe superiores
of-oil a-part third The-bowel also clystered often the-upper
partes resolvit. Si vero etiam vehementius dolor crevit,
parts relaxes If however even more-vehemently the-pain has-grown
admovendae cervicibus cucurbitulae sunt, sic ut cutis
to-be-applied to-the-neck cupping-glasses are so that the-skin
incidatur: eadem aut ferramentis, aut sinapi adurenda.
be-cut the-same either with-irons or with-mustard to-be-burned
Ubi levatus est dolor, moverique cervix coepit, scire
When relieved has-been the-pain and-to-be-moved the-neck has-begun to-know
licet cedere remediis morbum. Sed diu vitandus cibus,
it-is-possible to-yield to-the-remedies the-disease But long to-be-avoided food
quisquis mandendus est. Sorbitionibus utendum, itemque ovis
whatever to-be-chewed is Broths to-be-used and-likewise eggs
sorbilibus, aut mollibus; jus aliquod assumendum. Id si
for-sipping or soft broth some to-be-taken That if
bene processerit, jamque ex toto recte se habere cervices
well it-has-proceeded and-already from the-whole rightly itself to-have the-neck
videbuntur, incipiendum erit a pulticula, vel intrita
will-seem to-be-begun it-will-be with little-porridge or bread-crumbled

bene madida. Celerius tamen etiam panis mandendus,
well soaked More-quickly yet even bread to-be-chewed
quam vinum gustandum: siquidem hujus usus praecipue
than wine to-be-tasted since of-this the-use especially
periculosus; ideoque in longius tempus differendus est.
dangerous and-therefore into a-longer time to-be-deferred is

VII · ANGINA

Angina in the throat, called by the Greeks synanche, cynanche, or parasynanche by its form, chokes the breath and stops swallowing. Blood is let if the strength allows, a clyster given, cupping applied under the chin, and moist fomentations, sponges in hot oil, and gargles used; last, the jaws, palate, and the veins under the tongue are cut. If redness and swelling move to the praecordia, the throat is freed. Celsus records without vouching for it the popular cure of a burnt swallow chick.

Ut hoc autem morbi genus circa totam cervicem, sic
As this however of-disease kind around the-whole neck so
alterum, aeque pestiferum acutumque, in faucibus esse
another equally pestilent and-acute in the-throat to-be
consuevit. Nostri anginam vocant: apud Graecos nomen
is-wont Our-people angina call among the-Greeks the-name
prout species est. Interdum enim neque rubor, neque tumor
according-as the-kind is Sometimes for neither redness nor swelling
ullus apparet; sed corpus aridum est, vix spiritus trahitur,
any appears but the-body dry is hardly the-breath is-drawn
membra solvuntur: id συνάγχην vocant. Interdum lingua
the-limbs are-relaxed that synanchen they-call Sometimes the-tongue
faucesque cum rubore intumescunt, vox nihil significat,
and-the-throat with redness swell the-voice nothing signifies
oculi vertuntur, facies pallet, singultusque est: id κυνάγχην
the-eyes are-turned the-face is-pale and-hiccup there-is that kynanchen

vocant. Illa communia sunt: aeger non cibum
they-call Those-things common are the-sick-man not food
devorare, non potionem potest; spiritus ejus intercluditur.
to-swallow not drink can the-breath of-him is-shut-off
Levius est, ubi tumor tantummodo ruborque est, cetera
Lighter it-is when swelling only and-redness there-is the-rest
non sequuntur: id παρασυνάγχην appellant. Quidquid est,
not follow that parasynanchen they-call Whatever it-is
si vires patiuntur, sanguis mittendus est: secundum est
if the-strength allows blood to-be-let is the-second is
ducere alvum. Cucurbitula quoque recte sub mento, et
to-clyster the-bowel A-cupping-glass also rightly under the-chin and
circa fauces admovetur, ut id quod strangulat, evocet.
around the-throat is-applied that that which chokes it-call-out
Opus est deinde fomentis humidis: nam sicca spiritum
Need there-is then of-fomentations moist for dry-ones the-breath
elidunt. Ergo admovere spongias oportet; quae melius in
crush Therefore to-apply sponges it-is-proper which better into
calidum oleum, quam in calidam aquam subinde demittuntur:
hot oil than into hot water repeatedly are-dipped
efficacissimusque est hic quoque salis calidus succus.
and-most-efficacious is this also of-salt the-hot juice
Tum commodum est, hyssopum, vel nepetam, vel thymum,
Then convenient it-is hyssop or catmint or thyme
vel absinthium, vel etiam furfures, aut ficus aridas cum mulsa
or wormwood or even bran or figs dry with honeyed
aqua decoquere, eaque gargarizare: post haec palatum ungere
water to-boil-down and-with-it to-gargle after these the-palate to-anoint
vel felle taurino, vel eo medicamento, quod ex moris
either with-gall of-a-bull or with-that medicament which from mulberries
est. Polline etiam piperis id recte respergitur. Si per haec
is With-the-flour also of-pepper it rightly is-sprinkled If through these

parum proficitur, ultimum est incidere satis altis plagis sub
too-little is-gained the-last it-is to-cut with-fairly deep incisions under
ipsis maxillis supra collum, et in palato citra uvam, vel
the-very jaws above the-neck and in the-palate this-side-of the-uvula or
eas venas, quae sub lingua sunt; ut per ea vulnera morbus
those veins which under the-tongue are that through those wounds the-disease
erumpat. Quibus si non fuerit aeger adjutus, scire licet
burst-out By-which if not has-been the-sick-man helped to-know it-is-possible
malo victum esse. Si vero his morbus levatus est,
by-the-evil overcome to-be If however by-these the-disease relieved has-been
jamque fauces et cibum et spiritum capiunt, facilis ad bonam
and-already the-throat both food and breath take easy to good
valetudinem recursus est. Atque interdum natura quoque adjuvat,
health the-return is And sometimes nature also helps
si ex angustiore sede vitium transit in latiorem: itaque rubore
if from a-narrower seat the-fault passes into a-wider and-so redness
et tumore in praecordiis orto, scire licet fauces liberari.
and swelling in the-praecordia arisen to-know it-is-possible the-throat to-be-freed
Quidquid autem eas levarit, incipiendum est ab humidis,
Whatever however them has-relieved to-be-begun it-is with moist-things
maximeque aqua mulsa decocta: deinde assumendi molles
and-especially water honeyed boiled-down then to-be-taken soft
et non acres cibi sunt, donec fauces ad pristinum habitum
and not sharp foods are until the-throat to its-former habit
revertantur. Vulgo audio, si quis pullum hirundinis ederit,
return Commonly I-hear if anyone the-chick of-a-swallow has-eaten
angina toto anno non periclitari; servatumque eum ex sale,
from-angina the-whole year not to-be-in-danger and-kept it in salt
quum is morbus urget, comburi, carbonemque ejus contritum
when this disease presses to-be-burnt and-the-charcoal of-it crushed
in aquam mulsam, quae potui detur, infriari, et prodesse.
into water honeyed which to-drink be-given to-be-crumbled and to-help

Id quum idoneos auctores ex populo habeat, neque habere
That since suitable authorities from the-people it-has nor to-have
quidquam periculi possit, quamvis in monumentis medicorum
anything of-danger can although in the-records of-physicians
non legerim, tamen inserendum huic operi meo credidi.
not I-have-read-it yet to-be-inserted into-this work my I-believed

VIII · DIFFICULT BREATHING

Difficulty in breathing is dyspnoea when moderate, asthma when it brings sound and panting, orthopnoea when breath comes only with the neck upright; the first may last long, the other two are acute. Bloodletting, milk to loosen the belly, a clyster, the head kept high, hot poultices on the chest, honeyed water with hyssop or caper, soda or garlic with honey, a fox's liver or lung, slow walking, and vigorous rubbing to sweat are prescribed.

Est etiam circa fauces malum, quod apud Graecos aliud
There-is also around the-throat an-evil which among the-Greeks one
aliudque nomen habet, prout se intendit. Omne in
and-another name has according-as itself it-intensifies All in
difficultate spirandi consistit: sed haec dum modica est, neque
difficulty of-breathing consists but this while moderate it-is nor
ex toto strangulat, δύσπνοια appellatur: quum vehementior
from the-whole chokes dyspnoia is-called when more-vehement
est, ut spirare aeger sine sono et anhelatione non
it-is so-that to-breathe the-sick-man without sound and panting not
possit, ἅσθμα: quum accessit id quoque, ne nisi
can asthma when there-has-come-on that also that-not unless
recta cervice spiritus trahatur, ὀρθόπνοια. Ex quibus id,
with-straight neck the-breath be-drawn orthopnoia Of which that
quod primum est, potest diu trahi; duo insequentia acuta
which first is can long be-drawn-out the-two following acute

esse consuerunt. His communia sunt: quod propter angustias,
to-be have-been-wont To-these common are that because-of the-narrows
per quas spiritus evadit, sibilum edit, dolor in pectore
through which the-breath escapes a-whistling it-gives-out pain in the-chest
praecordiisque est, interdum etiam in scapulis, isque
and-praecordia there-is sometimes also in the-shoulder-blades and-it
modo decedit, modo revertitur; ad haec tussicula accedit.
at-one-time departs at-another returns to these a-little-cough is-added
Auxilium est, nisi aliquid prohibet, in sanguinis detractione.
The-remedy is unless something prevents in of-blood the-withdrawal
Neque id satis est, sed lacte quoque venter solvendus est:
Nor that enough is but with-milk also the-belly to-be-loosened is
liquanda alvus, interdum etiam ducenda, quibus extenuatum
to-be-liquefied the-bowel sometimes also to-be-clystered by-which made-thin
corpus incipit spiritum trahere commodius. Caput autem
the-body begins the-breath to-draw more-easily The-head however
etiam in lecto sublime habendum est; thorax fomentis,
also in bed high to-be-kept is the-chest with-fomentations
cataplasmatisque calidis, aut siccis, aut etiam humidis
and-poultices hot either dry or even moist
adjuvandus est; et postea vel malagma superimponendum,
to-be-helped is and afterward either an-emollient to-be-laid-on
vel certe ceratum ex cyprino, vel irino unguento.
or at-least a-cerate from cyprus or iris ointment
Sumenda deinde jejuno potui mulsa aqua, cum qua vel
To-be-taken then on-an-empty-stomach to-drink honeyed water with which either
hyssopus cocta, vel contrita capparis radix sit. Delingitur
hyssop boiled or crushed of-caper the-root have-been Is-licked
etiam utiliter aut nitrum, aut nasturtium, aut allium frictum,
also usefully either soda or cress or garlic roasted
deinde contritum et cum melle mixtum: simulque coquuntur
then crushed and with honey mixed and-together are-cooked

mel, galbanum, resina terebinthina, et ubi coierunt, ex
honey galbanum resin terebinth and when they-have-come-together of
his quod fabae magnitudinem habet, quotidie sub lingua
these what of-a-bean the-size has daily under the-tongue
liquatur: aut sulphuris ignem non experti p. ℈
is-dissolved or of-sulfur fire not having-experienced by-weight denarius
= abrotoni p. ℈ in vini cyatho teruntur, idque
a-sixth of-southernwood by-weight denarius in of-wine a-cyathus are-ground and-this
tepefactum sorbetur. Est etiam non vana opinio, vulpinum
warmed is-sipped There-is also not an-empty opinion a-fox's
jecur, ubi siccum et aridum factum est, contundi
liver when dried and parched made it-has-been to-be-pounded
oportere, polentamque ex eo potioni aspergi: vel ejusdem
it-is-proper and-meal from it to-the-drink to-be-sprinkled or of-the-same
pulmonem quam recentissimum assum, sed sine ferro
the-lung as freshest roasted but without iron
coctum, edendum esse. Praeter haec sorbitionibus et lenibus
cooked to-be-eaten to-be Besides these broths and mild
cibis utendum est; interdum vino tenui, austero; nonnumquam
foods to-be-used is sometimes wine thin harsh sometimes
vomitu. Prosunt etiam quaecumque urinam movent: sed nihil
vomiting Help also whatever-things the-urine move but nothing
magis quam ambulatio lenta paene usque ad lassitudinem;
more than walking slow almost right to weariness
frictio multa, praecipue inferiorum partium, vel in sole, vel
rubbing much especially of-the-lower parts either in the-sun or
ad ignem, et per se ipsum, et per alios, usque ad sudorem.
at the-fire and by himself alone and by others right to sweat

For ulceration within the throat many use hot poultices, safe only if cold can be avoided. Rubbing and drugs that move urine harm; lycium, leek juice, or nuts with tragacanth help. Walking, mild food, little drink, and gentle gargles complete the cure.

In interiore vero faucium parte interdum exulceratio esse
In the-inner however of-the-throat part sometimes ulceration to-be
consuevit. In hac plerique extrinsecus cataplasmatis calidis,
is-wont In this most from-outside poultices hot
fomentisque humidis utuntur: volunt etiam vaporem calidum
and-fomentations moist use they-wish also vapor hot
ore recipi: per quae molliores alii partes eas
by-the-mouth to-be-received through which softer others the-parts those
fieri dicunt, opportunioresque vitio jam haerenti. Sed,
to-become say and-more-exposed to-the-fault already clinging But
si bene vitari frigus potest, tuta illa praesidia; si metus
if well be-avoided cold can safe those defenses if fear
ejus est, supervacua sunt. Utique autem perfricare fauces
of-it there-is superfluous they-are At-all-events however to-rub the-throat
periculosum est: exulcerat enim. Neque utilia sunt,
dangerous is it-ulcerates for Nor useful are-those-things
quae urinae movendae sunt; quia possunt, dum transeunt,
which of-urine to-be-moved are because they-can while they-pass-through
ibi quoque pituitam extenuare, quam supprimi melius
there also phlegm to-make-thin which to-be-suppressed better
est. Asclepiades multarum rerum, quas ipsi quoque sequuti
is Asclepiades of-many things which we also followed
sumus, auctor bonus, acetum ait quam acerrimum esse
have author good vinegar says as sharpest to-be

sorbendum: hoc enim sine ulla noxa comprimi ulcera. Sed
to-be-sipped by-this for without any harm to-be-checked the-ulcers But
id supprimere sanguinem potest, ulcera ipsa sanare non
that to-suppress blood can the-ulcers themselves to-heal not
potest. Melius huic rei lycium est; quod idem quoque
can Better for-this thing lycium is which the-same-man also
aeque probat: vel porri, vel marrubii succus, vel nuces
equally approves or of-leek or of-horehound the-juice or nuts
graecae cum tragacantho contritae et cum passo mixtae,
Greek with tragacanth crushed and with raisin-wine mixed
vel lini semen contritum et cum dulci vino mixtum.
or of-flax the-seed crushed and with sweet wine mixed
Exercitatio quoque ambulandi currendique necessaria est:
Exercise also of-walking and-of-running necessary is
frictio a pectore vehemens toti inferiori parti adhibenda.
rubbing from the-chest vigorous to-the-whole lower part to-be-applied
Cibi vero esse debent neque nimium acres, neque asperi;
The-foods however to-be ought neither too sharp nor rough
mel, lenticula, tragum, lac, ptisana, pinguis caro, praecipueque
honey lentil tragum milk barley-gruel fat meat and-especially
porrum, et quidquid cum hoc mixtum est. Potionis quam
leek and whatever with this mixed is Of-drink as
minimum esse convenit. Aqua dari potest vel pura,
least to-be it-befits Water be-given can either pure
vel in qua malum cotoneum, palmulaeve decoctae sint.
or in which apple quince or-dates boiled-down have-been
Gargarizationes quoque lenes: sin hae parum proficiunt,
Gargles also gentle if these too-little avail
reprimentes utiles sunt. Hoc genus neque acutum est, et
repressing-ones useful are This kind neither acute is and

potest esse non longum, curationem tamen maturam, ne
can be not long treatment yet timely lest
vehementer et diu laedat, desiderat.
vehemently and long it-harm it-requires

X · COUGH

A cough usually comes from ulceration of the throat and ends when that is healed, but sometimes troubles on its own and grows hard to dislodge. Hyssop every other day, running with held breath, loud reading, walking, rubbing the chest, and roasted figs help; a moist cough takes vigorous rubbing, cupping, mustard on the throat, and mint drinks, a dry one a cyathus of harsh wine, laser, leek or horehound juice, and squill. Travel, voyages, the seaside, and swimming help every cough.

Tussis vero fere propter faucium exulcerationem molesta
Cough however generally on-account-of of-the-throat ulceration troublesome
est; quae multis modis contrahitur. Itaque illis restitutis ipsa
is which in-many ways is-contracted And-so those restored it-itself
finitur. Solet tamen interdum per se quoque male habere;
is-ended It-is-wont yet sometimes by itself also badly to-keep-one
et vix, quum vetus facta est, eliditur. Ac modo
and hardly when old made it-has-been is-driven-out And at-one-time
arida est, modo pituitam citat. Oportet hyssopum altero
dry it-is at-another phlegm it-rouses It-is-proper hyssop second
quoque die bibere; spiritu retento currere, sed minime in
every day to-drink with-breath held to-run but least in
pulvere; ac lectione uti vehementi, quae primo impeditur a
dust and reading to-use vigorous which at-first is-hindered by
tussi, post eam vincit: tum ambulare: deinde per manus
the-cough afterward it overcomes then to-walk then by the-hands
quoque exerceri, et pectus diu perfricare: post haec quam
also to-be-exercised and the-chest long to-rub after these as

pinguissimae ficus uncias tres super prunam incoctas, esse.
fattest figs ounces three over a-coal cooked to-eat
Praeter haec, si humida est, prosunt frictiones validae cum
Besides these if moist it-is help rubbings strong with
quibusdam calefacientibus, sic ut caput quoque simul
certain heating-things so that the-head also at-the-same-time
vehementer perfricetur: item cucurbitulae pectori admotae;
vigorously be-rubbed likewise cupping-glasses to-the-chest applied
sinapi ex parte exteriore faucibus impositum, donec leviter
mustard on the-side outer to-the-throat applied until lightly
exulceret; potio ex menta, nucibusque graecis et amylo;
it-ulcerate a-drink from mint and-nuts Greek and starch
primoque assumtus panis aridus, deinde aliquis cibus lenis.
and-first taken bread dry then some food mild
At si sicca tussis est, quum ea vehementissime urget, adjuvat
But if dry the-cough is when it most-vehemently presses helps
vini austeri cyathus assumtus, dum ne amplius id, interposito
of-wine harsh a-cyathus taken provided not more that interposed
tempore aliquo, quam ter aut quater fiat: item laseris
time some than three-times or four-times be-done likewise of-laser
quam optimi paulum devorare opus est; porri vel marrubii
as best a-little to-swallow need there-is of-leek or of-horehound
succum assumere; scillam delingere; acetum ex ea, vel certe
the-juice to-take squill to-lick vinegar from it or at-least
acre sorbere, aut cum spica allii contriti duos vini cyathos.
sharp to-sip or with a-clove of-garlic crushed two of-wine cyathi
Utilis etiam in omni tussi est peregrinatio, navigatio longa,
Useful also in every cough is travel a-voyage long
loca maritima, natationes: cibus interdum mollis, ut malva,
places by-the-sea swimmings food sometimes soft as mallow
ut urtica; interdum acer, ut lac cum allio coctum; sorbitiones
as nettle sometimes sharp as milk with garlic cooked broths

quibus laser sit adjectum, aut in quibus porrum incoctum
to-which laser has-been added or in which leek boiled
tabuerit; ovum sorbile sulphure adjecto; potui primum aqua
has-melted an-egg for-sipping with-sulfur added for-drink first water
calida, deinde invicem aliis diebus haec, aliis vinum.
hot then in-turn on-some days this on-others wine

XI · SPITTING BLOOD

Spitting blood is more or less dangerous by its source: gums, mouth, throat, windpipe, lung, chest, side, or liver; in women whose menses fail it is common. Physicians say blood comes from erosion, rupture, or an opened vein, the last least harmful. Blood with pus or cough is serious, a flow alone easier, and a moderate flow after running or a fall even harmless. Celsus gives purslane for the gums, wine for the mouth, cupping to divert, bloodletting, vinegar, bandaging the limbs as Erasistratus did, thirst, rest, and silence.

Magis terreri potest aliquis, quum sanguinem exspuit: sed id
More be-alarmed can someone when blood he-spits but that
modo minus, modo plus periculi habet. Exit modo
at-one-time less at-another more of-danger has It-comes-out at-one-time
ex gingivis, modo ex ore: et quidem ex hoc interdum
from the-gums at-another from the-mouth and indeed from this sometimes
etiam copiose, sed sine tussi, sine ulcere, sine gingivarum
even copiously but without cough without ulcer without of-the-gums
ullo vitio; ita ut nihil exscreetur: verum ut ex naribus, sic ex
any fault so that nothing be-spat-up but as from the-nostrils so from
ore aliquando prorumpit. Atque interdum sanguis profluit,
the-mouth sometimes it-bursts-forth And sometimes blood flows
interdum simile aquae quiddam, in qua caro recens lota est.
sometimes like to-water something in which meat fresh washed has-been

Nonnumquam autem is a summis faucibus fertur, modo
Sometimes however it from the-top of-the-throat is-carried now
exulcerata ea parte, modo non exulcerata; sed aut ore
with-ulcerated that part now not ulcerated but either with-the-mouth
venae alicujus adaperto, aut tuberculis quibusdam natis, exque
of-a-vein some opened or with-tubercles certain born and-from
his sanguine erumpente. Quod ubi incidit, neque laedit potio
these blood bursting-out Which when it-befalls neither harms drink
aut cibus, neque quidquam ut ex ulcere exscreatur. Aliquando
or food nor anything as from an-ulcer is-spat-up Sometimes
vero, gutture et arteriis (id est, aspera arteria) exulceratis,
however with-the-gullet and the-arteries that is the-rough artery ulcerated
frequens tussis sanguinem quoque extundit: interdum etiam
frequent cough blood also beats-out sometimes also
fieri solet, ut aut ex pulmone, aut ex pectore, aut
to-happen is-wont that either from the-lung or from the-chest or
ex latere, aut ex jecinore feratur: saepe feminae, quibus
from the-side or from the-liver it-be-carried often women to-whom
sanguis per menstrua non respondet, hunc exspuunt.
blood through the-menses not answers this spit-out
Auctoresque medici sunt, vel exesa parte aliqua sanguinem
And-authorities physicians are either eaten-away part some blood
exire, vel rupta, vel ore alicuius venae patefacto.
to-come-out or burst or with-the-mouth of-some vein opened
Primam διάβρωσιν, secundam ῥῆξιν, tertiam ἀναστόμωσιν
The-first diabrosin the-second rhexin the-third anastomosin
appellant. Ultima minime nocet; prima gravissime. Ac saepe
they-call The-last least harms the-first most-gravely And often
quidem evenit, ut sanguinem pus sequatur. Interdum autem,
indeed it-happens that blood pus follow Sometimes however
qui sanguinem ipsum suppressit, satis ad valetudinem profuit.
he-who blood itself has-suppressed enough for health has-helped

Sed si sequuta ulcera sunt, si pus, si tussis est, prout sedes
But if followed ulcers have if pus if cough there-is according-as the-seat
ipsa est, ita varia et periculosa genera morborum sunt. Si
itself is so various and dangerous the-kinds of-diseases are If
vero sanguis tantum fluit, expeditius et remedium et finis
however blood only flows easier both the-remedy and the-end
est. Neque ignorari oportet, iis quibus fluere sanguis solet,
is Nor be-unknown it-is-proper for-those for-whom to-flow blood is-wont
aut quibus dolet spina, coxaeve, aut post cursum vehementem,
or for-whom aches the-spine or-the-hips or after running vigorous
vel ambulationem, dum febris absit, non esse inutile
or walking provided fever be-absent not to-be useless
sanguinis mediocre profluvium: idque per urinam redditum
of-blood a-moderate flow and-that through the-urine returned
ipsam quoque lassitudinem solvere: ac ne in eo quidem
itself also weariness to-dissolve and not in him even
terribile esse, qui ex superiore loco decidit, si tamen in ejus
terrible to-be who from a-higher place has-fallen if yet in his
urina nihil novavit: neque vomitum hujus afferre periculum,
urine nothing it-has-changed nor vomiting of-this to-bring danger
etiam quum repetit, si ante confirmare et implere corpus
even when it-recurs if before to-strengthen and to-fill the-body
licuit: et ex toto nullum nocere qui in corpore
it-has-been-allowed and from the-whole none to-harm which in a-body
robusto, neque nimius est, neque tussim aut calorem movet.
robust neither excessive is nor cough or heat moves
Haec pertinent ad universum: nunc ad ea loca, quae proposui,
These pertain to the-general now to those places which I-set-forth
veniam. Si ex gingivis exit, portulacam manducasse satis
I-shall-come If from the-gums it-comes-out purslane to-have-chewed enough
est; si ex ore, continuisse eo merum vinum: si parum id
is if from the-mouth to-have-held in-it undiluted wine if too-little that

proficit, acetum. Si inter haec quoque graviter erumpit, quia
avails vinegar If among these also gravely it-bursts-out because
consumere hominem potest, commodissimum est, impetum ejus,
to-consume the-man it-can most-convenient it-is the-onrush of-it
admota occipitio cucurbitula, sic ut cutis quoque incidatur,
applied to-the-occiput a-cupping-glass so that the-skin also be-cut
avertere: si id mulieri, cui menstrua non feruntur, evenit,
to-turn-aside if that to-a-woman to-whom the-menses not are-carried happens
eamdem cucurbitulam incisis inguinibus ejus admovere. At si ex
the-same cupping-glass on-cut groins of-her to-apply But if from
faucibus, interioribusve partibus processit, et metus major est,
the-throat or-inner parts it-has-proceeded both the-fear greater is
et cura major adhibenda. Sanguis mittendus est; et si nihilo
and care greater to-be-applied Blood to-be-let is and if none
minus ex ore processit, iterum tertioque, et quotidie
the-less from the-mouth it-has-proceeded again and-a-third-time and daily
paulum aliquid: protinus autem debet sorbere vel acetum,
a-little something at-once however he-ought to-sip either vinegar
vel cum ture plantaginis aut porri succum; imponendaque
or with frankincense of-plantain or of-leek the-juice and-to-be-applied
extrinsecus supra id quod dolet, lana succida ex aceto est,
from-outside over that which aches wool greasy from vinegar is
et id spongia subinde refrigerandum. Erasistratus horum
and it with-a-sponge repeatedly to-be-cooled Erasistratus of-these
crura quoque et femora brachiaque pluribus locis deligabat.
the-legs also and thighs and-arms in-several places bound
Id Asclepiades, adeo non prodesse, etiam inimicum esse
That Asclepiades so-far not to-help even hostile to-be
proposuit. Sed id saepe commode respondere experimenta
set-forth But it often fittingly to-answer experiments
testantur. Neque tamen pluribus locis deligari necesse est: sed
testify Nor yet in-several places to-be-bound necessary it-is but

satis est infra inguina, et super talos, summosque humeros,
enough it-is below the-groins and above the-ankles and-the-tops-of the-shoulders
etiam brachia. Tum, si febris urget, danda est sorbitio, et
also the-arms Then if fever presses to-be-given is broth and
potui aqua, in qua aliquid ex iis, quae alvum adstringunt,
to-drink water in which something of those which the-bowel bind
decoctum sit: at si abest febris, vel elota alica, vel panis
boiled-down has-been but if is-absent the-fever either washed spelt-groats or bread
ex aqua frigida, et molle quoque ovum dari potest; potui
in water cold and soft also an-egg be-given can for-drink
vel idem quod supra scriptum est, vel vinum dulce, vel aqua
either the-same which above written is or wine sweet or water
frigida. Sed sic bibendum erit, ut sciamus huic morbo
cold But so to-be-drunk it-will-be that we-know for-this disease
sitim prodesse. Praeter haec necessaria sunt quies, securitas,
thirst to-help Besides these necessary are rest freedom-from-care
silentium. Caput hujus quoque cubantis sublime esse debet;
silence The-head of-this also one-lying high to-be ought
recteque tondetur. Facies saepe aqua frigida fovenda est.
and-rightly it-is-shorn The-face often with-water cold to-be-fomented is
At inimica sunt vinum, balneum, venus, in cibo oleum, acria
But hostile are wine bath sex in food oil sharp-things
omnia, item calida fomenta, conclave calidum et inclusum,
all likewise hot fomentations a-room hot and closed
multa vestimenta corpori injecta, etiam frictiones; ubi bene
many clothes on-the-body thrown even rubbings when well
sanguis conquievit. Tum vero incipiendum est a brachiis,
the-blood has-calmed Then however to-be-begun it-is from the-arms
cruribusque; a thorace abstinendum. In hoc casu per hiemem
and-legs from the-chest to-be-abstained In this case through the-winter
locis maritimis; per aestatem mediterraneis opus est.
in-places by-the-sea through the-summer in-inland-ones need there-is

The stomach suffers heat, flatulence, inflammation, ulceration, phlegm, bile, and most often relaxation, which most affects the body. Heat takes vinegar and rose oil and cold water; flatulence cupping, dry fomentations, and wormwood; inflammation rest and sulfured wool; phlegm vomiting and carriage; bile clysters and wormwood. A relaxed stomach that holds no food takes cold douches and springs, cold food hard to spoil, beef, and harsh wine; vomiting and pain take wool in vinegar, cupping, and pomegranate juice.

Faucibus subest stomachus; in quo plura longa vitia incidere
To-the-throat lies-under the-stomach in which many long faults to-befall
consuerunt. Nam modo ingens calor, modo inflatio hunc,
have-been-wont For at-one-time huge heat at-another flatulence it
modo inflammatio, modo exulceratio afficit; interdum
at-another inflammation at-another ulceration affects sometimes
pituita, interdum bilis oritur; frequentissimumque ejus malum
phlegm sometimes bile arises and-the-most-frequent of-it evil
est, quo resolvitur; neque ulla re magis aut afficitur, aut
is by-which it-is-relaxed nor by-any thing more either is-it-affected or
corpus afficit. Diversa autem, ut vitia ejus, sic etiam remedia
the-body affects Different however as the-faults of-it so also the-remedies
sunt. Ubi exaestuat, aceto cum rosa extrinsecus subinde
are When it-burns with-vinegar with rose-oil from-outside repeatedly
fovendus est; imponendusque pulvis cum oleo, et ea
to-be-fomented it-is and-to-be-applied powder with oil and those
cataplasmata, quae simul et reprimunt, et emolliunt. Potui,
poultices which at-once both repress and soften For-drink
nisi quid obstat, gelida aqua praestanda. Si inflatio est,
unless anything hinders cold water to-be-supplied If flatulence there-is
prosunt admotae cucurbitulae; neque incidere cutem necesse
help applied cupping-glasses nor to-cut the-skin necessary

est: prosunt sicca et calida fomenta, sed non vehementissima.
it-is help dry and hot fomentations but not most-vehement
Interponenda abstinentia est. Utilis in jejuno potio est
To-be-interposed abstinence is Useful on an-empty-stomach the-drink is
absinthii, vel hyssopi, aut rutae. Exercitatio primo lenis, deinde
of-wormwood or of-hyssop or of-rue Exercise at-first gentle then
major adhibenda est; maximeque quae superiores partes
greater to-be-applied is and-especially that-which the-upper parts
moveat: quod genus in omnibus stomachi vitiis aptissimum est.
moves which kind in all of-the-stomach faults most-suitable is
Post exercitationem opus est unctione, frictione; balneo
After exercise need there-is of-anointing of-rubbing of-the-bath
quoque nonnumquam, sed rarius; interdum alvi ductione;
also sometimes but more-rarely sometimes of-the-bowel by-clystering
cibis deinde calidis, neque inflantibus; eodemque modo calidis
of-foods then hot nor inflating and-in-the-same way of-hot
potionibus, primo aquae, post, ubi resedit inflatio, vini
drinks first of-water afterward when has-subsided the-flatulence of-wine
austeri. Illud quoque in omnibus stomachi vitiis praecipiendum
harsh That also in all of-the-stomach faults to-be-prescribed
est, ut quo modo se quisque aeger refecerit, eo sanus
is that in-what way himself each sick-man has-restored that when-healthy
utatur: nam redit huic imbecillitas sua, nisi iisdem
he-use for returns to-him weakness his-own unless by-the-same-means
defenditur bona valetudo, quibus reddita est. At si
is-defended good health by-which restored it-has-been But if
inflammatio aliqua est, quam fere tumor et dolor sequitur,
inflammation some there-is which generally swelling and pain follow
prima sunt, quies, abstinentia, lana sulphurata circumdata,
the-first-things are rest abstinence wool sulfured put-around
in jejuno absinthium. Si ardor stomachum urget,
on an-empty-stomach wormwood If burning the-stomach presses

aceto cum rosa subinde fovendus est: deinde cibis quidem
with-vinegar with rose-oil repeatedly to-be-fomented it-is then foods indeed
utendum est modicis; imponenda vero extrinsecus quae
to-be-used is moderate to-be-applied however from-outside those-which
simul et reprimunt, et emolliunt: deinde, his detractis,
at-once both repress and soften then these removed
utendum calidis ex farina cataplasmatis, quae reliquias
to-be-used hot of meal poultices which the-remnants
digerant: interdum alvus ducenda: adhibenda exercitatio, et
may-disperse sometimes the-bowel to-be-clystered to-be-applied exercise and
cibus plenior. At si exulceratio stomachum infestat, eadem fere
food fuller But if ulceration the-stomach infests the-same nearly
facienda sunt, quae in faucibus exulceratis praecepta sunt.
to-be-done are which for the-throat ulcerated prescribed have-been
Exercitatio, frictio inferiorum partium adhibenda; adhibendi
Exercise rubbing of-the-lower parts to-be-applied to-be-applied
lenes et glutinosi cibi, sed citra satietatem; omnia acria atque
gentle and gelatinous foods but short-of satiety all sharp and
acida removenda; vino, si febris non est, dulci, aut, si id
sour-things to-be-removed wine if fever not there-is sweet or if that
inflat, certe leni utendum; sed neque praefrigido, neque nimis
inflates at-least mild to-be-used but neither very-cold nor too
calido. Si vero pituita stomachus impletur, necessarius modo
hot If however with-phlegm the-stomach is-filled necessary at-one-time
in jejuno, modo post cibum vomitus est: utilis exercitatio,
on an-empty-stomach at-another after food vomiting is useful exercise
gestatio, navigatio, frictio: nihil edendum bibendumque,
carrying sailing rubbing nothing to-be-eaten and-to-be-drunk
nisi calidum; vitatis tantum iis quae pituitam contrahere
unless hot avoided only those which phlegm to-draw-together
consuerunt. Molestius est, si stomachus bile vitiosus est.
have-been-wont More-troublesome it-is if the-stomach by-bile faulty is

Solent autem ii, qui sic tentantur, interpositis quibusdam
Are-wont however those who thus are-assailed interposed certain
diebus, hanc, et quidem, quod pessimum est, atram vomere.
days this and indeed what worst is black to-vomit
His recte alvus ducitur; potiones ex absinthio dantur;
For-these rightly the-bowel is-clystered drinks of wormwood are-given
necessaria gestatio, navigatio est; si fieri potest, ex nausea
necessary carrying sailing is if be-done it-can from nausea
vomitus; vitanda cruditas; sumendi cibi faciles et stomacho
vomiting to-be-avoided indigestion to-be-taken foods easy and to-the-stomach
non alieni, vinum austerum. Vulgatissimum vero pessimumque
not foreign wine harsh Most-common however and-worst
stomachi vitium est resolutio, id est quum cibi non tenax est,
of-the-stomach fault is relaxation that is when of-food not retentive it-is
soletque desinere ali corpus, ac sic tabe consumi.
and-it-is-wont to-cease to-be-nourished the-body and so by-wasting to-be-consumed
Huic generi inutilissimum balneum est; lectiones,
For-this kind most-useless the-bath is readings
exercitationesque superioris partis necessariae; item unctiones
and-exercises of-the-upper part necessary likewise anointings
frictionesque. His perfundi frigida, atque in eadem natare;
and-rubbings For-these to-be-drenched with-cold and in the-same to-swim
canalibus ejusdem subjicere et stomachum ipsum, et magis
to-the-conduits of-the-same to-put-under both the-stomach itself and more
etiam a scapulis id quod contra stomachum est;
even from the-shoulder-blades that which opposite the-stomach is
consistere in frigidis medicatisque fontibus, quales Cutiliarum
to-stand in cold and-medicinal springs such-as of-Cutiliae
Simbruinarumque sunt, salutare est. Cibi quoque assumendi
and-of-Simbruvium are healthful is Foods also to-be-taken
sunt frigidi, qui potius difficulter concoquuntur, quam facile
are cold which rather with-difficulty are-digested than easily

vitiantur. Ergo plerique, qui nihil aliud concoquere possunt,
are-spoiled Therefore most who nothing else digest can
bubulam concoquunt. Ex quo colligi potest, neque avem,
beef digest From which be-gathered it-can neither bird
neque venationem, neque piscem dari debere, nisi generis
nor game nor fish be-given ought unless of-kind
durioris. Potui quidem aptissimum est vinum frigidum,
harder For-drink indeed most-suitable is wine cold
vel certe bene calidum, meracum, potissimum rheticum, vel
or at-least well hot undiluted especially Rhaetic or
allobrogicum, aliudve, quod et austerum et resina conditum
Allobrogian or-other which both harsh and with-resin seasoned
sit; si id non est, quam asperrimum, maximeque signinum.
be if that not there-is as roughest and-especially Signine
Si cibus non continetur, danda aqua, et eliciendus plenior
If the-food not is-held to-be-given water and to-be-drawn-out fuller
vomitus est, iterumque dandus cibus; et tum admovendae
vomiting is and-again to-be-given food and then to-be-applied
duobus infra stomachum digitis cucurbitulae, ibique duabus
by-two below the-stomach fingers cupping-glasses and-there for-two
aut tribus horis continendae sunt.
or three hours to-be-held are
Si simul et vomitus et dolor est, imponenda supra
If at-once both vomiting and pain there-is to-be-applied over
stomachum est lana succida, vel spongia ex aceto, vel
the-stomach is wool greasy or a-sponge from vinegar or
cataplasma, quod refrigeret: perfricanda vero non diu, sed
a-poultice which may-cool to-be-rubbed however not long but
vehementer brachia et crura, et calefacienda. Si plus doloris
vigorously the-arms and the-legs and to-be-warmed If more of-pain
est, infra praecordia quatuor digitis cucurbitula utendum
there-is below the-praecordia by-four fingers a-cupping-glass to-be-used

est; et protinus dandus panis ex posca frigida: si non
is and at-once to-be-given bread from vinegar-water cold if not
continuit, post vomitum leve aliquid ex iis, quae non aliena
it-has-held after vomiting light something of those which not foreign
stomacho sint: si ne id quidem tenuit, singuli cyathi vini,
to-the-stomach be if not that even it-has-kept single cyathi of-wine
singulis interpositis horis, donec stomachus consistat. Valens
single interposed hours until the-stomach settle Strong
etiam medicamentum est radiculae succus: valentius, acidi
also a-medicament is of-radish the-juice stronger of-sour
punici mali, cum pari modo succi, qui ex dulci
pomegranate apple with an-equal measure of-the-juice which from sweet
punico malo est, adjecto etiam intubi succo, et mentae,
pomegranate apple is added also of-endive juice and of-mint
sed hujus minima parte; quibus tantumdem, quantum in
but of-this the-smallest part to-which as-much as in
his omnibus est, aquae frigidae quam optimae miscetur;
these all there-is of-water cold as best is-mixed
id enim plus quam vinum ad comprimendum stomachum
that for more than wine for checking the-stomach
potest. Supprimendus autem vomitus est, qui per se
can To-be-suppressed however vomiting is which by itself
venit, et si nausea est. Sed si coacuit intus cibus, aut
comes and if nausea there-is But if has-soured within the-food or
computruit, quorum utrumlibet ructus ostendit, ejiciendus
has-putrefied of-which either belching shows to-be-thrown-out
est; protinusque, cibis assumtis iisdem, quos proxime
it-is and-at-once with-foods taken the-same which most-recently
posui, stomachus restituendus. Ubi sublatus est praesens
I-set-down the-stomach to-be-restored When removed has-been the-present
metus, ad ea redeundum est, quae supra praecepta sunt.
fear to those-things to-be-returned is which above prescribed have-been

XIII · PAIN OF THE SIDE

Pain of the side may come from cold, a blow, running, or disease, and may pass into pleurisy, an acute disease with fever and cough bringing up phlegm or blood. Fresh and great pain takes bloodletting; lighter or older pain cupping, mustard, sulfured wool, dry fomentations, and emollients; countrymen do well with germander in water. In pleurisy the food is thin and mild every other day, honeyed water with hyssop, and the throat kept moist; if the illness grows old, an athlete's diet strengthens the body.

Stomachus lateribus cingitur; atque in his quoque vehementes
The-stomach by-the-sides is-girded and in these also vehement
dolores esse consuerunt. Initium vel ex frigore, vel ex
pains to-be have-been-wont The-beginning either from cold or from
ictu, vel ex nimio cursu, vel ex morbo est: sed interdum
a-blow or from excessive running or from disease is but sometimes
malum intra dolorem est, isque modo tarde, modo celeriter
the-evil within the-pain is and-it at-one-time slowly at-another quickly
solvitur; interdum ad perniciem quoque procedit, oriturque
is-resolved sometimes to destruction also proceeds and-arises
acutus morbus, qui πλευριτικός a Graecis nominatur. Huic
an-acute disease which pleuritikos by the-Greeks is-named To-this
dolori lateris febris et tussis accedit: et per hanc
pain of-the-side fever and cough is-added and through this
exscreatur, si tolerabilis morbus est, pituita; si gravis, sanguis.
is-spat-up if tolerable the-disease is phlegm if grave blood
Interdum etiam sicca tussis est, quae nihil emolitur: idque
Sometimes also dry the-cough is which nothing brings-out and-this
primo vitio gravius, secundo tolerabilius est. Remedium
than-the-first fault graver than-the-second more-tolerable is The-remedy
vero est magni et recentis doloris, sanguis missus. At,
however is of-great and recent pain blood let But

sive levior, sive vetustior casus est, vel supervacuum, vel
whether lighter or older the-case is either superfluous or
serum id auxilium est; confugiendumque ad cucurbitulas
late that help is and-to-be-resorted to cupping-glasses
est, ante summa cute incisa. Recte etiam sinapi ex aceto
it-is before the-surface skin cut Rightly also mustard in vinegar
super pectus imponitur, donec ulcera pustulasque excitet; et
over the-chest is-applied until ulcers and-pustules it-rouses and
tum medicamentum, quod humorem illuc citet.
then a-medicament which moisture thither may-summon
Praeter haec circumdare primum oportet latus hapso lanae
Besides these to-surround first it-is-proper the-side with-a-flock of-wool
sulphuratae; deinde, quum paulum inflammatio se remisit,
sulfured then when a-little the-inflammation itself has-remitted
siccis et calidis fomentis uti. Ab his transitus ad malagmata
dry and hot fomentations to-use From these the-passage to emollients
est. Si vetustior dolor remanet, novissime resina imposita
is If older the-pain remains at-last by-resin applied
discutitur. Utendum cibis potionibusque calidis; vitandum
it-is-dispersed To-be-used foods and-drinks hot to-be-avoided
frigus: inter haec tamen non alienum est extremas partes
cold among these yet not foreign it-is the-extreme parts
oleo et sulphure perfricare; si levata tussis est, leni lectione
with-oil and sulfur to-rub if relieved the-cough is gentle reading
uti; jamque et acres cibos, et vinum meracius assumere.
to-use and-now both sharp foods and wine more-undiluted to-take
Quae ita a medicis praecipiuntur, ut tamen sine his rusticos
Which so by physicians are-prescribed that yet without these countrymen
nostros epota ex aqua herba trixago satis adjuvet. Haec
our drunk-down in water the-herb germander enough helps These
in omni lateris dolore communia sunt: plus negotii est, si
in every of-the-side pain common are more of-trouble there-is if

acutus quoque morbus is factus est. In hoc praeter ea,
acute also the-disease it made has-been In this besides those-things
quae supra posita sunt, haec animadvertenda sunt: ut cibus
which above set-down have-been these to-be-noticed are that the-food
sit quam maxime tenuis et lenis, praecipueque sorbitio,
be as most thin and mild and-especially broth
eaque ex ptisana potissimum, aut jus in quo porrus cum
and-it from barley-gruel above-all or broth in which leek with
pullo gallinaceo coctus sit; idque non nisi tertio quoque
a-chicken domestic cooked has-been and-this not except third every
die detur, si tamen per vires licebit; potui vero
day be-given if yet through the-strength it-will-be-allowed for-drink however
aqua mulsa, in qua hyssopum, aut ruta decocta sit.
water honeyed in which hyssop or rue boiled-down has-been
Quae quibus temporibus danda sint, ex ratione
Which-things at-what times to-be-given be from the-reckoning
levatae febris apparebit; sic, ut in remissione quam maxima
of-the-relieved fever will-appear so that in remission as greatest
dentur: cum eo tamen, ut sciamus non esse ejus generis
they-be-given with this yet that we-know not to-be of-that kind
tussi aridas fauces committendas: saepe enim, ubi nihil est
for-cough dry throats to-be-entrusted often for when nothing there-is
quod exscreetur, continuatur, et strangulat. Ob quam causam
which be-spat-up it-is-continued and chokes For which reason
dixi etiam pejus id genus esse tussis, quod nihil, quam quod
I-said also worse that kind to-be of-cough which nothing than which
pituitam moveret. Sed hic vinum sorbere, ut supra praecepimus,
phlegm would-move But here wine to-sip as above we-prescribed
morbus ipse non patitur: in vicem ejus cremor ptisanae
the-disease itself not allows in place of-it the-cream of-barley-gruel
sumendus est. Ut his autem in ipso morbi fervore
to-be-taken is As by-these however in the-very of-the-disease heat

sustinendus aeger est, sic, ubi paulum is se remisit,
to-be-sustained the-sick-man is so when a-little it itself has-remitted
alimenta pleniora, et vini quoque aliquid dari potest: dum
nourishments fuller and of-wine also something be-given can provided
nihil detur, quod aut refrigeret corpus, aut fauces asperet. Si
nothing be-given which either may-cool the-body or the-throat roughen If
in refectione quoque manserit tussis, intermittere oportebit
in recovery also has-remained the-cough to-intermit it-will-be-proper
uno die; posteroque cum cibo vini paulo plus assumere.
for-one day and-on-the-following with food of-wine a-little more to-take
Atque incipiente quoque tussi, tum non erit alienum,
And beginning also the-cough then not it-will-be foreign
ut supra quoque positum est, vini cyathos sorbere: sed in
as above also set-down it-is of-wine cyathi to-sip but in
hoc genere valetudinis dulce, vel certe lene commodius est.
this kind of-illness sweet or at-least mild more-suitable is
Si malum inveteravit, athletico victu corpus firmandum est.
If the-evil has-grown-old by-an-athletic diet the-body to-be-strengthened is

XIV · PNEUMONIA

Pneumonia affects the whole lung, with cough, heaviness in the chest, high fever, and wasting. Blood is let or cupping applied, the patient carried and rubbed, given hyssop and honeyed water and mild food, and kept long from wine in recovery.

A compagine corporis ad viscera transeundum est; et
From the-framework of-the-body to the-viscera to-be-passed is and
in primis ad pulmonem veniendum; ex quo vehemens
in the-first-place to the-lung to-be-come from which a-vehement
et acutus morbus oritur, quem περιπνευμονικόν Graeci
and acute disease arises which peripneumonikon the-Greeks

vocant. Ejus haec conditio est: pulmo totus afficitur: hunc
call Of-it this the-condition is the-lung whole is-affected this
ejus casum subsequitur tussis, bilem vel pus trahens,
of-it misfortune follows a-cough bile or pus drawing
praecordiorum totiusque pectoris gravitas, spiritus difficultas,
of-the-praecordia and-of-the-whole chest heaviness of-breath difficulty
magnae febres, continua vigilia, cibi fastidium, tabes. Id
great fevers continuous wakefulness of-food loathing wasting That
genus morbi plus periculi, quam doloris habet. Oportet, si
kind of-disease more of-danger than of-pain has It-is-proper if
satis validae vires sunt, sanguinem mittere: si minores,
enough strong the-strength is blood to-let if less
cucurbitulas sine ferro praecordiis admovere: tum, si satis
cupping-glasses without iron to-the-praecordia to-apply then if enough
valet, gestando aegrum digerere: si parum, intra domum
he-is-strong by-carrying the-sick-man to-disperse if too-little within the-house
tamen dimovere; potionem autem hyssopi dare, cum quo
yet to-move a-drink however of-hyssop to-give with which
ficus arida sit incocta; aut aquam mulsam, in qua vel
a-fig dry have-been boiled or water honeyed in which either
hyssopum, vel ruta decocta sit; frictione uti diutissime
hyssop or rue boiled-down has-been rubbing to-use very-long
in scapulis, proxime ab his in brachiis et pedibus et
on the-shoulder-blades next to these on the-arms and feet and
cruribus, leniter contra pulmonem; idque bis quotidie facere.
legs gently over-against the-lung and-this twice daily to-do
Quod ad cibum vero pertinet, huic nec salsis
What to food however pertains for-this-one neither of-salty-things
opus est, neque acribus, neque amaris, neque alvum
need there-is nor of-sharp nor of-bitter nor the-bowel
adstringentibus, sed paulo lenioribus. Ergo primis diebus
binding but a-little milder Therefore in-the-first days

danda est sorbitio ptisanae, vel alicae, vel oryzae, cum
to-be-given is broth of-barley-gruel or of-spelt-groats or of-rice with
qua recens adeps cocta sit: cum hac sorbile ovum, nuclei
which fresh lard boiled has-been with this for-sipping an-egg nuts
pinei ex melle, panis vel elota alica ex aqua mulsa: potui
pine in honey bread or washed spelt-groats in water honeyed for-drink
deinde non solum pura aqua, sed etiam mulsa egelida, aut,
then not only pure water but also honeyed lukewarm or
si aestas est, etiam frigida; nisi quid obstat. Haec autem
if summer it-is even cold unless anything hinders These however
altero quoque die, increscente morbo, dare satis est: ubi in
second every day with-increasing disease to-give enough it-is when in
incremento constitit, quantum res patitur, ab omnibus
the-increase it-has-stood as-far-as the-matter allows from all-things
abstinendum est, praeterquam aqua egelida. Si vires
to-be-abstained is except water lukewarm If the-strength
desunt, adjuvandae sunt aqua mulsa. Prosuntque adversus
fails to-be-helped they-are with-water honeyed And-help against
dolores imposita calida fomenta, vel ea, quae simul et
the-pains applied hot fomentations or those which at-once both
reprimunt, et emolliunt: prodest impositus super pectus sal
repress and soften helps applied over the-chest salt
bene contritus, cum cerato mixtus; quia leviter cutem erodit,
well crushed with cerate mixed because lightly the-skin it-gnaws
eoque impetum materiae, quo pulmo vexatur, evocat.
and-by-it the-onrush of-matter by-which the-lung is-troubled it-calls-out
Utile etiam aliquod malagma est ex iis, quae materiam trahunt.
Useful also some emollient is of those which matter draw
Neque alienum est, dum premit morbus, clausis fenestris
Nor foreign is-it while presses the-disease with-closed windows
aegrum continere: ubi paulum levatus est, ter aut
the-sick-man to-keep when a-little relieved he-has-been three-times or

quater die, fenestris aliquantum apertis, purum aerem
four-times a-day with-the-windows somewhat opened pure air
recipere. Deinde in refectione pluribus diebus a vino abstinere;
to-receive Then in recovery for-several days from wine to-abstain
gestatione, frictione uti; sorbitionibus et prioribus cibis adjicere,
carrying rubbing to-use to-the-broths and the-former foods to-add
ex oleribus porrum, ex carne ungulas, et summa trunculorum
of vegetables leek of meat the-trotters and the-tips of-the-feet
atque pisciculos sic, ut diu nihil nisi molle et lene sumatur.
and little-fish so that long nothing except soft and mild be-taken

XV · DISEASES OF THE LIVER

The liver's disease brings pain on the right reaching the shoulder, shivering, and bilious vomiting; when long, suppuration and wasting. Blood is let, poultices applied, and drinks that move urine given, with a fresh raw dove's liver; cold, labor, and anger are avoided.

Alterius quoque visceris morbus, id est jecinoris, aeque
Of-the-other also organ the-disease that is of-the-liver equally
modo longus, modo acutus esse consuevit: ἡπατικόν
at-one-time long at-another acute to-be is-wont hepatikon
Graeci vocant. Dextra parte sub praecordiis vehemens
the-Greeks call On-the-right side under the-praecordia vehement
dolor est; idemque ad latus dextrum, et ad jugulum,
pain there-is and-the-same to the-side right and to the-collarbone
humerumque partis ejusdem pervenit; nonnumquam manus
and-shoulder of-side the-same reaches sometimes the-hand
quoque dextra torquetur; horror validus est; ubi male est,
also right is-twisted shivering strong there-is when badly it-is
bilis evomitur; interdum singultus prope strangulat. Et haec
bile is-vomited sometimes hiccup nearly chokes And these

quidem acuti morbi sunt. Longioris vero, ubi suppuratio
indeed of-an-acute disease are Of-a-longer however when suppuration
in jecinore est; dolorque modo finitur, modo intenditur;
in the-liver is and-pain at-one-time is-ended at-another is-intensified
dextra parte praecordia dura sunt, et tument; post
on-the-right side the-praecordia hard are and swell after
cibum major spiritus difficultas est; accedit maxillarum
food greater of-breath difficulty is there-comes-on of-the-jaws
quaedam resolutio. Ubi inveteravit malum, venter et
a-certain paralysis When has-grown-old the-evil the-belly and
crura pedesque intumescunt; pectus atque humeri, circaque
the-legs and-feet swell the-chest and the-shoulders and-around
jugulum utrumque extenuatur. Initio sanguinem mittere
the-collarbone each is-thinned In-the-beginning blood to-let
optimum est; tum venter solvendus est, si non potest aliter,
best it-is then the-belly to-be-loosened is if not it-can otherwise
per nigrum veratrum: imponenda extrinsecus cataplasmata,
by black hellebore to-be-applied from-outside poultices
primum quae reprimant, deinde calida, quae diducant; quibus
first which repress then hot which disperse to-which
recte iris vel absinthium adjicitur: post haec malagma.
rightly iris or wormwood is-added after these an-emollient
Dandae vero sorbitiones sunt, omnesque cibi et calidi, et
To-be-given however broths are and-all foods both hot and
qui non multum alunt, et fere qui pulmonis quoque
which not much nourish and generally those-which of-the-lung also
dolori conveniunt; praeterque eos, qui urinam movent,
to-the-pain suit and-besides those which the-urine move
potionesque ad id efficaces. Utilia in hoc morbo sunt
and-drinks for that effective Useful in this disease are
thymum, satureia, hyssopum, nepeta, anisum, sesamum, lauri
thyme savory hyssop catmint anise sesame of-bay

baccae, pini flos, herba sanguinalis, menta, ex malo
the-berries of-the-pine the-flower the-herb knotgrass mint from the-apple
cotoneo medium, columbae jecur recens et crudum: ex quibus
quince the-middle of-a-dove the-liver fresh and raw of which
quaedam per se esse, quaedam adjicere vel sorbitioni,
some by themselves to-eat some to-add either to-broth
vel potioni licet; sic tamen, ut parce assumantur. Neque
or to-the-drink it-is-allowed so yet that sparingly they-be-taken Nor
alienum est, absinthium contritum ex melle et pipere, ejusque
foreign is-it wormwood crushed in honey and pepper and-of-it
catapotium quotidie devorare. Abstinendum utique est ab
a-pill daily to-swallow To-be-abstained at-all-events it-is from
omnibus frigidis: neque enim res ulla magis jecur laedit.
all cold-things nor for thing any more the-liver hurts
Frictionibus utendum in extremis partibus; vitandus omnis
Rubbings to-be-used on the-extreme parts to-be-avoided all
labor, omnis vehementior motus; ne spiritus quidem diutius
labor all more-vehement movement not the-breath even longer
continendus est. Ira, trepidatio, pondus, jactus, cursus inimica
to-be-held is Anger trembling a-weight throwing running hostile
sunt. Perfusio corporis multa prodest ex aqua, si hiems est,
are Drenching of-the-body much helps with water if winter it-is
calida; si aestas, tepida: item liberalis unctio, et in balneo
hot if summer lukewarm likewise generous anointing and in the-bath
sudor. Si vero jecur vomica laborat, eadem facienda
sweat If however the-liver by-an-abscess labors the-same-things to-be-done
sunt, quae in ceteris interioribus suppurationibus. Quidam
are which in the-other inner suppurations Some
etiam contra id scalpello aperiunt, et ipsam vomicam adurunt.
even opposite it with-a-scalpel open and the-very abscess burn

A diseased spleen swells and hardens the left side; rest increases it, so exercise is needed. Sweet things harm it and sour things help, with water in which a smith has quenched iron, since animals reared by smiths have small spleens; mustard and emollients are applied.

At lienis, ubi affectus est, intumescit, simulque cum eo
But the-spleen when affected it-is swells and-at-once with it
pars sinistra; eaque dura est, et prementi renititur;
the-part left and-it hard is and to-the-one-pressing resists
venter intentus est; aliquis etiam in cruribus tumor est;
the-belly distended is some also in the-legs swelling there-is
ulcera aut omnino non sanescunt, aut certe cicatricem vix
ulcers either at-all not heal or at-least a-scar hardly
recipiunt; in intenta ambulatione, cursuque dolor et quaedam
receive in strenuous walking and-running pain and a-certain
difficultas est. Hoc vitium quies auget: itaque exercitatione
difficulty there-is This fault rest increases and-so of-exercise
et labore opus est; habita tamen ratione, ne febrem ista,
and labor need there-is kept yet the-precaution lest fever these
si nimium processerint, excitent. Unctiones, frictionesque, et
if too-much they-have-proceeded rouse Anointings and-rubbings and
sudores necessarii sunt. Dulcia omnia inimica sunt; item
sweats necessary are Sweet-things all hostile are likewise
lac et caseus: acida autem maxime conveniunt. Ergo
milk and cheese sour-things however most suit Therefore
acetum acre per se sorbere, et magis etiam, quod scilla
vinegar sharp by itself to-sip and more even that-which with-squill
conditum est, expedit. Edenda sunt salsamenta, vel oleae ex
seasoned is is-expedient To-be-eaten are salt-fish or olives from

muria dura; tinctae in aceto lactucae intubique, ex eodem
brine strong dipped in vinegar lettuces and-endives from the-same
betae, ex sinapi asparagus, armoracia, pastinaca, ungulae,
beets from mustard asparagus horseradish parsnip trotters
rostra, aves macrae, ejusdem generis venatio. Potui vero
snouts birds lean of-the-same kind game For-drink however
jejuno dari debet absinthium incoctum: at post
on-an-empty-stomach be-given ought wormwood boiled but after
cibum aqua a ferrario fabro, in qua candens ferrum subinde
food water from an-iron smith in which glowing iron repeatedly
tinctum sit: haec enim vel praecipue lienem coercet.
dipped has-been this for even especially the-spleen checks
Quod animadversum est in iis animalibus, quae apud hos
Which observed has-been in those animals which among these
fabros educata exiguos lienes habent. Potest etiam dari vinum
smiths reared small spleens have Can also be-given wine
tenue, austerum; omniaque in cibis et potionibus, quae urinae
thin harsh and-all-things in foods and drinks which of-urine
movendae sunt. Praecipueque ad id valet vel trifolii semen, vel
to-be-moved are And-especially for that avails either of-trefoil the-seed or
cuminum, vel apium, vel serpyllum, vel cytisus, vel portulaca,
cumin or celery or wild-thyme or cytisus or purslane
vel nepeta, vel thymum, vel hyssopum, vel satureia: haec
or catmint or thyme or hyssop or savory these
enim inde commodissime videntur humorem educere. Lienis
for thence most-conveniently seem moisture to-draw-out The-spleen
quoque bubulus utiliter esui datur: praecipueque eruca et
also of-an-ox usefully for-eating is-given and-especially rocket and
nasturtium lienem extenuant. Imponenda quoque extrinsecus
cress the-spleen make-thin To-be-applied also from-outside
sunt, quae levent. Fit ex unguento et palmulis;
are those-which may-relieve It-is-made from ointment and dates

fit ex lini et nasturtii semine, quo vinum et oleum
it-is-made from of-flax and of-cress the-seed to-which wine and oil
adjicitur: fit ex cupresso viridi et arida ficu: fit ex
is-added it-is-made from cypress green and dry fig it-is-made from
sinapi, cui sevi hircini a renibus quarta pars ponderis
mustard to-which of-suet of-a-goat from the-kidneys a-fourth part of-the-weight
adjicitur, teriturque in sole, et protinus imponitur. Multisque
is-added and-it-is-ground in the-sun and at-once is-applied And-in-many
modis huic rei cappari aptum est: nam et ipsum cum cibo
ways for-this thing the-caper suitable is for both itself with food
assumere, et muriam ejus cum aceto sorbere commodum
to-take and the-brine of-it with vinegar to-sip convenient
est. Quin etiam extrinsecus radicem contritam, vel corticem
it-is Indeed also from-outside the-root crushed or the-bark
ejus cum furfuribus, aut ipsum cappari cum melle contritum
of-it with bran or the-very caper with honey crushed
imponere expedit. Malagmata quoque huic rei aptantur.
to-apply is-expedient Emollients also to-this thing are-fitted

XVII · DISEASES OF THE KIDNEYS

Kidney disease lasts long. The patient rests, lies softly, loosens the bowel, sits in hot water, avoids cold, salty, and sour things, and drinks freely; ulcerated kidneys take cucumber seed, pine kernels, anise, and saffron in honey wine, and emollients.

At renes ubi affecti sunt, diu male habent. Pejus est, si
But the-kidneys when affected they-are long badly are Worse it-is if
frequens biliosus vomitus accedit. Oportet conquiescere; cubare
frequent bilious vomiting comes-on It-is-proper to-rest to-lie
molliter; solvere alvum; si aliter non respondet, etiam ducere;
softly to-loosen the-bowel if otherwise not it-answers even to-clyster-it

saepe desidere in aqua calida; neque cibum, neque potionem
often to-sit in water hot neither food nor drink
frigidam assumere; abstinere ab omnibus salsis, acribus, acidis,
cold to-take to-abstain from all salty sharp sour
pomis; bibere liberaliter; adjicere modo cibo, modo potioni
orchard-fruits to-drink generously to-add now to-the-food now to-the-drink
piper, porrum, ferulam, album papaver, quae maxime inde
pepper leek giant-fennel white poppy which most thence
urinam movere consuerunt. Auxilio quoque his exulceratis
the-urine to-move have-been-wont For-help also for-these ulcerated
sunt, si adhuc ulcera purganda sunt, cucumeris semina detractis
are if still the-ulcers to-be-cleansed are of-cucumber the-seeds removed
corticibus sexaginta, nuclei ex pinu silvestri duodecim, anisi
the-skins sixty kernels from the-pine wild twelve of-anise
quod tribus digitis sumi possit, croci paulum, contrita et in
what with-three fingers be-taken can of-saffron a-little crushed and into
duas mulsi potiones divisa. Si vero dolor tantum levandus
two of-honey-wine drinks divided If however the-pain only to-be-relieved
est, ejusdem cucumeris semina triginta, iidem nuclei viginti,
is of-the-same cucumber seeds thirty the-same kernels twenty
nuces graecae quinque, croci paululum, contrita et cum
nuts Greek five of-saffron a-very-little crushed and with
lacte potui data. Ac super quoque recte quaedam malagmata
milk to-drink given And over also rightly certain emollients
injiciuntur; maximeque ea, quae humori extrahendo sunt.
are-thrown and-especially those which for-moisture to-be-drawn-out are

Cholera, a fault of stomach and intestines at once, brings vomiting, purging, cramped limbs, and fainting, and kills suddenly though no disease is helped more quickly. The patient drinks lukewarm water and vomits, then takes thin fragrant wine with bread to restore his strength.

A visceribus ad intestina veniendum est, quae sunt et
From the-viscera to the-intestines to-be-come is which are both
acutis et longis morbis obnoxia. Primoque facienda mentio
to-acute and to-long diseases liable And-first to-be-made mention
est cholerae; quia commune id stomachi atque intestinorum
is of-cholera because common that of-the-stomach and of-the-intestines
vitium videri potest; nam simul et dejectio et vomitus est;
a-fault seem can for at-once both purging and vomiting there-is
praeterque haec inflatio est, intestina torquentur, bilis supra
and-besides these flatulence there-is the-intestines are-twisted bile above
infraque erumpit, primum aquae similis, deinde ut in ea
and-below bursts-out first to-water similar then so-that in it
recens caro lota esse videatur, interdum alba, nonnumquam
fresh meat washed to-have-been it-seem sometimes white sometimes
nigra, vel varia. Ergo eo nomine morbum hunc χολέραν
black or variegated Therefore by-that name the-disease this choleran
Graeci nominarunt. Praeter ea vero, quae supra
the-Greeks have-named Besides those-things however which above
comprehensa sunt, saepe etiam crura manusque contrahuntur,
comprised are often also the-legs and-hands are-contracted
urget sitis, anima deficit: quibus concurrentibus non mirum
presses thirst the-breath fails which-things concurring not wonderful
est, si subito quis moritur. Neque tamen ulli morbo
it-is if suddenly someone dies Nor yet for-any disease

minori momento succurritur. Protinus ergo, ubi ista
in-a-smaller moment is-help-brought At-once therefore when those-things
coeperunt, aquae tepidae quam plurimum bibere oportet, et
have-begun of-water lukewarm as most to-drink it-is-proper and
vomere. Vix umquam sic non vomitus sequitur; sed etiam si
to-vomit Hardly ever thus not vomiting follows but even if
non incidit, miscuisse tamen novam materiam corruptae
not it-has-befallen to-have-mixed yet new matter with-the-corrupted
prodest; parsque sanitatis est, vomitum esse suppressum.
helps and-a-part of-health it-is vomiting to-be suppressed
Si id incidit, protinus ab omni potione abstinendum est.
If that has-befallen at-once from all drink to-be-abstained is
Si vero tormina sunt, oportet frigidis et humidis fomentis
If however gripings there-are it-is-proper with-cold and moist fomentations
stomachum fovere; vel si venter dolet, iisdem egelidis
the-stomach to-foment or if the-belly aches with-the-same lukewarm
sic, ut venter ipse mediocriter calentibus juvetur. Quod si
so that the-belly itself by-moderately warm-ones be-helped But if
vehementer et vomitus, et dejectio, et sitis vexant, et adhuc
vehemently both vomiting and purging and thirst trouble and still
subcruda sunt quae vomuntur, nondum vino maturum
half-raw are-the-things which are-vomited not-yet for-wine ripe
tempus est: aqua, neque ea ipsa frigida, sed potius egelida
the-time is water and-not that itself cold but rather lukewarm
danda est: admovendumque naribus est pulegium ex aceto;
to-be-given is and-to-be-applied to-the-nostrils is pennyroyal in vinegar
vel polenta vino adspersa, vel menta secundum naturam est.
or barley-meal with-wine sprinkled or mint according-to nature it-is
At quum discussa cruditas est, tum magis verendum est,
But when dispersed the-indigestion is then more to-be-feared it-is
ne anima deficiat. Ergo tum confugiendum est ad vinum.
lest the-breath fail Therefore then to-be-resorted is to wine

Id esse oportet tenue, odoratum, cum aqua frigida mixtum;
It to-be it-is-proper thin fragrant with water cold mixed
vel polenta adjecta, vel infracto pane, quem ipsum
either with-barley-meal added or with-broken bread which itself
quoque assumere expedit; quotiesque aliquid aut stomachus,
also to-take is-expedient and-as-often-as anything either the-stomach
aut venter effudit, toties per haec vires restituere.
or the-belly has-poured-out so-often through these the-strength to-restore
Erasistratus primo tribus vini guttis, aut quinis aspergendam
Erasistratus at-first with-three of-wine drops or five to-be-sprinkled
potionem esse dixit; deinde paulatim merum adjiciendum.
the-drink to-be said then gradually undiluted-wine to-be-added
Is, si et ab initio vinum dedit, et metum cruditatis
He if both from the-beginning wine he-gave and the-fear of-indigestion
sequutus est, non sine causa fecit: si vehementem infirmitatem
followed has not without cause he-did if vehement weakness
adjuvari posse tribus guttis putavit, erravit. At si inanis
be-helped could by-three drops he-thought he-erred But if empty
est homo, et crura ejus contrahuntur, interponenda potio
is the-man and the-legs of-him are-contracted to-be-interposed a-drink
absinthii est. Si extremae partes corporis frigent, ungendae
of-wormwood is If the-extreme parts of-the-body grow-cold to-be-anointed
sunt calido oleo, cui cerae paulum sit adjectum,
they-are with-hot oil to-which of-wax a-little have-been added
calidisque fomentis nutriendae. Si ne sub his quidem quies
and-with-hot fomentations to-be-nourished If not under these even rest
facta est, extrinsecus contra ventriculum ipsum cucurbitula
made has-been from-outside opposite the-stomach itself a-cupping-glass
admovenda est, aut sinapi superimponendum. Ubi is constitit,
to-be-applied is or mustard to-be-laid-on When it has-settled
dormire oportet: postero die utique a potione abstinere:
to-sleep it-is-proper on-the-following day at-all-events from drink to-abstain

die tertio in balneum ire: paulatim se cibo reficere,
on-the-day third into the-bath to-go gradually himself with-food to-restore
somno quisquis facile acquiescit; * itemque lassitudine et
with-sleep whoever easily rests (lacuna) and-likewise from-weariness and
frigore. Si post suppressam choleram febricula manet, alvum
cold If after the-suppressed cholera a-slight-fever remains the-bowel
duci necessarium est: tum cibis, vinoque utendum est.
to-be-clystered necessary it-is then foods and-wine to-be-used is

XIX · THE CELIAC DISEASE

The celiac disease sits at the stomach's gate: the belly hardens and aches, nothing passes, the extremities grow cold, and breathing is hard. Hot poultices, vomiting after food, cupping, milk and cold salted wine, green figs, a little at a time, inflating and sharp foods, garlic in milk, then carriage and sailing, rubbing with soda, mustard over the limbs, and binding foods, roast meat and rain water, are prescribed; an old case takes laser and wine every second day.

Sed hic quidem morbus et acutus est, et inter intestina
But this indeed disease both acute is and between the-intestines
stomachumque versatur sic, ut, cujus potissimum partis sit,
and-the-stomach dwells so that of-which especially part it-be
non facile dici possit; in ipsius vero ventriculi porta consistit
not easily be-said can at the-very however of-the-stomach gate settles
is, qui longus esse consuevit: κοιλιακός a Graecis nominatur.
that which long to-be is-wont koiliakos by the-Greeks is-named
Sub hoc venter indurescit, dolorque ejus est: alvus nihil
Under this the-belly hardens and-pain of-it there-is the-bowel nothing
reddit, ac ne spiritum quidem transmittit: extremae partes
returns and not wind even lets-through the-extreme parts
frigescunt, difficulter spiritus redditur. Commodissimum est
grow-cold with-difficulty the-breath is-returned Most-suitable it-is

inter initia calida cataplasmata toto ventri imponere,
among the-beginnings hot poultices on-the-whole belly to-place
ut dolorem leniant: post cibum vomere, atque ita ventrem
that the-pain they-soothe after food to-vomit and so the-belly
exinanire: proximis deinde diebus cucurbitulas sine ferro
to-empty on-the-next then days cupping-glasses without iron
ventri et coxis admovere: ventrem ipsum liquare dato
to-the-belly and hips to-apply the-belly itself to-liquefy with-given
lacte, et vino salso, frigido; si tempus anni patitur, etiam
milk and wine salted cold if the-season of-the-year allows also
viridibus ficis: sic tamen, ne quis aut cibus, aut humor
with-green figs so yet that-not any either food or moisture
universus detur, sed paulatim. Ergo per intervalla temporis
all-at-once be-given but gradually Therefore through intervals of-time
sat est cyathos binos ternosve sumere, et cibum pro
enough it-is cyathi two or-three to-take and food in
portione hujus: commodeque facit cyatho lactis cyathus
proportion to-this and-suitably serves with-a-cyathus of-milk a-cyathus
aquae mixtus, et sic datus: cibique inflantes et acres utiliores
of-water mixed and so given and-foods inflating and sharp more-useful
sunt; adeo ut lacti quoque recte contritum allium adjiciatur.
are so-much that to-milk also rightly crushed garlic be-added
Procedente vero tempore, opus est gestari; maximeque
Proceeding however time need there-is to-be-carried and-especially
navigare; perfricari ter aut quater die sic, ut nitrum oleo
to-sail to-be-rubbed three-times or four-times a-day so that soda to-the-oil
adjiciatur; perfundi aqua calida post cibum; deinde sinapi
be-added to-be-drenched with-water hot after food then mustard
imponere per omnia membra, excepto capite, donec arrodantur
to-apply over all limbs except the-head until they-be-gnawed
et rubeant; maximeque si corpus durum et virile est: paulatim
and redden and-especially if the-body hard and manly is gradually

deinde faciendus est transitus ad ea, quae ventrem
then to-be-made is the-passage to those-things which the-belly
comprimunt. Assa caro danda, valens et quae non facile
bind Roast meat to-be-given strong and which not easily
corrumpatur: potui vero pluvialis aqua decocta, sed quae per
be-corrupted for-drink however rain water boiled-down but which by
binos ternosve cyathos bibatur. Si vetus vitium est, oportet laser
two or-three cyathi be-drunk If old the-fault is it-is-proper laser
quam optimum ad piperis magnitudinem devorare: altero
as best to of-a-peppercorn the-size to-swallow second
quoque die vinum bibere: interdum interposito cibo singulos
every day wine to-drink sometimes interposed food single
vini cyathos sorbere: ex inferiori parte infundere pluviatilem
of-wine cyathi to-sip from the-lower part to-pour-in rain
egelidam aquam, maximeque si dolor in imis partibus remanet.
lukewarm water and-especially if pain in the-lowest parts remains

XX · DISEASES OF THE THINNER INTESTINE

Diocles called the acute disease of the thinner intestine chordapsus and that of the fuller ileus; now the first is ileus. It brings inflammation, nothing passing, and foul vomit. Blood is let or cupping applied, hot poultices and oil follow, and long care against relapse.

Intra ipsa vero intestina consistunt duo morbi, quorum alter
Within the-very however intestines settle two diseases of-which one
in tenuiore, alter in pleniore est. Prior acutus est; insequens
in the-thinner the-other in the-fuller is The-former acute is the-following
esse longus potest. Diocles Carystius tenuioris intestini
to-be long can Diocles of-Carystus of-the-thinner intestine
morbum χόρδαψον, plenioris εἰλεόν nominavit. A plerisque
the-disease chordapson of-the-fuller eileon named By most

video nunc illum priorem εἰλεόν, hunc κολικόν nominari. Sed
I-see now that former eileon this kolikon to-be-named But
prior modo supra umbilicum, modo sub umbilico dolorem
the-former now above the-navel now below the-navel pain
movet. Fit alterutro loco inflammatio: nec alvus, nec
moves There-occurs in-either place inflammation neither the-bowel nor
spiritus infra transmittitur: si superior pars affecta est, cibus;
wind below is-let-through if the-upper part affected is the-food
si inferior, stercus per os redditur: si utrumlibet vetus
if the-lower the-stool through the-mouth is-returned if either old
est. Adjicit periculo vomitus biliosus, mali odoris, aut varius,
is Adds to-the-danger vomiting bilious of-bad smell either variegated
aut niger. Remedium est sanguinem mittere; vel cucurbitulas
or black The-remedy is blood to-let or cupping-glasses
pluribus locis admovere, non ubique cute incisa: id enim
in-several places to-apply not everywhere with-the-skin cut that for
duobus aut tribus locis satis est: ex ceteris spiritum evocare
in-two or three places enough is from the-others wind to-call-out
abunde est. Tum animadvertere oportet, quo loco malum
abundantly-enough it-is Then to-notice it-is-proper in-what place the-evil
sit: solet enim contra id tumere. Et si supra umbilicum est,
be it-is-wont for opposite it to-swell And if above the-navel it-is
alvi ductio utilis non est: si infra est, alvum ducere, ut
of-the-bowel clystering useful not is if below it-is the-bowel to-clyster as
Erasistrato placuit, optimum est; et saepe id auxilii satis est.
to-Erasistratus it-seemed-good best it-is and often that of-help enough is
Ducitur autem percolato ptisanae cremore, cum oleo et
It-is-clystered however with-strained of-barley-gruel cream with oil and
melle sic, ut praeterea nihil adjiciatur. Si nihil tumet, duas
honey so that besides nothing be-added If nothing swells two
manus imponere oportet supra summum ventrem, paulatimque
hands to-place it-is-proper over the-top belly and-gradually

deducere: invenietur enim mali locus, qui necesse est
to-draw-down will-be-found for of-the-evil the-place which necessary it-is
renitatur; et ex eo deliberari poterit, ducenda, nec
resist and from it be-deliberated it-will-be-possible to-be-clystered or
ne alvus sit. Illa communia sunt: calida cataplasmata
not the-bowel be Those-things common are hot poultices
admovere, eaque imponere a mammis usque ad inguina
to-apply and-them to-place from the-breasts right to the-groins
et spinam, ac saepe mutare: brachia cruraque perfricare:
and the-spine and often to-change the-arms and-legs to-rub
demittere totum hominem in calidum oleum: si dolor non
to-lower the-whole man into hot oil if the-pain not
quiescit, etiam in alvum ex parte inferiore tres aut quatuor
quiets even into the-bowel from the-part lower three or four
cyathos calidi olei dare; ubi per haec consequuti sumus,
cyathi of-hot oil to-give when through these attained we-have
ut jam ex inferiore parte spiritus transmittatur, offerre
that now from the-lower part wind be-let-through to-offer
potui mulsum tepidum non multum: nam ante magna cura
for-drink honey-wine lukewarm not much for before with-great care
vitandum est, ne quid bibat; si id commode cessit,
to-be-avoided it-is lest anything he-drink if that suitably has-turned-out
adjicere sorbitionem; ubi dolor et febricula quierunt, tum
to-add broth when the-pain and the-slight-fever have-quieted then
demum uti cibo pleniore; sed neque inflante, neque duro,
at-last to-use food fuller but neither inflating nor hard
neque valido, ne intestina adhuc imbecilla laedantur; potui
nor strong lest the-intestines still weak be-harmed for-drink
vero nihil, praeterquam puram aquam; nam sive quid
however nothing except pure water for whether anything
vinolentum, sive acidum est, id huic morbo alienum est.
winy or sour is it to-this disease foreign is

Ac postea quoque vitare oportet balneum, ambulationem,
And afterward also to-avoid it-is-proper the-bath walking
gestationem, ceterosque corporis motus. Nam facile id malum
carrying and-the-other of-the-body movements For easily that evil
redire consuevit; et sive quum frigus subit, sive aliqua
to-return is-wont and whether when cold comes-on or some
jactatio, nisi bene jam confirmatis intestinis, revertitur.
tossing unless well already strengthened the-intestines it-returns

XXI · DISEASE OF THE FULLER INTESTINE

The disease of the fuller intestine sits in the blind gut: flatulence and pains on the right that almost cut off the breath. It recurs through life without shortening it. Dry hot fomentations, rubbing, cupping, and Cassius' medicament relieve it.

Is autem morbus, qui in intestino pleniore est, in ea
That however disease which in the-intestine fuller is in that
maxime parte est, quam caecam esse proposui. Vehemens fit
chiefly part is which blind to-be I-set-forth Vehement occurs
inflatio, vehementes dolores, dextra magis parte: intestinum,
flatulence vehement pains on-the-right more side the-intestine
quod verti videtur, prope spiritum elidit. In plerisque post
which to-be-turned seems almost the-breath crushes In most after
frigora cruditatesque oritur, deinde quiescit; et per aetatem
colds and-indigestions it-arises then quiets and through life
saepe repetens sic cruciat, ut vitae spatio nihil demat.
often recurring so tortures that of-life from-the-span nothing it-takes-away
Ubi is dolor coepit, admovere sicca et calida fomenta
When this pain has-begun to-apply dry and hot fomentations
oportet; sed primo lenia, deinde validiora; simulque frictione ad
it-is-proper but at-first gentle then stronger and-at-once by-rubbing to

extremas partes, id est crura brachiaque materiam evocare: si
the-extreme parts that is the-legs and-arms the-matter to-call-out if
discussus non est, qua dolet, cucurbitulas sine ferro defigere.
dispersed not it-is where it-aches cupping-glasses without iron to-fix
Est etiam medicamentum ejus rei causa comparatum.
There-is also a-medicament of-this thing for-the-sake prepared
Id se reperisse Cassius gloriabatur. Magis prodest potui
That himself to-have-found Cassius boasted More it-helps to-drink
datum: sed impositum quoque extrinsecus, digerendo spiritum,
given but applied also from-outside by-dispersing wind
dolorem levat. Nisi finito vero tormento, recte neque cibus,
the-pain relieves Unless ended however the-torment rightly neither food
neque potio assumitur. Quo victu sit utendum iis, qui
nor drink is-taken With-what diet be to-be-used by-those who
hoc genere tentantur, jam mihi dictum est.
by-this kind are-assailed already by-me said it-has-been

XXII · DYSENTERY

In dysentery the intestines ulcerate and gore passes with stool or mucus, with pain, slight fever, and sleeplessness. The patient rests, takes repressing poultices and purslane, and in old cases injections of barley cream, milk, fat, or rose oil; Themison used strong brine.

Proxima his inter intestinorum mala tormina esse
Next to-these among of-the-intestines the-evils gripings to-be
consueverunt: δυσεντερία graece vocatur. Intus intestina
have-been-wont dysenteria in-Greek it-is-called Within the-intestines
exulcerantur: ex his cruor manat; iisque modo cum
are-ulcerated from these gore flows and-in-them at-one-time with
stercore aliquo semper liquido, modo cum quibusdam
stool some always liquid at-another with certain

quasi mucosis excernitur: interdum simul quaedam carnosa
as-it-were mucous-things is-excreted sometimes at-once certain fleshy-things
descendunt: frequens dejiciendi cupiditas, dolorque in ano
descend frequent of-evacuating desire and-pain in the-anus
est: cum eodem dolore exiguum aliquid emittitur: atque eo
there-is with the-same pain small something is-let-out and by-that
quoque tormentum intenditur: idque post tempus aliquod
also the-torment is-intensified and-that after time some
levatur; exiguaque requies est: somnus interpellatur: febricula
is-relieved and-slight rest there-is sleep is-interrupted a-slight-fever
oritur: longoque tempore id malum, quum inveteraverit, aut
arises and-in-long time that evil when it-has-grown-old either
tollit hominem, aut, etiamsi finitur, excruciat. Oportet in
carries-off the-man or even-if it-is-ended tortures It-is-proper in
primis conquiescere; siquidem omnis agitatio exulcerat: deinde
the-first-place to-rest since all agitation ulcerates then
jejunum sorbere vini cyathum, cui contrita radix quinquefolii
fasting to-sip of-wine a-cyathus to-which crushed the-root of-cinquefoil
sit adjecta: imponere cataplasmata super ventrem, quae
has-been added to-place poultices over the-belly which
reprimant; quod in superioribus ventris morbis non expedit:
may-repress which in the-upper of-the-belly diseases not is-expedient
quotiesque desedit, subluere aqua calida in qua
and-as-often-as he-has-gone-to-stool to-wash-below with-water hot in which
decoctae verbenae sint: portulacam vel coctam, vel ex dura
boiled-down sacred-boughs have-been purslane either cooked or from strong
muria edisse. Si vetustior morbus est, ex inferioribus partibus
brine to-have-eaten If older the-disease is from the-lower parts
tepidum infundere vel ptisanae cremorem, vel lac, vel adipem
lukewarm to-pour-in either of-barley-gruel cream or milk or fat
liquatam, vel medullam cervinam, vel oleum, vel cum rosa
melted or marrow of-a-stag or oil or with rose-oil

butyrum, vel cum eadem album crudum ex ovis, vel aquam
butter or with the-same the-white raw from eggs or water
in qua lini semen decoctum sit; vel, si somnus non accedit,
in which of-flax the-seed boiled-down has-been or if sleep not comes-on
vitellos cum aqua in qua rosae floris folia cocta sint.
yolks with water in which of-rose of-the-flower the-leaves cooked have-been
Levant enim dolorem haec, et mitiora ulcera efficiunt;
Relieve for the-pain these and milder the-ulcers make
maximeque utilia sunt, si cibi quoque sequutum fastidium est.
and-especially useful are if of-food also followed loathing has
Themison muria dura quam asperrima sic utendum memoriae
Themison brine strong as roughest so to-be-used to-memory
prodidit. Cibi vero esse debent, qui leniter ventrem
handed-down The-foods however to-be ought which gently the-belly
adstringant. At ea, quae urinam movent, si id consequuta
bind But those-things which the-urine move if that attained
sunt, in aliam partem humorem avertendo, prosunt; si non
they-have into another part the-moisture by-turning-aside help if not
sunt consequuta, noxam augent: itaque nisi in quibus
they-have attained the-harm increase and-so unless in those-in-whom
prompte id facere consuerunt, non sunt adhibenda. Potui,
readily that to-do they-have-been-wont not they-are to-be-applied For-drink
si febricula est, aqua pura calida, vel ea quae ipsa quoque
if a-slight-fever there-is water pure hot or that which itself also
adstringat, dari debet: si non est, vinum leve, austerum.
may-bind be-given ought if not there-is wine light harsh
Si pluribus diebus nihil remedia alia juverunt, vetusque jam
If for-several days nothing remedies other have-helped and-old already
vitium est, aquae bene frigidae potio assumta ulcera adstringit,
the-fault is of-water well cold a-drink taken the-ulcers binds
et initium secundae valetudinis facit. Sed ubi venter
and the-beginning of-favorable health makes But when the-belly

suppressus est, protinus ad calidam potionem revertendum
suppressed has-been at-once to hot drink to-be-returned
est. Solet autem interdum etiam putris sanies, pessimique odoris
is Is-wont however sometimes also putrid sanies and-of-worst smell
descendere: solet purus sanguis profluere. Si superius vitium
to-descend is-wont pure blood to-flow-out If upper the-fault
est, alvus aqua mulsa duci debet; tum deinde eadem
is the-bowel with-water honeyed be-clystered ought then afterward the-same-things
infundi, quae supra comprehensa sunt. At si sanguis
to-be-poured-in which above comprised are But if blood
profluit, cibi potionesque esse debent, quae adstringant.
flows-out the-foods and-drinks to-be ought which may-bind

XXIII · SMOOTHNESS OF THE INTESTINES

Dysentery sometimes leaves a smoothness of the intestines that lets food pass through unchanged. Binding remedies are needed, mustard on the chest and a drawing emollient, sitting in decoctions, binding food and drink, and cold douches, but not all at once, lest the opposite fault arise. One should go to stool only when necessary, choose the pleasanter of the useful foods, and use exercise, rubbing, sun, the bath, and vomiting, even with white hellebore as Hippocrates advised.

Ex torminibus interdum intestinorum laevitas oritur; qua
From gripings sometimes of-the-intestines a-smoothness arises by-which
continere nihil possunt, et quidquid assumtum est,
to-hold nothing they-can and whatever taken has-been
imperfectum protinus reddunt. Id interdum aegros trahit,
undigested at-once they-return That sometimes the-sick drags-on
interdum praecipitat. In hoc utique adhibere oportet
sometimes hurls-headlong In this at-all-events to-apply it-is-proper
comprimentia; quo facilius tenendi aliquid intestinis vis
binding-things whereby more-easily of-holding something to-the-intestines the-power

sit. Ergo et super pectus ponatur sinapi; exulcerataque
be Therefore both over the-chest let-there-be-placed mustard and-on-the-ulcerated
cute, malagma quod humorem evocet: et ex verbenis
skin an-emollient which the-moisture may-call-out and from sacred-boughs
decocta in aqua desideat: et cibos potionesque assumat, quae
boiled-down in water let-him-sit and foods and-drinks let-him-take which
alvum adstringant: et frigidis utatur perfusionibus. Oportet
the-bowel bind and cold let-him-use drenchings It-is-proper
tamen prospicere, ne, simul his omnibus admotis, vitium
yet to-foresee lest at-once these all applied a-fault
contrarium per immodicas inflationes oriatur. Paulatim ergo
contrary through immoderate flatulence arise Gradually therefore
firmari intestina debebunt, aliquibus quotidie adjectis. Et
be-strengthened the-intestines will-need with-some-things daily added And
quum in omni fluore ventris, tum in hoc praecipue necessarium
as in every flux of-the-belly so in this especially necessary
est, non quoties libet desidere, sed quoties necesse est; ut
it-is not as-often-as it-pleases to-go-to-stool but as-often-as necessary it-is that
haec ipsa mora in consuetudinem ferendi oneris intestina
this very delay into the-habit of-bearing the-burden the-intestines
deducat. Alterum quoque, quod aeque ad omnes similes
lead-down The-other also which equally to all similar
affectus pertinet, in hoc maxime servandum est; ut, quum
affections pertains in this chiefly to-be-observed is that since
pleraque utilia insuavia sint, qualis est plantago et rubi et
most useful-things unpleasant are such-as is plantain and brambles and
quidquid malicorio mixtum est, ea potissimum ex his
whatever with-pomegranate-rind mixed is those chiefly of these
dentur, quae maxime aeger volet: deinde, si omnia ista
be-given which most the-sick-man will-wish then if all those-things
fastidiet, ad excitandam cibi cupiditatem, interponatur
he-will-loathe for rousing of-food the-desire let-there-be-interposed

aliquid minus utile, sed magis gratum. Exercitationes et
something less useful but more pleasing Exercises and
frictiones huic quoque morbo necessariae sunt; et cum
rubbings for-this also disease necessary are and with
his sol, ignis, balneum, vomitus, ut Hippocrati visum est,
these sun fire bath vomiting as to-Hippocrates seemed-good it-has
etiam albo veratro, si cetera parum proficient, evocatus.
even by-white hellebore if the-rest too-little will-avail called-out

XXIV · WORMS

Worms, broad and worse or round, come out below or by the mouth. For broad worms lupine or mulberry bark water, hyssop, pepper, scammony, or garlic and vomiting and then a decoction of pomegranate roots with soda; for round ones, which trouble children most, nettle, cabbage, or cumin seed, mint, wormwood, hyssop, cress seed, lupine, garlic, and oil injected.

Nonnumquam autem lumbrici quoque occupant alvum; hique
Sometimes however worms also occupy the-bowel and-these
modo ex inferioribus partibus, modo foedius ore
at-one-time from the-lower parts at-another more-foully by-the-mouth
redduntur: atque interdum latos eos, qui pejores sunt,
are-returned and sometimes broad-ones those which worse are
interdum teretes videmus. Si lati sunt, aqua potui dari
sometimes round-ones we-see If broad they-are water to-drink be-given
debet, in qua lupinum, aut cortex mori decoctus sit;
ought in which lupine or the-bark of-the-mulberry boiled-down has-been
aut cui adjectum sit contritum vel hyssopum, vel piperis
or to-which added has-been crushed either hyssop or of-pepper
acetabulum, vel scammoniae paulum; vel etiam pridie,
a-vinegar-cupful or of-scammony a-little or even on-the-day-before

quum multum allium ederit, vomat: posteroque
when much garlic he-has-eaten let-him-vomit and-on-the-following
die mali punici tenues radiculas colligat, quantum
day of-the-apple pomegranate the-thin rootlets let-him-gather as-much-as
manu comprehendet; eas contusas in aquae tribus sextariis
with-the-hand he-will-grasp them pounded in of-water three sextarii
decoquat, donec tertia pars supersit; huc adjiciat nitri
let-him-boil-down until a-third part remain to-this let-him-add of-soda
paulum, et jejunus bibat. Interpositis deinde tribus horis,
a-little and fasting let-him-drink Interposed then three hours
duas potiones sumat. At aquae, vel muriae durae sit
two drinks let-him-take But of-water or of-brine strong let-there-be
adjecta: tum desideat subjecta calida aqua in pelve. Si vero
added then let-him-sit-to-stool put-under hot water in a-basin If however
teretes sunt, qui pueros maxime exercent, et eadem dari
round they-are which boys especially trouble both the-same-things be-given
possunt, et quaedam leviora; ut contritum semen urticae, aut
can and certain lighter as crushed the-seed of-nettle or
brassicae, aut cumini cum aqua, vel menta cum eadem, vel
of-cabbage or of-cumin with water or mint with the-same or
absinthium decoctum, vel hyssopum ex aqua mulsa, vel nasturtii
wormwood boiled-down or hyssop in water honeyed or of-cress
semen cum aceto contritum. Edisse etiam et lupinum,
the-seed with vinegar crushed To-have-eaten also both lupine
et allium prodest; vel in alvum oleum subter dedisse.
and garlic helps or into the-bowel oil from-below to-have-given

Tenesmus is lighter than these: frequent desire to go to stool, with mucus and slight blood. The patient sits in hot water, soothes the anus with butter and rose oil, and takes the remedies of dysentery.

Est autem aliud levius omnibus proximis, de quibus
There-is however another lighter than-all the-next about which
supra dictum est, quod τεινεσμόν Graeci vocant. Id
above spoken it-has-been which teinesmon the-Greeks call It
neque acutis, neque longis morbis annumerari debet; quum
neither to-acute nor to-long diseases be-added ought since
et facile tollatur, neque umquam per se jugulet. In hoc
both easily it-is-removed nor ever by itself it-kills In this
aeque atque in torminibus frequens desidendi cupiditas
equally as in gripings frequent of-going-to-stool desire
est; aeque dolor ubi aliquid excernitur. Descendunt autem
there-is equally pain when anything is-excreted Descend however
pituitae mucisque similia, interdum etiam leviter subcruenta:
to-phlegm and-mucus similar-things sometimes also slightly bloody
sed his interponuntur nonnumquam ex cibo quoque
but among-these are-interposed sometimes from food also
recte coacta. Desidere oportet in aqua calida; saepiusque
properly formed-things To-sit it-is-proper in water hot and-more-often
ipsum anum nutrire; cui plura medicamenta idonea sunt:
the-very anus to-tend for-which many medicaments suitable are
butyrum cum rosa; acacia ex aceto liquata; emplastrum
butter with rose-oil acacia in vinegar dissolved the-plaster
id quod τετραφάρμακον Graeci vocant, rosa liquatum;
that which tetrapharmakon the-Greeks call with-rose-oil dissolved
alumen lana circumdatum, et ita appositum; eademque
alum in-wool wrapped and so applied and-the-same-things

ex inferiore parte indita, quae torminum auxilia sunt;
from the-lower part put-in which for-gripings remedies are
eaedem verbenae decoctae, ut inferiores partes foveantur.
the-same sacred-boughs boiled-down that the-lower parts be-fomented
Alternis vero diebus aqua, alternis leve et austerum vinum
On-alternate however days water on-alternate light and harsh wine
bibendum est. Potio esse debet egelida et frigidae propior;
to-be-drunk is The-drink to-be ought lukewarm and to-cold nearer
ratio victus talis, qualem in torminibus supra praecepimus.
the-method of-diet such as in gripings above we-prescribed

XXVI · DIARRHEA

A recent diarrhea is lighter still, and a day or more of it often cleanses the body if there is no fever, but it may bring griping and fever. On the first day one rests, then abstains, then bathes and takes binding food and harsh wine; or one fights it with thirst, hunger, and vomiting. Asclepiades wanted cold drink; Celsus lets each trust his experience. Riding helps; the medicines are a fruit preserve boiled in must, myrtle wine, a pomegranate cooked with eggs, wheat boiled in harsh wine, and binding drinks.

Levior etiam, dum recens, dejectio est; ubi et liquida
Lighter also while recent purging is when both liquid
alvus, et saepius quam ex consuetudine fertur, atque
the-bowel and more-often than according-to custom is-carried and
interdum tolerabilis dolor est, interdum gravissimus; idque
sometimes tolerable the-pain is sometimes most-grave and-that
pejus est. Sed uno die fluere alvum saepe pro valetudine est:
worse is But for-one day to-flow the-bowel often for health is
atque etiam pluribus, dum febris absit, et intra septimum
and even for-several provided fever be-absent and within the-seventh

diem id conquiescat. Purgatur enim corpus, et quod intus
day it may-settle Is-purged for the-body and what within
laesurum erat, utiliter effunditur. Verum spatium periculosum
about-to-harm was usefully is-poured-out But the-space dangerous
est: interdum enim tormina ac febriculas excitat, viresque
is sometimes for gripings and slight-fevers it-rouses and-the-strength
consumit. Primo die quiescere satis est; neque impetum
consumes On-the-first day to-rest enough is nor the-onrush
ventris prohibere; si per se desiit, balneo uti, paulum cibi
of-the-belly to-prevent if by itself it-has-ceased the-bath to-use a-little of-food
capere: si mansit, abstinere non solum a cibo, sed etiam
to-take if it-has-remained to-abstain not only from food but also
a potione; postero die, si nihilominus liquida alvus est,
from drink on-the-following day if nevertheless liquid the-bowel is
aeque conquiescere; paulum adstringentis cibi sumere; tertio
equally to-rest a-little of-binding food to-take on-the-third
die in balneum ire; vehementer omnia praeter ventrem
day into the-bath to-go vigorously all-parts except the-belly
perfricare; ad ignem lumbos, scapulasque admovere; cibis
to-rub to the-fire the-loins and-shoulder-blades to-bring foods
uti, sed ventrem contrahentibus; vino non multo, meraco; si
to-use but the-belly contracting wine not much undiluted if
postero quoque die fluet, plus edisse, sed vomere; et
on-the-following also day it-will-flow more to-have-eaten but to-vomit and
ex toto, donec conquiescat, contra siti, fame, vomitu niti.
from the-whole until it-may-settle against-it by-thirst hunger vomiting to-strive
Vix enim fieri potest, ut, post hanc animadversionem, alvus
Hardly for happen it-can that after this attention the-bowel
non contrahatur. Alia via est ubi velis supprimere: coenare,
not be-contracted Another way there-is when you-wish to-suppress-it to-dine
deinde vomere: postero die in lecto conquiescere; vespere
then to-vomit on-the-following day in bed to-rest in-the-evening

ungi, sed leniter; deinde panis circa selibram ex vino
to-be-anointed but gently then of-bread about half-a-pound in wine
amineo mero sumere; tum assum aliquid, maximeque avem;
Aminean undiluted to-take then roast something and-especially a-bird
et postea vinum idem bibere aqua pluviatili mixtum: idque
and afterward wine the-same to-drink with-water rain mixed and-this
usque quintum diem facere, iterumque vomere. Frigidam autem
right-up-to the-fifth day to-do and-again to-vomit Cold however
assidue potionem esse debere, contra priores auctores Asclepiades
constantly the-drink to-be ought against the-earlier authorities Asclepiades
affirmavit, et quidem quam frigidissimam. Ego experimentis
affirmed and indeed as coldest I by-experiments
quemque in se credere debere existimo, calida potius, an
each-man in himself to-trust ought think hot rather or
frigida utatur. Interdum autem evenit, ut id pluribus diebus
cold he-should-use Sometimes however it-happens that it for-several days
neglectum, curari difficilius possit. A vomitu oportet
neglected be-treated with-more-difficulty can With vomiting it-is-proper
incipere: deinde postero die vespere tepido loco
to-begin then on-the-following day in-the-evening in-a-lukewarm place
ungi; cibum modicum assumere, vinum meracum quam
to-be-anointed food moderate to-take wine undiluted as
asperrimum; impositam super ventrem habere cum cerato
roughest applied over the-belly to-have with cerate
rutam. In hoc autem affectu corporis neque ambulatione, neque
rue In this however affection of-the-body neither of-walking nor
frictione opus est: vehiculo sedisse, vel magis etiam equo,
of-rubbing need there-is in-a-carriage to-have-sat or more even on-a-horse
prodest: neque enim ulla res magis intestina confirmat.
helps nor for any thing more the-intestines strengthens

Si vero etiam medicamentis utendum est, aptissimum est id
If however also medicaments to-be-used is most-suitable is that
quod ex pomis fit. Vindemiae tempore in grande vas
which from orchard-fruits is-made Of-the-vintage at-the-time into a-large vessel
conjicienda sunt pira atque mala silvestria: si ea non sunt,
to-be-thrown are pears and apples wild if those not there-are
pira tarentina viridia, vel signina, mala scandiana, vel amerina,
pears Tarentine green or Signine apples Scandian or Amerian
myrapia; hisque adjicienda sunt cotonea, et cum ipsis
myrapia and-to-these to-be-added are quinces and with the-very
corticibus suis punica, sorba, et quibus magis utimur,
skins their-own pomegranates sorb-apples and those-which more we-use
et torminalia, sic, ut haec tertiam ollae partem teneant:
and the-colic-ones so that these a-third of-the-pot part hold
tum deinde ea musto implenda est; coquendumque id, donec
then afterward it with-must to-be-filled is and-to-be-boiled it until
omnia quae indita sunt, liquata, in unitatem quamdam
all-things which put-in have-been dissolved into a-unity certain
coeant. Id gustui non insuave est; et, quandocumque opus
come-together It to-the-taste not unpleasant is and whenever need
est, assumtum leniter, sine ulla stomachi noxa, ventrem
there-is taken gently without any of-the-stomach harm the-belly
tenet. Duo aut tria cochlearia uno die sumsisse, satis est.
holds Two or three spoonfuls in-one day to-have-taken enough is
Alterum valentius genus: myrti baccas legere, ex his vinum
The-other stronger kind of-myrtle the-berries to-gather from these wine
exprimere, id decoquere, ut decima pars remaneat, ejusque
to-press-out it to-boil-down that a-tenth part remain and-of-it
cyathum sorbere. Tertium, quod quandocumque fieri potest:
a-cyathus to-sip The-third which whenever be-done can
malum punicum excavare, exemptisque omnibus seminibus,
an-apple pomegranate to-hollow-out and-removed all the-seeds

membranas quae inter ea fuerunt, iterum conjicere: tum
the-membranes which between them were again to-throw-in then
infundere cruda ova, rudiculaque miscere: deinde malum
to-pour-in raw eggs and-with-a-little-spatula to-mix then the-apple
ipsum super prunam imponere; quod, dum humor intus
itself over a-coal to-place which while the-moisture within
est, non aduritur: ubi siccum esse coepit, removere oportet,
is not is-burned when dry to-be it-has-begun to-remove it-is-proper
extractumque cochleari, quod intus est, edisse.
and-drawn-out with-a-spoon what within is to-have-eaten
Aliquibus adjectis, majus momentum habet: itaque etiam in
With-some-things added greater force it-has and-so also into
piperatum conjicitur, misceturque cum sale et pipere, atque
a-peppered-dish it-is-thrown and-is-mixed with salt and pepper and
ex his edendum est. Pulticula etiam, cum qua paulum ex
from these to-be-eaten it-is Little-porridge also with which a-little from
favo vetere coctum sit, et lenticula cum malicorio
a-honeycomb old cooked has-been and lentil with pomegranate-rind
cocta, rubique cacumina in aqua decocta, et ex oleo atque
cooked and-of-bramble the-tips in water boiled-down and in oil and
aceto assumta, efficacia sunt: atque ea aqua in qua vel
vinegar taken effective are and that water in which either
palmulae, vel malum cotoneum, vel arida sorba, vel rubi
dates or apple quince or dry sorb-apples or brambles
decocti sint; quod genus significo, quoties potionem dandam
boiled-down have-been which kind I-mean as-often-as a-drink to-be-given
esse dico, quae adstringat. Tritici quoque hemina in vino
to-be I-say which may-bind Of-wheat also a-hemina in wine
amineo austero decoquitur; idque triticum jejuno ac sitienti
Aminean harsh is-boiled-down and-that wheat to-one-fasting and thirsty
datur; superque id vinum id sorbetur: quod jure valentissimis
is-given and-over it the-wine that is-sipped which rightly among-the-strongest

medicamentis annumerari potest. Atque etiam potui datur
medicaments be-counted can And also to-drink is-given
vinum signinum, vel resinatum austerum, vel quodlibet
wine Signine or resinated harsh or any
austerum. Contunditurque cum corticibus seminibusque suis
harsh And-is-pounded with the-skins and-seeds its-own
punicum malum, vinoque tali miscetur: idque vel
the-pomegranate apple and-with-wine such is-mixed and-it either
merum sorbet aliquis, vel bibit mixtum. Sed medicamentis
undiluted sips someone or drinks mixed But medicaments
uti, nisi in vehementibus malis, supervacuum est.
to-use except in vehement evils superfluous is

XXVII · DISEASES OF THE WOMB AND BLADDER

A disease of the womb can fell a woman as epilepsy does, but without turned eyes, foam, or convulsion. Bloodletting or cupping, foul smells, cold water, rue with honey, warm poultices, rubbing, a year without wine, and mustard are prescribed; ulceration, excessive or malignant flow, and pain have their remedies. For pains of the bladder spiced drinks and bloodletting help, and urine flowing beyond the drink with wasting takes exercise, rubbing, binding food, and harsh wine.

Ex vulva quoque feminis vehemens malum nascitur:
From the-womb also for-women a-vehement evil is-born
proximeque ab stomacho vel afficitur haec, vel corpus afficit.
and-next after the-stomach either is-affected this or the-body affects
Interdum etiam sic exanimat, ut tamquam comitiali
Sometimes also so it-takes-the-breath-away that as-if by-the-epileptic
morbo prosternat. Distat tamen hic casus, eo quod
disease it-prostrates Differs yet this case in-this that
neque oculi vertuntur, nec spumae profluunt, nec nervi
neither the-eyes are-turned nor foam flows-forth nor the-sinews

distenduntur: sopor tantum est. Idque quibusdam feminis
are-convulsed stupor only there-is And-it in-certain women
crebro revertens perpetuum fit. Ubi incidit, si satis virium
often returning perpetual becomes When it-befalls if enough of-strength
est, sanguis missus adjuvat: si parum, cucurbitulae tamen
there-is blood let helps if too-little cupping-glasses yet
defigendae sunt in inguinibus. Si diutius aut jacet, aut alioqui
to-be-fixed are on the-groins If longer either she-lies or otherwise
jacere consuevit, admovere oportet naribus exstinctum ex
to-lie has-been-wont to-apply it-is-proper to-the-nostrils quenched from
lucerna linamentum, vel aliud ex iis, quae foedioris esse
a-lamp a-wick or other of those which more-foul to-be
odoris retuli, quod mulierem excitet. Idemque aquae quoque
of-smell I-related which the-woman may-rouse And-the-same of-water also
frigidae perfusio efficit. Adjuvatque ruta contrita cum melle,
cold drenching effects And-helps rue crushed with honey
vel ex cyprino ceratum, vel quodlibet calidum et humidum
or from cyprus-oil a-cerate or any hot and moist
cataplasma naturalibus pube tenus impositum. Inter haec
poultice to-the-genitals the-pubes as-far-as applied Among these
etiam perfricare coxas et poplites oportet. Deinde, ubi ad
also to-rub the-hips and the-hams it-is-proper Then when to
se rediit, circumcidendum vinum est in totum annum,
herself she-has-returned to-be-cut-off wine is for the-whole year
etiamsi casus idem non revertitur: frictione quotidie utendum
even-if the-case same not returns rubbing daily to-be-used
totius quidem corporis, praecipue vero ventris et poplitum:
of-the-whole indeed body especially however of-the-belly and of-the-hams
cibus ex media materia dandus: sinapi super imum ventrem
food of the-middle material to-be-given mustard over the-lowest belly
tertio quoque aut quarto die imponendum, donec corpus rubeat.
third every or fourth day to-be-applied until the-body redden

∗∗∗ Si durities manet, mollire commode videtur solanum in
(lacuna) If hardness remains to-soften-it fittingly seems nightshade into
lac demissum, deinde contritum; et cera alba atque medulla
milk dipped then crushed and wax white and marrow
cervina cum irino, aut sevum taurinum vel caprinum cum rosa
of-a-stag with iris-oil or suet of-a-bull or of-a-goat with rose-oil
mixtum. Dandum etiam potui vel castoreum est, vel gith,
mixed To-be-given also to-drink either castoreum is or black-cumin
vel anethum. Si parum pura est, purgetur junco quadrato. Si
or dill If too-little clean it-is let-it-be-cleansed with-rush square If
vero vulva exulcerata est, ceratum ex rosa, et recens suilla
however the-womb ulcerated is a-cerate from rose-oil and fresh pork
adeps, et ex ovis album misceatur, idque apponatur; vel album
fat and from eggs the-white let-be-mixed and-this be-applied or the-white
ex ovo cum rosa mixtum, adjecto, quo facilius consistat,
from an-egg with rose-oil mixed added whereby more-easily it-may-set
contritae rosae pulvere. Dolens vero ea sulphure suffumigari
of-crushed rose with-the-powder Aching however it with-sulfur be-fumigated
debet. At si purgatio nimia mulieri nocet, remedio sunt
ought But if the-purging excessive the-woman harms for-a-remedy are
cucurbitulae, cute incisa, inguinibus vel etiam sub mammis
cupping-glasses with-the-skin cut to-the-groins or even under the-breasts
admotae. Si maligna purgatio est, subjicienda sunt ∗∗∗
applied If malignant the-purging is to-be-put-under are (lacuna)
coeuntia. Id faciunt etiam albae olivae, et nigrum papaver cum
closing-things That do also white olives and black poppy with
melle assumtum, et gummi cum trito semine apii liquatum,
honey taken and gum with ground seed of-celery dissolved
et cum cyatho passi datum. Praeter haec in omnibus
and with a-cyathus of-raisin-wine given Besides these in all
vesicae doloribus idoneae potiones sunt, quae ex odoribus
of-the-bladder pains suitable drinks are which from spices

fiunt, id est spica nardi, croco, cinnamo, casia, similibusque:
are-made that is the-spike of-nard saffron cinnamon cassia and-similar-things
idemque etiam decocta lentiscus praestat. Si tamen intolerabilis
and-the-same also boiled-down mastic provides If yet intolerable
dolor est, et sanguis profluit, etiam sanguinis detractio apta
the-pain is and blood flows-out even of-blood the-withdrawal suitable
est; aut certe coxis admotae cucurbitulae cute incisa.
is or at-least to-the-hips applied cupping-glasses with-the-skin cut
At quum urina super potionum modum etiam sine dolore
But when the-urine beyond of-drinks the-measure even without pain
profluens maciem et periculum facit, si tenuis est, opus
flowing-out leanness and danger makes if thin it-is need
est exercitatione et frictione, maximeque in sole, vel
there-is of-exercise and of-rubbing and-especially in the-sun or
ad ignem: balneum rarum esse debet, neque longa in eo
at the-fire the-bath rare to-be ought nor long in it
mora: cibus comprimens: vinum austerum meracum, per
the-stay food binding wine harsh undiluted through
aestatem frigidum, per hiemem egelidum; sed tantum,
the-summer cold through the-winter lukewarm but only
quantum minimum sit. Alvus quoque vel ducenda, vel
as-much-as least it-be The-bowel also either to-be-clystered or
lacte purganda est. Si crassa urina est, vehementior esse
with-milk to-be-purged is If thick the-urine is more-vigorous to-be
debet et exercitatio, et frictio: longior in balneo mora:
ought both the-exercise and the-rubbing longer in the-bath the-stay
cibis opus est teneris: vino eodem. In utroque morbo
of-foods need there-is tender wine the-same In each disease
vitanda omnia sunt, quae urinam movere consuerunt.
to-be-avoided all-things are which the-urine to-move have-been-wont

XXVIII · EXCESSIVE FLOW OF SEMEN

Excessive flow of semen without sex or dreams wastes a man. Vigorous rubbing, cold drenching and swimming, cold food and drink, avoidance of indigestion and of foods thought to gather semen, fomentation with repressing decoctions, poultices with rue in vinegar, and not sleeping on the back help.

Est etiam circa naturalia vitium, nimia profusio seminis,
There-is also around the-genitals a-fault excessive outflow of-semen
quod sine venere, sine nocturnis imaginibus sic fertur, ut,
which without sex without nocturnal images so is-carried that
interposito spatio, tabe hominem consumat. In hoc affectu
interposed a-space by-wasting the-man it-consume In this affection
salutares sunt vehementes frictiones, perfusiones, natationesque
healthful are vigorous rubbings drenchings and-swimmings
quam frigidissimae: neque cibi, nec potio, nisi frigida assumta.
as coldest nor foods nor drink unless cold taken
Vitare autem oportet cruditates et omnia inflantia: nihil ex
To-avoid however it-is-proper indigestions and all inflating-things nothing of
iis assumere, quae contrahere semen videntur; qualia sunt
those to-take which to-draw-together semen seem such-as are
siligo, simila, ova, alica, amylum, omnis caro glutinosa, piper,
siligo simila eggs spelt-groats starch all meat gelatinous pepper
eruca, bulbi, nuclei pinei. Neque alienum est fovere inferiores
rocket bulbs nuts pine Nor foreign is-it to-foment the-lower
partes aqua decocta ex verbenis reprimentibus: ex iisdem
parts with-water boiled-down from sacred-boughs repressing from the-same
aliqua cataplasmata imo ventri inguinibusque circumdare;
some poultices to-the-lowest belly and-the-groins to-put-around
praecipueque ex aceto rutam: vitare etiam ne supinus obdormiat.
and-especially in vinegar rue to-avoid also lest on-his-back he-fall-asleep

Hip pain is great and often weakens or never leaves a man, since a pestilent force freed from other parts after long diseases settles there. Hot water, hot poultices of barley meal or of caper bark with figs, darnel meal, elecampane root, and hot salt are used; then cupping, moving urine, a clyster, and last, cautery in three or four places, with rubbing in the sun. Such ulcers are kept open until the fault subsides.

Superest ut ad extremas partes corporis veniam, quae articulis
It-remains that to the-extreme parts of-the-body I-come which by-joints
inter se conseruntur. Initium a coxis faciam. Harum
among themselves are-connected The-beginning from the-hips I-shall-make Of-these
ingens dolor esse consuevit: isque hominem saepe debilitat: et
huge pain to-be is-wont and-it the-man often weakens and
quosdam non dimittit. Eoque id genus difficillime curatur,
some not lets-go And-for-this that kind with-most-difficulty is-treated
quod fere post longos morbos vis pestifera huc se
that generally after long diseases the-force pestilent hither itself
inclinat: quae ut alias partes liberat, sic hanc jam ipsam quoque
inclines which as other parts it-frees so this now itself also
affectam prehendit. Fovendum primum aqua calida est:
affected it-seizes To-be-fomented first with-water hot it-is
deinde utendum calidis cataplasmatis. Maxime prodesse videtur
then to-be-used hot poultices Most to-help seems
aut cum hordeacea farina, aut cum ficu ex aqua decocta
either with barley meal or with a-fig in water boiled-down
mixtus capparis cortex concisus; vel lolii farina ex vino
mixed of-caper the-bark chopped or of-darnel meal in wine
diluto cocta, et mixta cum arida faece: quae quia refrigescunt,
diluted cooked and mixed with dry lees which because they-grow-cold
imponere noctu malagmata commodius est. Inulae quoque
to-apply at-night emollients more-convenient is Of-elecampane also

radix contusa, et ex vino austero postea cocta, et late super
the-root pounded and in wine harsh afterward cooked and widely over
coxam imposita, inter valentissima auxilia est. Si ista
the-hip applied among the-strongest remedies is If those-things
non solverunt, sale calido et humido utendum est.
not have-dissolved-it with-salt hot and moist to-be-used is
Si ne sic quidem finitus dolor est, aut tumor ei accedit,
If not thus even ended the-pain is or swelling to-it is-added
incisa cute admovendae sunt cucurbitulae; movenda urina;
with-cut skin to-be-applied are cupping-glasses to-be-moved the-urine
alvus, si compressa est, ducenda. Ultimum est, et in
the-bowel if bound it-is to-be-clystered The-last is and in
veteribus quoque morbis efficacissimum, tribus aut quatuor
old also diseases most-effective in-three or four
locis super coxam, cutem candentibus ferramentis exulcerare.
places over the-hip the-skin with-glowing irons to-ulcerate
Sed frictione quoque utendum est, maxime in sole, et
But rubbing also to-be-used is especially in the-sun and
eodem die saepius; quo facilius ea, quae coeundo
on-the-same day more-often whereby more-easily those-things which by-gathering
nocuerunt, digerantur: eaque, si nulla exulceratio est, etiam
have-harmed be-dispersed and-it if no ulceration there-is even
ipsis coxis; si est, ceteris partibus adhibenda est. Quum
on-the-hips themselves if there-is on-the-other parts to-be-applied is Since
vero saepe aliquid exulcerandum candenti ferramento sit, ut
however often something to-be-ulcerated with-a-glowing iron be that
materia inutilis evocetur, illud perpetuum est, non ut primum
matter useless be-called-out that constant is not as first
fieri potest, hujus generis ulcera sanare; sed ea trahere,
be-done it-can of-this kind the-ulcers to-heal but them to-draw-out
donec id vitium, cui per haec opitulamur, conquiescat.
until that fault which through these we-relieve may-settle

The knees, like the shoulders and other joints, are relieved by poultices and cupping; riding is the worst thing for aching knees, and every such pain grown old hardly ends without cautery.

Coxis proxima genua sunt, in quibus ipsis nonnumquam
To-the-hips next the-knees are in which themselves sometimes
dolor esse consuevit. In iisdem autem cataplasmatis
pain to-be is-wont In the-same however poultices
cucurbitulisque praesidium est: sicut etiam quum in humeris,
and-cupping-glasses the-protection is as also when in the-shoulders
aliisve commissuris dolor aliquis exortus est. Equitare ei,
or-other joints pain some arisen has To-ride for-him
cui genua dolent, inimicissimum omnium est. Omnes
for-whom the-knees ache most-hostile of-all is All
autem ejusmodi dolores, ubi inveteraverunt, vix citra
however such pains when they-have-grown-old hardly short-of
ustionem finiuntur.
burning are-ended

Gout of the hands and feet rarely attacks eunuchs, boys, or women whose menses flow; early bloodletting, ass's milk, or a year without wine has freed some for life. In the pain the patient is rubbed and sweats; a swollen joint takes cold water and cooling poultices, a hardened one a sponge with oil and vinegar.

In manibus pedibusque articulorum vitia frequentiora
In the-hands and-feet of-the-joints the-faults more-frequent
longioraque sunt; quae in podagris chiragrisve esse
and-longer are which in gout or-gout-of-the-hand to-be
consuerunt. Ea raro vel castratos, vel pueros ante feminae
have-been-wont They rarely either the-castrated or boys before of-a-woman
coitum, vel mulieres, nisi quibus menstrua suppressa sunt,
intercourse or women except those-to-whom the-menses suppressed are
tentant. Ubi sentiri coeperunt, sanguis mittendus est: id enim
assail When to-be-felt they-have-begun blood to-be-let is that for
inter initia statim factum, saepe annuam, nonnumquam
among the-beginnings at-once done often yearly sometimes
perpetuam valetudinem bonam praestat. Quidam etiam, quum
perpetual health good provides Some also when
asinino lacte epoto sese eluissent, in perpetuum hoc
with-ass's milk drunk-down themselves had-washed-out into perpetuity this
malum evaserunt. Quidam quum toto anno a vino,
evil have-escaped Some when the-whole year from wine
mulso, venere sibi temperassent, securitatem totius
honey-wine sex themselves had-restrained security of-the-whole
vitae consequuti sunt. Idque utique post primum dolorem
life attained have And-this at-all-events after the-first pain
servandum est, etiamsi quievit. Quod si jam consuetudo ejus
to-be-observed is even-if it-has-quieted But if already a-habit of-it

facta est, potest quidem aliquis esse securior iis temporibus,
made has-been can indeed someone be more-secure at-those times
quibus dolor se remisit: majorem vero curam adhibere
in-which the-pain itself has-remitted greater however care to-apply
debet iis quibus id revertitur; quod fere vere autumnove
he-ought at-those in-which it returns which generally in-spring or-autumn
fieri solet. Quum vero dolor urget, mane gestari
to-happen is-wont When however the-pain presses in-the-morning to-be-carried
debet; deinde ferri in ambulationem, ibi se dimovere;
he-ought then to-be-borne into a-walk there himself to-move
et si podagra est, interpositis temporibus exiguis, invicem
and if gout it-is interposed times short in-turn
modo sedere, modo ingredi; tum antequam cibum capiat, sine
now to-sit now to-walk then before food he-take without
balneo loco calido leniter perfricari, sudare, perfundi aqua
bath in-a-place hot gently to-be-rubbed to-sweat to-be-drenched with-water
egelida; deinde cibum sumere ex media materia, interpositis
lukewarm then food to-take of the-middle material interposed
rebus urinam moventibus; quotiesque plenior est, evomere.
things the-urine moving and-as-often-as fuller he-is to-vomit
Ubi dolor vehemens urget, interest sine tumore is sit, an
When pain vehement presses it-matters without swelling it be or
tumor cum calore, an tumor jam etiam obcalluerit. Nam si
swelling with heat or swelling already even has-grown-callous For if
tumor nullus est, calidis fomentis opus est. Aquam marinam,
swelling none there-is of-hot fomentations need there-is Water sea
vel muriam duram fervefacere oportet, deinde in pelvem
or brine strong to-heat it-is-proper then into a-basin
conjicere, et quum jam homo pati potest, pedes demittere,
to-throw and when already the-man to-bear can the-feet to-lower
superque pallam dare, et vestimento tegere; paulatim deinde
and-over a-cloak to-give and with-clothing to-cover gradually then

juxta labrum ipsum ex eadem aqua leniter infundere, ne calor
next-to the-rim itself from the-same water gently to-pour-in lest the-heat
intus destituat; ac deinde noctu cataplasmata calefacientia
within fail and then by-night poultices heating
imponere, maximeque hibisci radicem ex vino coctam.
to-apply and-especially of-marshmallow the-root in wine cooked
Si vero tumor calorque est, utiliora sunt refrigerantia,
If however swelling and-heat there-is more-useful are cooling-things
recteque in aqua quam frigidissima articuli continentur; sed
and-rightly in water as coldest the-joints are-held but
neque quotidie, neque diu, ne nervi indurescant. Imponendum
neither daily nor long lest the-sinews harden To-be-applied
vero est cataplasma quod refrigeret; neque tamen in hoc
however is a-poultice which may-cool nor yet in this
ipso diu permanendum; sed ad ea transeundum, quae sic
itself long to-be-remained but to those-things to-be-passed which so
reprimunt, ut emolliant. Si major est dolor, papaveris cortices
repress that they-soften If greater is the-pain of-the-poppy the-rinds
in vino coquendi, miscendique cum cerato sunt, quod ex
in wine to-be-cooked and-to-be-mixed with cerate are which from
rosa factum sit: vel cerae et adipis suillae tantumdem una
rose-oil made has-been or of-wax and of-fat pork as-much together
liquandum, deinde his vinum miscendum, atque ubi quod
to-be-melted then with-these wine to-be-mixed and when what
ex eo impositum est, incaluit, detrahendum, et subinde
from it applied has-been has-grown-warm to-be-removed and repeatedly
aliud imponendum est. Si vero tumores etiam obcalluerunt, et
another to-be-applied is If however the-swellings even have-grown-callous and
dolent, levat spongia imposita, quae subinde ex oleo et aceto,
ache relieves a-sponge applied which repeatedly from oil and vinegar
vel aqua frigida exprimitur; aut pari portione inter se
or water cold is-squeezed or in-an-equal portion among themselves

mixta pix, cera, alumen. Sunt etiam plura idonea manibus
mixed pitch wax alum There-are also several suitable for-the-hands
pedibusque malagmata. Quod si nihil superimponi dolor
and-feet emollients But if nothing to-be-laid-on the-pain
patitur, id, quod sine tumore est, fovere oportet spongia,
allows that which without swelling is to-foment it-is-proper with-a-sponge
quae in aquam calidam demittatur, in qua vel papaveris
which into water hot be-dipped in which either of-the-poppy
cortices, vel cucumeris silvestris radix decocta sit: tum
the-rinds or of-cucumber wild the-root boiled-down has-been then
inducere articulis crocum cum succo papaveris et ovillo lacte.
to-spread-on the-joints saffron with juice of-poppy and ewe's milk
At si tumor est, foveri quidem debet aqua egelida,
But if swelling there-is to-be-fomented indeed it-ought with-water lukewarm
in qua lentiscus, aliave verbena ex reprimentibus decocta
in which mastic or-other sacred-bough of the-repressing-ones boiled-down
sit: induci vero medicamentum ex nucibus amaris
has-been to-be-spread-on however a-medicament from nuts bitter
cum aceto tritis; aut ex cerussa, cui contritae herbae
with vinegar ground or from white-lead to-which of-crushed the-herb
muralis succus sit adjectus. Lapis etiam qui carnem
wall the-juice has-been added A-stone also which flesh
exedit, quem σαρκοφάγον Graeci vocant, excisus, sic, ut
eats-away which sarkophagon the-Greeks call hollowed-out so that
pedes capiat, demissos eos, quum dolent, retentosque ibi
the-feet it-take lowered them when they-ache and-held there
levare consuevit. Ex quo in Asia lapidi assio gratia est.
to-relieve has-been-wont From which in Asia to-the-stone Assian favor there-is
Ubi dolor et inflammatio se remiserunt quod intra dies
When the-pain and the-inflammation themselves have-remitted which within days
quadraginta fit, nisi vitium hominis accessit, modicis
forty happens unless the-fault of-the-man has-been-added moderate

exercitationibus, abstinentia, unctionibus lenibus utendum est,
exercises abstinence anointings gentle to-be-used is
sic, ut etiam cum acopo, vel liquido cerato cyprino articuli
so that also with acopum or liquid cerate cyprus the-joints
perfricentur. Equitare podagricis quoque alienum est. Quibus
be-rubbed To-ride for-the-gouty also foreign is For-whom
vero articulorum dolor certis temporibus revertitur, hos ante
however of-the-joints the-pain at-fixed times returns these before
et curioso victu cavere oportet, ne inutilis materia corpori
both by-careful diet to-beware it-is-proper lest useless matter in-the-body
supersit, et crebriore vomitu; et, si quis ex corpore metus
remain and by-more-frequent vomiting and if any from the-body fear
est, vel alvi ductione uti, vel lacte purgari. Quod
there-is either of-the-bowel the-clystering to-use or with-milk to-be-purged Which
Erasistratus in podagricis expulit, ne in inferiores partes factus
Erasistratus in the-gouty rejected lest into the-lower parts made
cursus pedes repleret: quum evidens sit, omni purgatione
the-course the-feet it-fill since evident it-be by-every purging
non superiora tantummodo, sed etiam inferiora exinaniri.
not the-upper only but also the-lower to-be-emptied

One slow to regain strength rests at dawn, walks, is carried and rubbed, and changes places, climate, and food, then passes gradually to living as he pleases.

Ex quocumque autem morbo quis convalescit, si tarde
From whatever however disease someone recovers if slowly
confirmatur, vigilare prima luce debet; nihilominus in lecto
he-is-strengthened to-wake at-the-first light he-ought nevertheless in bed
conquiescere: circa tertiam horam leniter unctis manibus
to-rest about the-third hour gently with-anointed hands
corpus permulcere: deinde delectationis causa, quantum juvat,
the-body to-stroke then of-delight for-the-sake as-much-as it-pleases
ambulare, circumcisa omni negotiosa cogitatione: tum gestari
to-walk cut-off all busy thought then to-be-carried
diu: multa frictione uti: loca, coelum, cibos saepe mutare: ubi
long much rubbing to-use places climate foods often to-change when
triduo quatriduove vinum bibit, uno aut etiam altero die
for-three-days or-four-days wine he-has-drunk one or even a-second day
interponere aquam. Per haec enim fiet, ne in vitia
to-interpose water Through these for it-will-come-about that-not into faults
tabem inferentia incidat, et ut mature vires suas recipiat.
wasting bringing-in he-fall and that early the-strength his-own he-recover
Quum vero ex toto convaluerit, periculose vitae genus
When however from the-whole he-has-recovered dangerously of-life the-kind
subito mutabit, et inordinate aget. Paulatim ergo debebit,
suddenly he-will-change and disorderly will-act Gradually therefore he-will-have-to
omissis his legibus, eo transire, ut arbitrio suo vivat.
omitted these laws thither to-pass that by-judgment his-own he-live