

SECOND BOOK.

P R E F A C E.

OF the approach of a disorder there are many signs. In the explanation of which, I shall without hesitation make use of the authority of the ancients, and more especially that of Hippocrates; as even the more modern physicians, although they have made alterations in the method of curing, nevertheless confess, that he has delivered the best prognostics from these signs. But before I speak of those antecedents, which give cause to apprehend distempers ensuing, it seems not improper to explain what seasons of the year, what kinds of weather, what times of life, what constitutions are most safe from, or most obnoxious to dangers, and what kinds of disorders are most to be feared in each of these. Not but in any weather,* men of all ages and all habits, fall into all kinds of distempers, and die of them too; but because some events are more frequent than others. And therefore it is useful for every person to know, against what, and when, he should be most upon his guard.

CHAPTER I.

OF THE DIFFERENT SEASONS, WEATHER, AGES, CONSTITUTIONS,
AND THE DISEASES PECULIAR TO EACH.

THE most healthful season, then, is the spring, next to that the winter, the summer is more dangerous than either, the autumn

* Morgagni observes, that in the original it should be read, *Non quod non omni tempore, omni tempestatum genere*; so that the translation should run, *Not but in any season, and in any weather*. What renders this correction more probable is, that a few lines before, Celsus had said, *Quæ tempora anni quæ tempestatum genera*. These two words, though omitted by Juntas, and Cæsar, and after them by Linden and Almeloveen, are nevertheless extant in the manuscript and the other editions he perused. Ep. vi. p. 142.

by far the most dangerous of all. With regard to the weather, that is best, which is equal, whether it be cold or hot; that, which varies most, is the worst. For this reason it is, that the autumn destroys the greatest number. For generally in the middle of the day it is hot, the nights, mornings, and evenings too, are cold; thus the body, relaxed by the *preceding* summer, and by the frequent meridian heats of *autumn*, is exposed to sudden cold. But as this is most common in this season, so it is hurtful, whenever it happens. When the weather is equal, serene days are most healthful: rainy are better than those that are only misty or cloudy; and, in winter, those days are best that have no wind at all; in summer, that have the westerly breezes. If the winds blow from any of the other quarters, the northerly are more salutary than the easterly or southerly. Nevertheless these sometimes differ according to the situation of countries. For generally in every place a wind, that comes from the inland parts, is healthful; one from the sea is sickly. And not only health is more certain in a good temperature of the weather, but even the more malignant distempers, which happen to come on then, are more mild, and sooner removed. That air is the worst for a sick person, which has occasioned his distemper; insomuch that in such a case, a change for weather in its own nature worse, is favourable.

The middle age is safest, because it is neither endangered by the heat of youth, nor the coldness of old age. Old age is more liable to chronical diseases, and youth to acute ones. The body most promising for health is the square, neither over slender, nor over fat. For a tall stature, as it is comely in youth, so it quickly wears out by age. A slender body is weak, a corpulent heavy.

Whatever disorders arise from the motion of the humours, are generally to be most apprehended in the spring;* so that at this

* The words in the original are, *Vere tamen maxime, &c.* As there is no opposition between this observation and any going before, if the reading be right, there must be a chasm in the text. But I suspect *tamen* ought to be *quam*, and have rendered it accordingly.

season lippitudes, pimples, hæmorrhages, abscesses of the body, which the Greeks call apostemata (ἀποστήματα), atrabilis, which they name melancholia (μελαγχολία), madness, epilepsy, angina, gravedoes, and catarrhs, usually occur. Also those distempers in the joints and nerves, which sometimes are troublesome, and sometimes easy, at this time of the year are the most apt both to begin and return. Neither is the summer altogether free from most of the above-mentioned distempers; but adds moreover fevers, either ardent or tertian, vomitings, purgings, ear-aches, ulcers of the mouth, gangrenes, both in the other parts of the body, and chiefly in the private parts; and all those disorders that waste a man by sweat. There is hardly any of these, that is not found in the autumn; but there arise then, besides irregular fevers, pain of the spleen, dropsical disorders,* consumption, which the Greeks call phthisis (φθίσις); difficulty of urine, which they term stranguria (σραγγυρία); the distemper of the smaller intestine, which they name ileos (εἰλεός); there happens also what the Greeks call lenteria (λειεντερία); pains of the hips, epileptic disorders. And the same season is mortal to those, that are worn out with long diseases, and such as have been oppressed by the preceding summer; and it dispatches some by new distempers, and involves others in very tedious ones, especially quartan agues, which may even continue through the winter. Nor is any season more liable to the plague, of whatever kind it be, however various in its manner of hurting. The winter provokes pains of the head, cough, and whatever disorder is contracted in the fauces, sides, or bowels.

With regard to the varieties of weather, the north wind causes a cough, exasperates the fauces, binds the belly, suppresses urine, excites shudderings, also pain of the side and breast; yet it braces a sound body,† and renders it more mobile and brisk.

* *Aqua inter cutem.*] This is a term used by Celsus, to signify a slight species of the *leucophlegmatia*, or the first appearances of a dropsy. See the beginning of Chap. xxi. lib. iii.

† *Spissat sanum corpus.*] Literally it thickens, or compacts a sound body. The interpretation here given is confirmed by opposite effects of the south wind, a few lines after, *Corpus efficit hebes, humidum, languidum.*

The south wind causes dulness of hearing, blunts the senses, causes a pain of the head, opens the belly, and renders the whole body heavy, moist, and languid. The other winds, by how much they approach more nearly to either of these, produce effects the more similar to each of them. All heat inflames the liver and spleen, enervates the mind, and occasions faintings and hæmorrhages. Cold causes sometimes convulsions, and sometimes a tetanus, the Greek name for the first is spasmus (*σπασμὸς*), and for the other tetanos (*τέτανος*): it produces blackness in ulcers, and a shuddering in fevers. In dry weather we meet with acute fevers, lippitudes, dysenteries, stranguries, pains of the joints; in rainy, tedious fevers, diarrhœas, angina, gangrenes, epilepsies, palsy, which the Greeks call paralysis (*παράλυσις*). Nor is the present weather only to be considered, but also what has been its course for some time. If a dry winter has been attended with northerly winds, and the spring with southerly, and rains, there most commonly ensue lippitudes, dysenteries, fevers, and these chiefly in more delicate bodies, particularly women. But if southerly winds and rains have prevailed in the winter, and the spring be cold and dry, then, indeed, pregnant women, whose time is near, are in danger of a miscarriage; and those that go their full time bring forth weakly children, not likely to live. Other people are attacked with dry lippitudes, and if they be old, with bad gravedoes and catarrhs. But if the southerly winds have continued from the beginning of winter to the end of spring, people are very quickly taken off by pleurisies, and fevers attended with a delirium, which is called phrenitis (*φρενίτις*). But when the heat begins with the spring, and continues through the summer, profuse sweating in fevers necessarily follows. But if a dry summer has been attended with northerly winds, and the autumn with rains, and southerly, all the following winter we find coughs, catarrhs, hoarseness, and in some a consumption. But if the autumn too is equally dry, and the same northerly winds blow, all the more delicate bodies, amongst which I placed women, enjoy a good state of health: and for the more robust, they may possibly be attacked with dry lippitudes, and fevers either acute or tedious, and atrabiliary disorders.

As to the different ages, children, and those a little more ad-

vanced, have their health best in the spring, and are most safe in the beginning of summer; old men in the summer, and beginning of autumn; young and middle aged men in the winter. The winter is more hurtful to old men, and the summer to youths. For the peculiar weaknesses that appear at different times of life, first of all infants and young children will be troubled with spreading ulcers of the mouth, which the Greeks call aphthæ (ἀφθαί), vomitings nightly watching, humour in the ears, and inflammations about the navel. The peculiar complaints of such as are teething, are exulcerations in the gums, convulsions, slight fevers, purgings, and these are chiefly troublesome about the cutting of the canine teeth. Infants of the fullest habit, and whose bellies are very much bound, are most liable to these dangers. But when they have grown up a little, there appear disorders of the glands, and different inclinations of the vertebræ, which compose the spine, scrofulous swellings, some painful kinds of warts, by the Greeks called acrochordones (ἀκροχορδόνες), and many other tubercles. In the beginning of puberty, many of the above-named, and long fevers, and hæmorrhages from the nose. And generally all children are most in danger first about the fortieth day, then the seventh month, then the seventh year, after these at the time of puberty. Moreover, any distempers, which commence in infancy, and are terminated neither by puberty, nor in men by their first commerce with women, nor in women by the appearance of their menses, commonly continue long: yet more frequently these puerile disorders of long standing are removed by these means. Youth is most subject to acute disorders, and epileptic, and to consumption: and they are commonly young men who spit blood. After this age, come on pleurisies and peripneumonies, lethargy, cholera, madness, and discharges of blood from certain mouths, as it were, of the veins, by the Greeks called hæmorrhoides (αἱμορροΐδες). In old age, difficulty of breathing, and making urine, gravedo, pains of the joints and kidneys, palsies, bad habit of body, which the Greeks call cachexia (καχεξία), nightly watchings, tedious disorders of the ears, of the eyes, and nose, and especially a loose belly, and its consequences a dysentery, or lientery, and other indispositions incident to that habit. Besides these, *the slender* are distressed with consumptions, purgings, catarrhs, and

pains of the bowels and sides. The corpulent generally are oppressed with acute diseases, and difficulty of breathing, and often die suddenly, which seldom happens in a more slender body.

CHAPTER II

OF THE SIGNS OF AN APPROACHING ILLNESS.

BEFORE an illness, as I mentioned above, there appear some signs of its approach. All of them have this in common, that the body alters from its ordinary state; and not only for the worse, but even for the better. For this reason, if one has become more plump, and looks better, and of a more florid complexion than usual, he ought to hold these advantages suspected. For because these things can neither continue at a stay, nor admit further improvement, they generally run backward very fast, like some heavy body tumbling down. But it is a worse sign, when one is emaciated contrary to his natural habit, and has lost his colour and comeliness: because bodies redundant can allow something to be carried off by a distemper; the deficient have not wherewithal to bear the force of the distemper itself. Besides, there is cause to be presently alarmed, if the limbs are heavy; if frequent ulcers break out; if the body has grown hotter than common; if sleep be too heavy; if the dreams are tumultuous; if one awakes oftener than usual, and then falls asleep again; if the body of the person asleep sweats in some parts contrary to custom, especially if that be about the breast, or neck, or legs, or knees, or hips; also if the mind is languid; if there is a reluctance to speaking and motion; if the body be indisposed to action; if the præcordia are pained, or the whole breast, or, which happens in most people, the head; if the mouth is filled with saliva; if the eyes feel pain in turning; if the temples be strait bound;* if the limbs have shudderings; if the

* This happens when there is no perspiration from them.

breathing is difficult; if the arteries in the forehead are dilated and beat strong; if there be frequent yawnings; if the knees feel tired, or the whole body be affected with a lassitude. Several of these things often, some of them always, precede a fever. This, however, ought to be first considered, whether any of these happen frequently to a person without any consequent uneasiness. For there are some peculiarities in the constitutions of particular persons, without the knowledge of which, it is not easy to prognosticate what is to happen. With reason, therefore, a man is free from apprehensions about those things, which he has often escaped without danger; he only is justly uneasy, to whom these appearances are new, or who has never been secured from their bad effects without proper precautions.

CHAPTER III.

GOOD SYMPTOMS IN SICK PEOPLE.

WHEN any person is seized with a fever, it is certain he is not in danger, if he lies either upon his right or left side, as may have been usual with him, with his legs a little drawn up, which, by the way, is commonly the lying posture of a person in health; if he turns himself with ease; if he sleeps in the night time, and keeps awake in the day; if he breathes easily; if he does not struggle; if the skin about the navel and pubes be full;† if his præcordia be equally soft on both sides, without any sense of pain; or although they are a little swelled, yet yield to the impression of the fingers, and are not pained. This illness, though it will continue some time, yet will be safe. The body also, which is every where soft, and in the same degree of heat, and which sweats all over equally, and whose fever is removed by that sweat, is in a fair way of doing well. When the body is recovering its health,

† Linden and Almeloveen here have *plana*.—But I chose rather with Constantine to read *plena*; both because the appearance is then exactly opposed to what follows in Chap. iv., as a bad symptom in those parts, and because it corresponds better with Hippocrates, aphor. 35. sect. 2.

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