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The English Version BY SIR JOHN HARINGTON

FRANCIS R. PACKARD, M.D.

AND A NOTE ON THE PREHISTORY OF THE REGIMEN SANITATIS BY FIELDING H. GARRISON, M.D.



PAUL B. HOEBER

Text:

[The English Version by Sir John Harington History of the School of Salernum by Francis R. Packard, M.D. And a note on the prehistory of the regimen sanitatis by Fielding H. Garrison, M.D. New York Paul B. Hoeber 1920]



Sir John Harington

THE SALERNE Schoole.

THE Salerne Schoole doth by these lines impart

All health to Englands King, and doth adulfe From care his head to keepe, from wrath his heart,

Drinke not much wine, fup light, and foone arife, When meate is gone, long fitting breedeth fmart:

And after-noone ftill waking keepe your eyes. When mou'd you find your felfe to Natures Needs,

Forbeare them not, for that much danger breeds,

Vie three Physicions still; first Doctor Quiet, Next Doctor Merry-man, and Doctor Dyet.

THE Salern fronte der by their lynes innaut En Galbi so Englated Kynde and desh addish from passed bit feel to be open from proved his feel desh down for and fond any prove men ment ad gent lange letting breezeth lander that after man feel wasten beer some that wasten before more that after and first wasten feel to Nature Needs with bother them not feel to Nature Needs for the best of the plant them of the thirty was for the passed by the plant and the feel de Doctor Once to when Doctor Detter when Doctor Dette

Ryle carly me i menne and formy to nemember to you panted and eyed my gentle follow contribute their member my mented follow contribute their member to be to make the most of the following the same of the member of their member of their member of their members of their to their contributes of their members of their to their members of their to their members of the their of the of their order of the their of their order of the their order of their order order of their order order or order o

irst page of a MS of Harington's Translation, in a Scribe's Hand but with Harington's Own Corrections.

Text:

[The Salerne Schoole

The Salerne Schoole doth by thefe lines impart

All health to Englands King, and doth aduife From care his head to keepe, from wrath his heart,

Drinke not much wine, fuz light, and foone arife, When meate is gone, long fitting breedeth fmart:

And after-noone ftill waking keepe your eyes.
When mou'd you find your felfe to
Natures Needs,

Forbeare them not, for that much danger breeds,

Vfe three Phyficions ftill; firft Doctor *Quiet*, Next Doctor *Merry-man*, and Doctor *Dyet*.



The Medieval Physician in His Office.

R ISE earely in the morne, and ftraight remember,
With water cold to wash your hands and eyes,
In gentle fashion retching every member,
And to refresh your braine when as you rise,
In heat, in cold, in Iuly and December.
Both comb your head, and rub your teeth likewise:
If bled you have, keep coole, if bath' keepe warme:
If din'd, to stand or walke will do no harme
Three things preserve the sight, Grasse,

At Eue'n fprings, at morning vifit mountains.

Text:

Glaffe, & foutains,

[Rise earely in the morne, and ftraight remember,
With water cold to wafh your hands and eyees,
In gentle fafhion retching euery member,
An to refrefh your braine when as you rife,
In heat, in colde, in *Iuly* and *December*,
Both comb your head, and rub your teeth likewife:
If blead you haue, keep coole, if bath' keepe warme:
If din'd, to ftand or walke will do no harme
Three things preferue the fight, *Graffe*, *Glaffe*, & *foutains*,
At Eue'n fprings, at morning vifit mountains.]

The Medieval Physician in His Office





The Public Bath.

The Public Bath.

WHITE Muskadell, and Candie wine, and Greeke,

Do make men's wits and bodies groffe and fat; Red wine doth make the voyce oft-time to feeke,

And hath a binding qualitie to that;

Canarie, and Madera, both are like

To make one leane indeed: (but wot you what)

Who fay they make one leane, would

make one laffe

They meane, they make one leane vpon a ftaffe.

Wine, women, Baths, by Art or Nature warme, Vs'd or abus'd do men much good or harme.

Text:

[White *Muskadell*, and *Candie* wine, and *Greeke*,

Do make men's wits and bodies groffe and fat; Red wine doth make the voyce oft-time to feeke,

An hath a binding qualitie to that;

Canarie, and Madera, both are like

To make one leane indeed: (but wot you what)

Who fay they make one leane, would

make one laffe

They meane, they make on leane vpon a staffe.

Wine, women, Baths, by Art or Nature warme, Vs'd or abus'd do men much good or harme.]

Humors



Quatuor humores in humano corpore constant, Sanguis cum cholera phlegma, melancholia.

FOURE humors raigne within our bodies wholly,

And these compared to soure Elements, The Sanguine, Choller, Flegme, and Melancholy, The latter two are heavie, dull of sence, Th' other two are more Iouiall, quicke and Iolly,

And may be likened thus without offence, Like ayre both warme and moift, is Sanguine cleare,

Like fire doth Choler hot and drie appeare. Like water cold and moift is Flegmatique, The Melancholy cold, drie earth is like.

Text:

[Foure humors raigne within our bodies wholly,

And thefe compared to foure Elements,
The Sanguine, Choller, Flegme, and Melancholy,
The latter two are heavie, dull of fence,
Th' other two are mor Iouiall, quicke and
Iolly,

And may be likened thus without offence, Like ayre both warme and moift, is *Sanguine* cleare,

Like fire doth *Choler* hot and drie appeare. Like water cold and moift is *Flegmatique*, The *Melancholy* cold, drie earth is like.]

Sanguine



The Sanguine Man.
Hos Venus et Bacchus delectant fercula, risus.

COMPLEXIONS cannot vertue breed or vice,

Yet may they vnto both giue inclination, The Sanguine game-fome is, and nothing nice, Loue Wine, and Women, and all recreation, Likes pleafant tales, and news, playes, cards & dice,

Fit for all company, and every fashion:
Though bold, not apt to take offence,
not irefull,

[full:

But bountifull, and kinde, and looking cheere-Inclining to be fat, and prone to laughter, Loues mirth, & Musick, cares not what comes after.

Text:

[Complexions cannot vertue breed or vice,

Yet may they vnto both giue inclination,
The Sanguine game-fome is, and nothing nice,
Loue Wine, and Women, and all recreation,
Likes pleafant tales, and news, playes, cards
& dice,

Fit for all company, and euery fafhion: Though bold, not apt to take offence, not irefull, [full

But bountifull, and kinde, and looking cheere-Inclining to be fat, and prone to laughter, Loues mirth, & Mufick, cares not what comes after.]

Flegmatique



The Phlegmatic Man.

Otia non studio tradunt, sed corpora somno.

THE Flegmatique are most of no great growth,

Inclining to be rather fat and fquare:
Giuen much vnto their eafe, to reft and floth,
Content in knowledge to take little share,
To put themselues to any paine most loth.
So dead their spirits, so dull their sences are:
Still either sitting, like to solke that
dreame,

Or elfe ftill spitting, to avoid the flegme: One qualitie doth yet these harmes repaire, That for the most part Flegmatique are faire.

Text:

 $[The {\it Flegmatique} \ are \ moft of \ no \ great \\ growth,$

Inclining to be rather fat and fquare:
Giuen much vnto their eafe, to reft and floth,
Content in knowledge to take little fhare,
To put themfelues to any paine moft loth.
So dead their fpirits, fo dull their fences are:
Still either fitting, like to folke that
dreame,

Or elft ftill fpitting, to avoid the flegme: One qualitie doth yet thefe harmes reparie, That for the moft part *Flegmatique* are faire.]

Melancholly



The Melancholy Man. Restat adhuc tristis Choleræ substantia nigra Quæ reddit pravos pertristes, pauca loquentes.

THE Melancholly from the rest doe varie, Both sport and ease, and company resulting,

Exceeding ftudious, euer folitary,
Inclining penfiue ftill to be, and mufing,
A fecret hate to others apt to carry:
Most constant in his choise, tho long a chusing,
Extreme in loue sometime, yet seldom
lustfull,

Suspitious in his nature, and mistrustfull, A wary wit, a hand much given to sparing, A heavy looke, a spirit little daring.

Text:

[The Melancholly from the reft doe varie,
Both fport and eafe, and company
refufing,
Exceeding ftudious, euer folitary,
Inclining penfiue ftill to be, and mufing,
A fecret hate to others apt to carry:
Moft conftant in his choife, tho long a chufing,
Extreme in loue fomtime, yet feldom
luftfull,
Sufpitious in his nature, and miftruftfull,
A wary wit, a hand much guien to fparing,
A heauy looke, a fpirit little daring.]

Bleeding Page

BUT yet those daies I grant, and all the rest,
Haue in some cases iust impediment:
As first, if nature be with cold opprest,
Or if the Region, Ile, or Continent
Do scorch or freize, if stomacke meate
detest:

If Baths or Venus late you did frequent, Nor old, nor yong, nor drinkers great are fit, Not in long fickeneffe, nor in raging fit, Or in this cafe if you will venture bleeding, The quantity must then be most exceeding.

Text:

[But yet thofe daies I grant, and all the reft, Haue in fome cafes iuft impediment: As firft, if nature be with cold oppreft, Or if the Region, Ile, or Continent Do fcorch or freize, if ftomacke meate deteft:

If Baths or Venus late you did frequent, Nor old, nor yong, nor drinkers great are fit, Not in long fickeneffe, nor in raging fit, Or in this cafe if you will venture bleeding, The quantity muft then be moft exceeding.]

Images of Rest and Bleeding



Sit brevis aut nullus tibi somnus meridianus.



Exhilarat tristes iratos placat amantes Ne sint amentes phlebotomia facit.

Finis

THE Heart and Liver, Spring & Summers bleeding,

The Fall and Winter, hand and foot doth mend,

One veine40 cut in the hand, doth help exceeding

Vnto the fpleene, voyce, breft, and intrailes lend,

And fwages griefes that in the heart are breeding.

But here the Salerne Schoole doth make an end: And here I cease to write, but will not cease To wish you liue in health, and die in peace: And ye our Physicke rules that friendly read, God grant that Physicke you may neuer need.

FINIS.

Text:

The *Heart* and *Liuer*, Spring & Summers bleeding, The Fall and Winter, hand and foot doth mend, One veine(40) cut in the hand, doth help ex-ceeding Vnto the fpleene, voyce, breft, and intrailes lend, And fwages griefes that in the heart are breeding. But here the *Salerne Schoole* doth make an end: And here I ceafe to write, but will not ceafe To wift you liue in health, and die in peace: And ye our Phyficke rules that friendly read, God grant that Phyficke you may neuer need.