

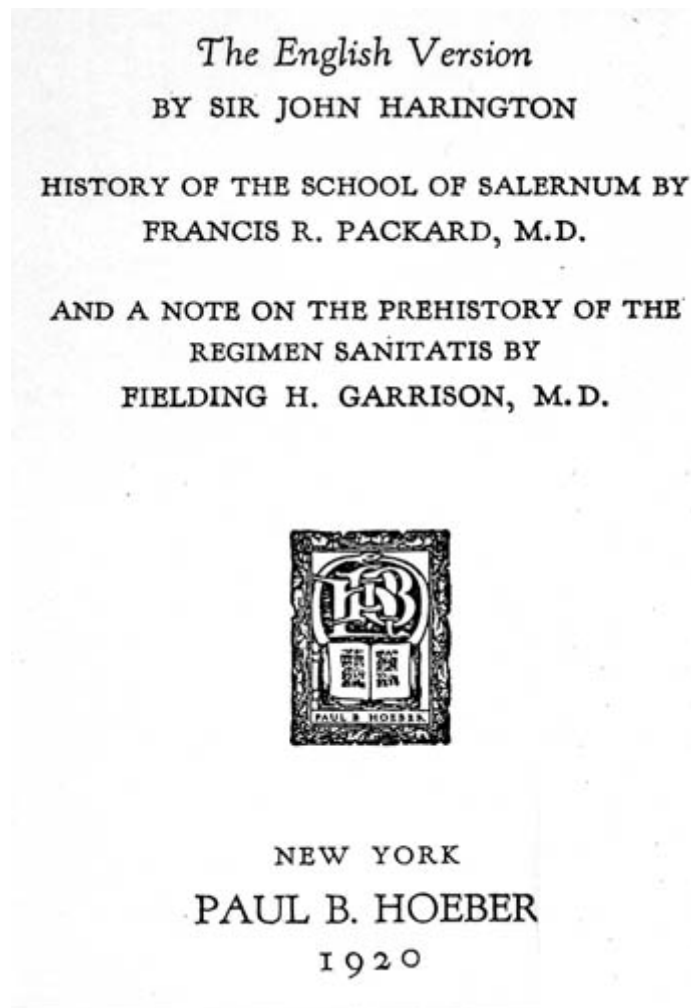
# University of Manitoba



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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]



John Harington.

ÆTATIS SUÆ 30.

Sir John Harington

## THE SALERNE Schoole.

**T**HE *Salerne Schoole* doth by these lines  
 impart  
 All health to *Englands King*, and doth aduife  
 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 fill waking keepe your eyes.  
 When mou'd you find your felfe to  
*Natures Needs*,  
 Forbeare them not, for that much dan-  
 ger breeds,  
 Vfe three Phyficians fill; firft Doctor *Quiet*,  
 Next Doctor *Merry-man*, and Doctor *Dyet*.

1

2

1st page of a MS of Harrington's Translation, in a Scribe's Hand  
 but with Harrington's Own Corrections.

Text:

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 Schoole  
 The Salerne Schoole doth by these lines  
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 All health to *Englands King*, and doth aduife  
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 Forbeare them not, for that much dan-  
 ger breeds,  
 Vfe three Phyficians fill; firft Doctor *Quiet*,  
 Next Doctor *Merry-man*, and Doctor *Dyet*.



The Medieval Physician in His Office.

**R**ISE earely in the morne, and fraight  
remember,  
With water cold to wafh your hands and eyes,  
In gentle fafhion retching euery member,  
And to refresh your braine when as you rife,  
In heat, in cold, in *Iuly* and *December*.  
Both comb your head, and rub your  
teeth likewise:  
If bled 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*, & *fountains*,  
At Eue'n fprings, at morning vifit mountains.

Text:

[Rise earely in the morne, and fraight  
remember,  
With water cold to wafh your hands and eyes,  
In gentle fafhion retching euery member,  
An to refresh your braine when as you rife,  
In heat, in colde, in *Iuly* and *December*,  
Both comb your head, and rub your  
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Three things preferue the fight, *Graffe*,  
*Glaffe*, & *fountains*,  
At Eue'n fprings, at morning vifit mountains.]

**The Medieval Physician in His Office**



The Public Bath.



The Public Bath.

**W**HITE *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 feecke,  
 And hath a binding qualitie to that;  
*Canarie*, and *Madera*, both are like  
 To make one leane indeed: (but wot you what)  
 Who say they make one leane, would  
 make one laffe  
 They meane, they make one leane vpon  
 a staffe.  
*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 feecke,  
 An hath a binding qualitie to that;  
*Canarie*, and *Madera*, both are like  
 To make one leane indeed: (but wot you what)  
 Who say 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.

**F**OURE humors raigne within our bodies  
wholly,  
And these compared to foure Elements,  
The *Sanguine*, *Choller*, *Flegme*, and *Melancholy*,  
The latter two are heauie, dull of fence,  
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 these compared to foure Elements,  
The *Sanguine*, *Choller*, *Flegme*, and *Melancholy*,  
The latter two are heauie, 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 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.

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  
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 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.

**T**HE *Flegmatique* are most of no great  
 growth,  
 Inclining to be rather fat and square:  
 Giuen much vnto their ease, to rest and sloth,  
 Content in knowledge to take little share,  
 To put themselues to any paine most loth.  
 So dead their spirits, so dull their fences are:  
 Still either fitting, like to folke that  
 dreame,  
 Or else still spitting, to auoid the flegme:  
 One qualitie doth yet these harmes reparaire,  
 That for the most part *Flegmatique* are faire.

Text:

[The *Flegmatique* are most of no great  
 growth,  
 Inclining to be rather fat and square:  
 Giuen much vnto their ease, to rest and sloth,  
 Content in knowledge to take little share,  
 To put themselues to any paine most loth.  
 So dead their spirits, so dull their fences are:  
 Still either fitting, like to folke that  
 dreame,  
 Or else still spitting, to auoid the flegme:  
 One qualitie doth yet these harmes reparaire,  
 That for the most part *Flegmatique* are faire.]

**Melancholly**





The Melancholy Man.

Restat adhuc tristis Cholerae substantia nigra  
Quae reddit praeos pertristes, pauca loquentes.

**T**HE *Melancholly* from the rest doe varie,  
Both sport and ease, and company  
refusing,  
Exceeding studious, euer solitary,  
Inclining pensive still to be, and musing,  
A secret hate to others apt to carry:  
Most constant in his choice, tho long a chusing,  
Extreme in love sometime, yet seldom  
lustfull,  
Suspicious in his nature, and mistrustfull,  
A wary wit, a hand much giuen to sparing,  
A heavy looke, a spirit little daring.

Text:

[The *Melancholly* from the rest doe varie,  
Both sport and ease, and company  
refusing,  
Exceeding studious, euer solitary,  
Inclining pensive still to be, and musing,  
A secret hate to others apt to carry:  
Most constant in his choice, tho long a chusing,  
Extreme in love sometime, yet seldom  
lustfull,  
Suspicious in his nature, and mistrustfull,  
A wary wit, a hand much giuen to sparing,  
A heavy looke, a spirit little daring.]

Bleeding Page

**B**UT yet thofe daies I grant, and all the reft,  
Haue in fome cafes iuft impediment:  
As firft, if nature be with cold oppreff,  
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.

Text:

[But yet thofe daies I grant, and all the reft,  
Haue in fome cafes iuft impediment:  
As firft, if nature be with cold oppreff,  
Or if the Region, Ile, or Continent  
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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

**T**HE *Heart* and *Liuver*, Spring & Summers  
bleeding,  
The Fall and Winter, hand and foot doth  
mend,  
One veine<sup>40</sup> cut in the hand, doth help ex-  
ceeding  
Vnto the spleene, voyce, breft, and intrailles  
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 wish you liue in health, and die in peace:  
And ye our Phyficke rules that friendly read,  
God grant that Phyficke you may neuer need.

*FINIS.*

Text:

The *Heart* and *Liuver*, 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 spleene, voyce, breft, and intrailles 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 wish you liue in health, and die in peace: And ye our Phyficke rules that friendly read, God grant that Phyficke you may neuer need.

[FINIS.]