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Air, Waters, and Places Hippocrates by Francis Adams

1 wishes to investigate medicine properly, should proceed thus: the first place to consider the seasons of the year, and what effects of them produces for they are not at all alike, but differ much themselves in regard to their changes. Then the winds, the hot the cold, especially such as are common to all countries, and such as are peculiar to each locality. We must also consider qualities of the waters, for as they differ from one another in and weight, so also do they differ much in their qualities. the same manner, when one comes into a city to which he is a stranger, ought to consider its situation, how it lies as to the winds and rising of the sun; for its influence is not the same whether it to the north or the south, to the rising or to the setting sun. things one ought to consider most attentively, and concerning waters which the inhabitants use, whether they be marshy and soft, hard, and running from elevated and rocky situations, and then saltish and unfit for cooking; and the ground, whether it be naked deficient in water, or wooded and well watered, and whether it in a hollow, confined situation, or is elevated and cold; and mode in which the inhabitants live, and what are their pursuits, they are fond of drinking and eating to excess, and given indolence, or are fond of exercise and labor, and not given to eating and drinking.

2 these things he must proceed to investigate everything else. if one knows all these things well, or at least the greater part of them, he cannot miss knowing, when he comes into a strange city, the diseases peculiar to the place, or the particular nature common diseases, so that he will not be in doubt as to the treatment of the diseases, or commit mistakes, as is likely to be the case provided had not previously considered these matters. And in particular, the season and the year advances, he can tell what epidemic diseases attack the city, either in summer or in winter, and what each will be in danger of experiencing from the change of regimen. knowing the changes of the seasons, the risings and settings of stars, how each of them takes place, he will be able to know beforehand sort of a year is going to ensue. Having made these investigations, knowing beforehand the seasons, such a one must be acquainted each particular, and must succeed in the preservation of health, be by no means unsuccessful in the practice of his art. And if shall be thought that these things belong rather to meteorology, will be admitted, on second thoughts, that astronomy contributes a little, but a very great deal, indeed, to medicine. For with seasons the digestive organs of men undergo a change.

3 how of the aforementioned things should be investigated and explained, will now declare in a clear manner. A city that is exposed to hot (these are between the wintry rising, and the wintry setting the sun), and to which these are peculiar, but which is sheltered the north winds; in such a city the waters will be plentiful saltish, and as they run from an elevated source, they are necessarily in summer, and cold in winter; the heads of the inhabitants are humid and pituitous constitution, and their bellies subject to disorders, owing to the phlegm running down from the head; forms of their bodies, for the most part, are rather flabby; they not eat nor drink much; drinking wine in particular, and more especially carried to intoxication, is oppressive to them; and the following are peculiar to the district: in the first place, the women sickly and subject to excessive menstruation; then many are unfruitful disease, and not from nature, and they have frequent miscarriages; are subject to attacks of convulsions and asthma, which they to be connected with infancy, and

hold to be a sacred disease (epilepsy). The men are subject to attacks of dysentery, diarrhea, chronic fevers in winter, of epinictis, frequently, and hemorrhoids about the anus. Pleurisies, peripneumonies, ardent, and whatever diseases are reckoned acute, do not often occur, such diseases are not apt to prevail where the bowels are loose. occur of a humid character, but not of a serious nature, of short duration, unless they attack epidemically from the change of the seasons. And when they pass their fiftieth year, defluxions from the brain, render them paralytic when exposed suddenly to strokes of the sun, or to cold. These diseases are endemic to them, moreover, if any epidemic disease connected with the change of seasons, prevail, they are also liable to it. _____

_____4the following is the condition of cities which have the opposite, namely, to cold winds, between the summer settings and the risings of the sun, and to which these winds are peculiar, which are sheltered from the south and the hot breezes. In the place the waters are, for the most part, hard cold. The men necessarily be well braced and slender, and they must have the downwards of the alimentary canal hard, and of difficult, while those upwards are more fluid, and rather bilious and pituitous. Their heads are sound and hard, and they are liable to burstings (of vessels?) for the most part. The diseases which prevail with them, are pleurisies, and those which are called diseases. This must be the case when the bowels are bound; and any causes, many become affected with suppurations in the lungs, cause of which is the tension of the body, and hardness of the; for their dryness and the coldness of the water dispose them to ruptures (of vessels?). Such constitutions must be given to excessive eating, but not of drinking; for it is not possible to be gourmands and drunkards at the same time. Ophthalmies, too, at length supervene; being of a hard and violent nature, and soon ending in rupture of the eyes; persons under thirty years of age are liable to severe attacks of the nose in summer; attacks of epilepsy are rare but. Such people are likely to be rather long-lived; their ulcers not attended with serious discharges, nor of a malignant character; disposition they are rather ferocious than gentle. The diseases have mentioned are peculiar to the men, and besides they are liable to any common complaint which may be prevailing from the changes of seasons. But the women, in the first place, are of a hard constitution, the waters being hard, indigestible, and cold; and their menstrual are not regular, but in small quantity, and painful. They have difficult parturition, but are not very subject to abortions. when they do bring forth children, they are unable to nurse them; the hardness and indigestible nature of the water puts away their milk. Phthisis frequently supervenes after childbirth, for the efforts it frequently brings on ruptures and strains. Children while still are subject to dropsies in the testicle, which disappear as they grow older; in such a town they are late in attaining manhood. is, as I have now stated, with regard to hot and cold winds and thus exposed. _____

_____5that are exposed to winds between the summer and the winter of the sun, and those the opposite to them, have the following:- Those which lie to the rising of the sun are all likely to be more healthy than such as are turned to the North, or those to the hot winds, even if there should not be a furlong between. In the first place, both the heat and cold are more moderate. such waters as flow to the rising sun, must necessarily be clear, soft, and delightful to drink, in such a city. For the sun rising and shining upon them purifies them, by dispelling the vapors generally prevail in the morning. The persons of the inhabitants, for the most part, well colored and blooming, unless some

disease. The inhabitants have clear voices, and in temper and intellect superior to those which are exposed to the north, and all the of the country in like manner are better. A city so situated the spring as to moderation between heat and cold, and there are few in number, and of a feeble kind, and bear a resemblance the diseases which prevail in regions exposed to hot winds. There are very prolific, and have easy deliveries. Thus it is regard to them.

Such cities as lie to the west, and which are sheltered from winds from the east, and which the hot winds and the cold wind the north scarcely touch, must necessarily be in a very unhealthy: in the first place the waters are not clear, the cause which is, because the mist prevails commonly in the morning, and is mixed up with the water and destroys its clearness, for the sun does not shine upon the water until he be considerably raised the horizon. And in summer, cold breezes from the east blow dew falls; and in the latter part of the day the setting sun particularly the inhabitants, and therefore they are pale and enfeebled, are partly subject to all the aforesaid diseases, but no one is to them. Their voices are rough and hoarse owing to the state of the air, which in such a situation is generally impure and unwholesome, they have not the northern winds to purify it; and these winds have are of a very humid character, such being the nature of evening breezes. Such a situation of a city bears a great resemblance autumn as regards the changes of the day, inasmuch as the difference morning and evening is great. So it is with regard to them that are conducive to health, or the contrary.

I wish to give an account of the other kinds of waters, namely, such as are wholesome and such as are unwholesome, and what bad what good effects may be derived from water; for water contributes towards health. Such waters then as are marshy, stagnant, and to lakes, are necessarily hot in summer, thick, and have a smell, since they have no current; but being constantly supplied rain-water, and the sun heating them, they necessarily want their color, are unwholesome and form bile; in winter, they become, cold, and muddy with the snow and ice, so that they are apt to engender phlegm, and bring on hoarseness; those who drink have large and obstructed spleens, their bellies are hard, emaciated, hot; and their shoulders, collar-bones, and faces are emaciated; their flesh is melted down and taken up by the spleen, and hence are slender; such persons then are voracious and thirsty; they are very dry both above and below, so that they require the medicines. This disease is habitual to them both in summer in winter, and in addition they are very subject to dropsies of most fatal character; and in summer dysenteries, diarrheas, and quartan fevers frequently seize them, and these diseases prolonged dispose such constitutions to dropsies, and thus prove. These are the diseases which attack them in summer; but in younger persons are liable to pneumonia, and maniacal affections; older persons to ardent fevers, from hardness of the belly. Women subject to oedema and leucophlegmasiae; when pregnant they have deliveries; their infants are large and swelled, and then nursing they become wasted and sickly, and the lochial discharge parturition does not proceed properly with the women. The children particularly subject to hernia, and adults to varices and ulcers their legs, so that persons with such constitutions cannot be long-lived, before the usual period they fall into a state of premature old. And further, the women appear to be with child, and when the of parturition arrives, the fulness of the belly disappears, this happens from dropsy of the uterus. Such waters then I reckon for every purpose. The next to them in badness are those which their fountains in rocks, so that they

must necessarily be hard, come from a soil which produces thermal waters, such as those having, copper, silver, gold, sulphur, alum, bitumen, or nitre (soda) them; for all these are formed by the force of heat. Good waters proceed from such a soil, but those that are hard and of anature, difficult to pass by urine, and of difficult evacuation the bowels. The best are those which flow from elevated grounds, hills of earth; these are sweet, clear, and can bear a little; they are hot in summer and cold in winter, for such necessarily be the waters from deep wells. But those are most to be commended run to the rising of the sun, and especially to the summer sun; such are necessarily more clear, fragrant, and light. But all are salty, crude, and harsh, are not good for drink. But there certain constitutions and diseases with which such waters agreed run, as I will explain presently. Their characters are as follows: best are such as have their fountains to the east; the next, those the summer risings and settings of the sun, and especially to the risings; and third, those between the summer and winter; but the worst are those to the south, and the parts between winter rising and setting, and those to the south are very bad, those to the north are better. They are to be used as follows: is in good health and strength need not mind, but may always whatever is at hand. But whoever wishes to drink the most suitable any disease, may accomplish his purpose by attending to the following: To persons whose bellies are hard and easily burnt up, sweetest, the lightest, and the most limpid waters will be proper; those persons whose bellies are soft, loose, and pituitous, should the hardest, those kinds that are most crude, and the saltiest, thus will they be most readily dried up; for such waters as are for boiling, and are of a very solvent nature, naturally loosen and melt down the bowels; but such as are intractable, hard, by no means proper for boiling, these rather bind and dry up the. People have deceived themselves with regard to salt waters, inexperience, for they think these waters purgative, whereas are the very reverse; for such waters are crude, and ill adapted boiling, so that the belly is more likely to be bound up than by them. And thus it is with regard to the waters of springs. —

—8 will now tell how it is with respect to rain-water, and water from. Rain waters, then, are the lightest, the sweetest, the thinnest, the clearest; for originally the sun raises and attracts the thinnest lightest part of the water, as is obvious from the nature of salts; the saltish part is left behind owing to its thickness and weight, forms salts; but the sun attracts the thinnest part, owing to lightness, and he abstracts this not only from the lakes, but from the sea, and from all things which contain humidity, and is humidity in everything; and from man himself the sun draws the thinnest and lightest part of the juices. As a strong proof this, when a man walks in the sun, or sits down having a garment, whatever parts of the body the sun shines upon do not sweat, for sun carries off whatever sweat makes its appearance; but those which are covered by the garment, or anything else, sweat, for particles of sweat are drawn and forced out by the sun, and are by the cover so as not to be dissipated by the sun; but the person comes into the shade the whole body equally perspires, the sun no longer shines upon it. Wherefore, of all kinds water, these spoil the soonest; and rain water has a bad spot smell, its particles are collected and mixed together from most objects, as to spoil the soonest. And in addition to this, when attracted raised up, being carried about and mixed with the air, whatever of it is turbid and darkish is separated and removed from the, and becomes cloud and mist, but the most attenuated and lightest is left, and becomes sweet, being heated and concocted by the, for all other things when concocted become sweet. While dissipated and not in a state

of consistence it is carried aloft. But when and condensed by contrary winds, it falls down wherever happens to be most condensed. For this is likely to happen when clouds being carried along and moving with a wind which does not them to rest, suddenly encounters another wind and other clouds the opposite direction: there it is first condensed, and what behind is carried up to the spot, and thus it thickens, blackens, is conglomerated, and by its weight it falls down and becomes. Such, to all appearance, are the best of waters, but they require be boiled and strained; for otherwise they have a bad smell, and hoarseness and thickness of the voice to those who drink. Those from snow and ice are all bad, for when once congealed, never again recover their former nature; for whatever is clear, and sweet in them, is separated and disappears; but the most and weightiest part is left behind. You may ascertain this the following manner: If in winter you will pour water by measure a vessel and expose it to the open air until it is all frozen, then on the following day bring it into a warm situation where ice will thaw, if you will measure the water again when dissolved will find it much less in quantity. This is a proof that the lightest thinnest part is dissipated and dried up by the congelation, and the heaviest and thickest, for that is impossible: wherefore that waters from snow and ice, and those allied to them, are worst of any for all purposes whatever. Such are the characters rain-water, and those from ice and snow.

—9— become affected with the stone, and are seized with diseases of kidneys, strangury, sciatica, and become ruptured, when they drink sorts of waters, and those from great rivers into which other run, or from a lake into which many streams of all sorts, and such as are brought from a considerable distance. For it is impossible that such waters can resemble one another, but one kind sweet, another saltish and aluminous, and some flow from thermal; and these being all mixed up together disagree, and the strongest always prevails; but the same kind is not always the strongest, sometimes one and sometimes another, according to the winds, for north wind imparts strength to this water, and the south to that, so also with regard to the others. There must be deposits of mud and sand in the vessels from such waters, and the aforesaid diseases be engendered by them when drunk, but why not to all I will now. When the bowels are loose and in a healthy state, and when bladder is not hot, nor the neck of the bladder very contracted, such persons pass water freely, and no concretion forms in the; but those in whom the belly is hot, the bladder must be in same condition; and when preternaturally heated, its neck becomes; and when these things happen, the bladder does not expel urine, but raises its heat excessively. And the thinnest part it is secreted, and the purest part is passed off in the form of, but the thickest and most turbid part is condensed and concreted, first in small quantity, but afterwards in greater; for being rolled in the urine, whatever is of a thick consistence it assimilates itself, and thus it increases and becomes indurated. And when such make water, the stone forced down by the urine falls into neck of the bladder and stops the urine, and occasions intense; so that calculous children rub their privy parts and tear at, as supposing that the obstruction to the urine is situated there. a proof that it is as I say, persons affected with calculus have limpid urine, because the thickest and foulest part remains and concreted. Thus it generally is in cases of calculus. It forms in children from milk, when it is not wholesome, but very hot bilious, for it heats the bowels and bladder, so that the urine also heated undergoes the same change. And I hold that it is to give children only the most diluted wine, for such will burn up and dry the veins. Calculi do not form so readily

in, for in them the urethra is short and wide, so that in themurine is easily expelled; neither do they rub the pudendum withhands, nor handle the passage like males; for the urethra inopens direct into the pudendum, which is not the case with men,in them is the urethra so wide, and they drink more than children. Thus, or nearly so, is it with regard to them. —

10respecting the seasons, one may judge whether the year will proveor healthy from the following observations:- If the appearanceswith the rising and setting stars be as they should be;there be rains in autumn; if the winter be mild, neither very tepidunseasonably cold, and if in spring the rains be seasonable, andalso in summer, the year is likely to prove healthy. But if thebe dry and northerly, and the spring showery and southerly,summer will necessarily be of a febrile character, and give riseophthalmies and dysenteries. For when suffocating heat sets inof a sudden, while the earth is moistened by the vernal showers,by the south wind, the heat is necessarily doubled from the earth,is thus soaked by rain and heated by a burning sun, while, atsame time, men's bellies are not in an orderly state, nor theproperly dried; for it is impossible, after such a spring, butthe body and its flesh must be loaded with humors, so that veryfevers will attack all, but especially those of a phlegmatic. Dysenteries are also likely to occur to women and thosea very humid temperament. And if at the rising of the Dogstar rainwintery storms supervene, and if the etesian winds blow, therereason to hope that these diseases will cease, and that the autumnbe healthy; but if not, it is likely to be a fatal season toand women, but least of all to old men; and that convalescentspass into quartans, and from quartans into dropsies; but if thebe southerly, showery and mild, but the spring northerly, dry,of a wintry character, in the first place women who happen towith child, and whose accouchement should take place in spring,apt to miscarry; and such as bring forth, have feeble and sickly, so that they either die presently or are tender, feeble,sickly, if they live. Such is the case with the women. The otherssubject to dysenteries and dry ophthalmies, and some have catarrhsin the head and descending to the lungs. Men of a phlegmaticare likely to have dysenteries; and women, also, fromhumidity of their nature, the phlegm descending downwards frombrain; those who are bilious, too, have dry ophthalmies from theand dryness of their flesh; the aged, too, have catarrhs fromflabbiness and melting of the veins, so that some of them dieand some become paralytic on the right side or the left.when, the winter being southerly and the body hot, the blood andare not properly constricted; a spring that is northerly, dry,cold, having come on, the brain when it should have been expandedpurged, by the coryza and hoarseness is then constricted and contracted,that the summer and the heat occurring suddenly, and a change supervening,diseases fall out. And such cities as lie well to the sun and, and use good waters, feel these changes less, but such as useand pooly waters, and lie well both as regards the winds andsun, these all feel it more. And if the summer be dry, those diseasescease, but if rainy, they are protracted; and there is dangerany sore that there is becoming phagedenic from any cause; andand dropsies supervene at the conclusion of diseases; forbowels are not readily dried up. And if the summer be rainy and, and next the autumn, the winter must, of necessity, be, and ardent fevers are likely to attack those that are phlegmatic,more elderly than forty years, and pleurisies and peripneumoniesthat are bilious. But if the summer is parched and northerly,the autumn rainy and southerly, headache and sphacelus of theare likely to occur; and in addition hoarseness, coryza, coughs,in some cases, consumption. But if the

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season is northerly and water, there being no rain, neither after the Dogstar nor; this state agrees best with those who are naturally phlegmatic, those who are of a humid temperament, and with women; but it is most inimical to the bilious; for they become much parched up, ophthalmies of a dry nature supervene, fevers both acute and chronic, in some cases melancholy; for the most humid and watery part of bile being consumed, the thickest and most acrid portion is left, of the blood likewise, when these diseases came upon them. But these are beneficial to the phlegmatic, for they are thereby dried, and reach winter not oppressed with humors, but with them dried. _____

_____11 studies and observes these things may be able to foresee most the effects which will result from the changes of the seasons; one ought to be particularly guarded during the greatest change of the seasons, and neither willingly give medicines, nor apply them to the belly, nor make incisions there until ten or more days past. Now, the greatest and most dangerous are the two solstices, especially the summer, and also the two equinoxes, but especially autumnal. One ought also to be guarded about the rising of the, especially of the Dogstar, then of Arcturus, and then the setting of the Pleiades; for diseases are especially apt to prove critical those days, and some prove fatal, some pass off, and all others to another form and another constitution. So it is with regard to them. _____

_____12 wish to show, respecting Asia and Europe, how, in all respects, differ from one another, and concerning the figure of the inhabitants, they are different, and do not at all resemble one another. Too full would be a long story, but I will tell you how I think with regard to the greatest and most marked differences. I say, that Asia differs very much from Europe as to the nature of things, both with regard to the productions of the earth and the, for everything is produced much more beautiful and large in Asia; the country is milder, and the dispositions of the inhabitants are more gentle and affectionate. The cause of this is the temperature of the seasons, because it lies in the middle of the risings of the towards the east, and removed from the cold (and heat), for nothing to growth and mildness so much as when the climate has no predominant, but a general equality of temperature prevails. It is not the same with regard to Asia, but such parts of the country lie intermediate between the heat and the cold, are the best supplied with fruits and trees, and have the most genial climate, and enjoy purest waters, both celestial and terrestrial. For neither are much burnt up by the heat, nor dried up by the drought and want of rain, nor do they suffer from the cold; since they are well watered with abundant showers and snow, and the fruits of the season, as might be supposed, grow in abundance, both such as are raised from seed has been sown, and such plants as the earth produces of its own, the fruits of which the inhabitants make use of, training from their wild state and transplanting them to a suitable soil; cattle also which are reared there are vigorous, particularly, and bring up young of the fairest description; the inhabitants, are well fed, most beautiful in shape, of large stature, and little from one another either as to figure or size; and themselves, both as regards their constitution and mildness of the, may be said to bear a close resemblance to the spring. Manly, endurance of suffering, laborious enterprise, and high spirit, not be produced in such a state of things either among the natives or those of a different country, for there is pleasure necessarily. For this reason, also, the forms of wild beasts there are varied. Thus it is, as I think, with the Egyptians and Libyans. _____

_____13 concerning those on the

right hand of the summer risings of the sea far as the Palus Maeotis (for this is the boundary of EuropeAsia), it is with them as follows: the inhabitants there differ more from one another than those I have treated of above, owing to the differences of the seasons and the nature of the soil. But regard to the country itself, matters are the same there as among other men; for where the seasons undergo the greatest and most changes, there the country is the wildest and most unequal; you will find the greatest variety of mountains, forests, plains, meadows; but where the seasons do not change much there the country is the most even; and, if one will consider it, so is it also with the inhabitants; for the nature of some is like to a country with trees and well watered; of some, to a thin soil deficient in water; of others, to fenny and marshy places; and of some again, a plain of bare and parched land. For the seasons which modify the natural frame of body are varied, and the greater the varieties of them the greater also will be the differences of their shapes. _____

_____14 will pass over the smaller differences among the nations, but will treat of such as are great either from nature, or custom; and, concerning the Macrocephali. There is no other race of men who have heads in the least resembling theirs. At first, usage was the principal cause of the length of their head, but now nature cooperates with usage. They think those the most noble who have the longest heads. It is thus with regard to the usage: immediately after the child is born, and while its head is still tender, they fashion it with their hands, and constrain it to assume a lengthened shape by applying bandages and other suitable contrivances whereby the spherical form of the head is destroyed, and it is made to increase in length. Thus, at usage operated, so that this constitution was the result of: but, in the course of time, it was formed naturally; so that it had nothing to do with it; for the semen comes from all parts of the body, sound from the sound parts, and unhealthy from the unhealthy. If, then, children with bald heads are born to parents with heads; and children with blue eyes to parents who have blue eyes; if the children of parents having distorted eyes squint also form the most part; and if the same may be said of other forms of the body, is to prevent it from happening that a child with a long head be produced by a parent having a long head? But now these things do not happen as they did formerly, for the custom no longer prevails to their intercourse with other men. Thus it appears to me with regard to them. _____

_____15 to the inhabitants of Phasis, their country is fenny, warm, humid, wooded; copious and severe rains occur there at all seasons; and the life of the inhabitants is spent among the fens; for their dwellings constructed of wood and reeds, and are erected amidst the waters; seldom practice walking either to the city or the market, but about, up and down, in canoes constructed out of single trees, there are many canals there. They drink the hot and stagnant waters, when rendered putrid by the sun, and when swollen with rains. Phasis itself is the most stagnant of all rivers, and runs through the; all the fruits which spring there are unwholesome, feeble imperfect growth, owing to the redundancy of water, and on this they do not ripen, for much vapor from the waters overspreads the country. For these reasons the Phasians have shapes different from those of all other men; for they are large in stature, and of very gross habit of body, so that not a joint nor vein is visible; color they are sallow, as if affected with jaundice. Of all men they have the roughest voices, from their breathing an atmosphere is not clear, but misty and humid; they are naturally rather in supporting bodily fatigue. The seasons undergo but little either as to heat or cold; their winds for the most part are, with the exception of one peculiar to the country, which blows

strong, is violent and hot, and is called by them wind cenchron. The north wind scarcely reaches them, and when it does blow it is weak and gentle. Thus it is with regard to the nature and shape of the inhabitants of Asia and Europe.

—16 with regard to the pusillanimity and cowardice of the inhabitants, principal reason the Asiatics are more unwarlike and of gentler than the Europeans is, the nature of the seasons, which do not undergo any great changes either to heat or cold, or the like; there is neither excitement of the understanding nor any strength of the body whereby the temper might be ruffled and they be to inconsiderate emotion and passion, rather than living as do always in the state. It is changes of all kinds which arouse of mankind, and do not allow them to get into a torpid. For these reasons, it appears to me, the Asiatic race is, and further, owing to their laws; for monarchy prevails in greater part of Asia, and where men are not their own masters independent, but are the slaves of others, it is not a matter of consideration with them how they may acquire military discipline, how they may seem not to be warlike, for the dangers are not equally, since they must serve as soldiers, perhaps endure fatigue, die for their masters, far from their children, their wives, and friends; and whatever noble and manly actions they may perform only to the aggrandizement of their masters, whilst the fruits they reap are dangers and death; and, in addition to all this, lands of such persons must be laid waste by the enemy and want culture. Thus, then, if any one be naturally warlike and courageous, disposition will be changed by the institutions. As a strong proof of all this, such Greeks or barbarians in Asia as are not under a form of government, but are independent, and enjoy the fruits of their own labors, are of all others the most warlike; for these dangers on their own account, bear the prizes of their own, and in like manner endure the punishment of their own cowardice. you will find the Asiatics differing from one another, for some better and others more dastardly; of these differences, as I stated, the changes of the seasons are the cause. Thus it is with.

—17 Europe there is a Scythian race, called Sauromatae, which inhabits confines of the Palus Maeotis, and is different from all other. Their women mount on horseback, use the bow, and throw them from their horses, and fight with their enemies as long as are virgins; and they do not lay aside their virginity until they kill three of their enemies, nor have any connection with men they perform the sacrifices according to law. Whoever takes herself a husband, gives up riding on horseback unless the necessity of a general expedition obliges her. They have no right breast; for still of a tender age their mothers heat strongly a copper instrument for this very purpose, and apply it to the right breast, is burnt up, and its development being arrested, all the strength and fullness are determined to the right shoulder and arm.

—18 the other Scythians have a peculiarity of shape, and do not resemble other, the same observation applies to the Egyptians, only that latter are oppressed by heat and the former by cold. What is called Scythian desert is a prairie, rich in meadows, high-lying, and watered; for the rivers which carry off the water from the plains large. There live those Scythians which are called Nomades, because have no houses, but live in wagons. The smallest of these wagons four wheels, but some have six; they are covered in with felt, they are constructed in the manner of houses, some having but single apartment, and some three; they are proof against rain, snow, winds. The wagons are drawn by yokes of oxen, some of two and of three, and all

without horns, for they have no horns, owing to the cold. In these wagons the women live, but the men are carried on horses, and the sheep, oxen, and horses accompany them; and remain on any spot as long as there is provender for their cattle, when that fails they migrate to some other place. They eat boiled, and drink the milk of mares, and also eat hippage, which is prepared from the milk of the mare. Such is their mode of life and their customs. _____

—19 respect of the seasons and figure of body, the Scythian race, like Egyptian, have a uniformity of resemblance, different from all nations; they are by no means prolific, and the wild beasts are indigenous there are small in size and few in number, for the country lies under the Northern Bears, and the Rhiphaean mountains, the north wind blows; the sun comes very near to them only in the summer solstice, and warms them but for a short period, not strongly; and the winds blowing from the hot regions of the do not reach them, or but seldom, and with little force; but winds from the north always blow, congealed, as they are, by the ice, and much water, for these never leave the mountains, which thereby rendered uninhabitable. A thick fog covers the plain the day, and amidst it they live, so that winter may be said to be always present with them; or, if they have summer, it is only a few days, and the heat is not very strong. Their plains are lying and naked, not crowned with mountains, but extending upward to the Northern Bears. The wild beasts there are not large, but as can be sheltered underground; for the cold of winter and the of the country prevent their growth, and because they have cover nor shelter. The changes of the seasons, too, are not great violent, for, in fact, they change gradually; and therefore they resemble one another, as they all equally use the same food, the same clothing summer and winter, respiring a humid and dense, and drinking water from snow and ice; neither do they any laborious exertions, for neither body nor mind is capable of enduring fatigue when the changes of the seasons are not great. These reasons their shapes are gross and fleshy, with ill-marked, of a humid temperament, and deficient in tone: the internal, and especially those of the intestines, are full of humors; the belly cannot possibly be dry in such a country, with such constitution and in such a climate; but owing to their fat, and absence of hairs from their bodies, their shapes resemble one, the males being all alike, and so also with the women; for seasons being of a uniform temperature, no corruption or deterioration place in the concretion of the semen, unless from some violent, or from disease. _____

—20 Will give you a strong proof of the humidity (laxity?) of their. You will find the greater part of the Scythians, and the Nomades, with marks of the cautery on their shoulders, arms, breasts, hip-joints, and loins, and that for no other reason the humidity and flabbiness of their constitution, for they can strain with their bows, nor launch the javelin from their throwing to their humidity and atony: but when they are burnt, of the humidity in their joints is dried up, and they become braced, better fed, and their joints get into a more suitable. They are flabby and squat at first, because, as in Egypt, are not swathed (?); and then they pay no attention to horsemanship, that they may be adepts at it; and because of their sedentary mode of life; for the males, when they cannot be carried about on horseback, the most of their time in the wagon, and rarely practise walking, of their frequent migrations and shiftings of situation; and to the women, it is amazing how flabby and sluggish they are. Their race are tawny from the cold, and not from the intense heat of the sun, for the whiteness of the skin is parched by the cold, becomes tawny. _____

—21 is impossible that persons of such a constitution could be prolific, with the man, the sexual desires are not strong, owing to the softness and coldness of his belly, all which causes it is little likely that a man should be given to venery; and besides, from being jaded by exercise on horseback, men become weak in their desires. On the part of the men these are the causes; but on that of the women, they are in the flower of youth; and for the womb cannot take in the semen, nor is the menstruation such as it should be, but scanty and at too long intervals; the mouth of the womb is shut up by fat and does not admit the; and, moreover, they themselves are indolent and fat, and their cold and soft. From these causes the Scythian race is not. Their female servants furnish a strong proof of this; for sooner have connection with a man than they prove with child, to their active course of life and the slenderness of body.

—22, in addition to these, there are many eunuchs among the Scythians, perform female work, and speak like women. Such persons are called. The inhabitants of the country attribute the cause of impotence to a god, and venerate and worship such persons, every dreading that the like might befall himself; but to me it appears such affections are just as much divine as all others are, and no one disease is either more divine or more human than another, that all are alike divine, for that each has its own nature, and no one arises without a natural cause. But I will explain how I think that the affection takes its rise. From continued exercise on horseback they are seized with chronic defluxions in their joints to their legs always hanging down below their horses; they afterwards lame and stiff at the hip-joint, such of them, at least, as are severely attacked with it. They treat themselves in this way: the disease is commencing, they open the vein behind either ear, when the blood flows, sleep, from feebleness, seizes them, and they awaken, some in good health and others not. To me it appears that the semen is altered by this treatment, for there are veins behind the ears which, if cut, induce impotence; now, these would appear to me to be cut. Such persons afterwards, when they go in to women and cannot have connection with them, at first do not think much about it, but remain quiet; but when, after making attempt two, three, or more times, they succeed no better, fancying they have committed some offence against the god whom they blame for the affection, they put on female attire, reproach themselves for, play the part of women, and perform the same work as women. This the rich among the Scythians endure, not the basest, but most noble and powerful, owing to their riding on horseback; for the poor are less affected, as they do not ride on horses. And yet, this disease had been more divine than the others, it ought not to have befallen the most noble and the richest of the Scythians alone, all alike, or rather those who have little, as not being able to pay honors to the gods, if, indeed, they delight in being thus by men, and grant favors in return; for it is likely that the rich sacrifice more to the gods, and dedicate more votive offerings, as they have wealth, and worship the gods; whereas the poor, want, do less in this way, and, moreover, upbraid the gods for giving them wealth, so that those who have few possessions were likely to bear the punishments of these offences than the rich, as I formerly said, these affections are divine just as much as others, for each springs from a natural cause, and this disease among the Scythians from such a cause as I have stated. But it attacks other men in like manner, for whenever men ride much and frequently on horseback, then many are affected with rheums in joints, sciatica, and gout, and they are inept at venery. But complaints befall the Scythians, and they are the most impotent men for the aforesaid causes, and because they

always wear breeches, spend the most of their time on horseback, so as not to touch privy parts with the hands, and from the cold and fatigue they the sexual desire, and do not make the attempt until after have lost their virility. Thus it is with the race of the Scythians.——

—23 other races in Europe differ from one another, both as to stature and shape, owing to the changes of the seasons, which are very great and frequent, and because the heat is strong, the winters severe, there are frequent rains, and again protracted droughts, and winds, which many and diversified changes are induced. These changes likely to have an effect upon generation in the coagulation of semen, as this process cannot be the same in summer as in winter, in rainy as in dry weather; wherefore, I think, that the figures of Europeans differ more than those of Asiatics; and they differ very much from one another as to stature in the same city; for vitiation of the semen occurs in its coagulation more frequently during frequent changes of the seasons, than where they are alike and equable. And the same may be said of their dispositions, for the wild, and unsociable, the passionate occur in such a constitution; for frequent excitement the mind induces wildness, and extinguishes sociableness and mildness of disposition, and therefore I think the inhabitants of Europe more than those of Asia; for a climate which is always the same induces indolence, but a changeable climate, laborious exertions both of body and mind; and from rest and indolence cowardice is engendered, from laborious exertions and pains, courage. On this account the people of Europe are more than the Asiatics, and also owing to their, because they are not governed by kings like the latter, where men are governed by kings there they must be very cowardly, I have stated before; for their souls are enslaved, and they will willingly, or readily undergo dangers in order to promote the good of another; but those that are free undertake dangers on their account, and not for the sake of others; they court hazard and out to meet it, for they themselves bear off the rewards of victory, thus their institutions contribute not a little to their courage. is the general character of Europe and Asia. ——

—24 there are in Europe other tribes, differing from one another in, shape, and courage: the differences are those I formerly, and will now explain more clearly. Such as inhabit a country is mountainous, rugged, elevated, and well watered, and where changes of the seasons are very great, are likely to have great differences of shapes among them, and to be naturally of an enterprising warlike disposition; and such persons are apt to have no little the savage and ferocious in their nature; but such as dwell in which are low-lying, abounding in meadows and ill ventilated, who have a larger proportion of hot than of cold winds, and whose house of warm waters— these are not likely to be of large stature well proportioned, but are of a broad make, fleshy, and have black; and they are rather of a dark than of a light complexion, and less likely to be phlegmatic than bilious; courage and laboriousness are not naturally in them, but may be engendered in them means of their institutions. And if there be rivers in the country carry off the stagnant and rain water from it, these may be and clear; but if there be no rivers, but the inhabitants the waters of fountains, and such as are stagnant and marshy, must necessarily have prominent bellies and enlarged spleens. such as inhabit a high country, and one that is level, windy, well-watered, will be large of stature, and like to one another; their minds will be rather unmanly and gentle. Those who live in, ill-watered, and bare soils, and not well attuned to the changes of the seasons, in such a country they are likely to be in persons rather hard and well braced, rather of a blond than dark complexion, and in disposition and

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passions haughty and self-willed., where the changes of the seasons are most frequent, and wherediffer most from one another, there you will find their forms,, and nature the most varied. These are the strongestthe natural causes of difference, and next the country in whichlives, and the waters; for, in general, you will find the formsdispositions of mankind to correspond with the nature of the country;where the land is fertile, soft, and well-watered, and suppliedwaters from very elevated situations, so as to be hot in summercold in winter, and where the seasons are fine, there the menfleshy, have ill-formed joints, and are of a humid temperament;are not disposed to endure labor, and, for the most part, arein spirit; indolence and sluggishness are visible in them, andthe arts they are dull, and not clever nor acute. When the countrybare, not fenced, and rugged, blasted by the winter and scorchedthe sun, there you may see the hardy, hardy, slender, with well-shaped, well-braced, and shaggy; sharp, industry and vigilance accompanya constitution; in morals and passions they are haughty and opinionative,rather to the fierce than to the mild; and you will findacute and ingenious as regards the arts, and excelling in military; and likewise all the other productions of the earth correspondingthe earth itself. Thus it is with regard to the most opposite naturesshapes; drawing conclusions from them, you may judge of the restany risk of error.