

## A NEW FRAGMENT OF ERASISTRATUS'

### 'Η ΤΩΝ ΎΓΙΕΙΝΩΝ ΠΡΑΓΜΑΤΕΙΑ

A previously unknown fragment of text from Book I of Erasistratus' ἡ τῶν ὑγιεινῶν πραγματεία<sup>1)</sup> is preserved in a Laurentian Ms.<sup>2)</sup> of Galen's *περὶ φλεβοτομίας πρὸς Ἐρασιστρατείου τοὺς ἐν Ῥώμῃ*<sup>3)</sup>. The Ms. is fragmentary and badly damaged in places, but the recovered material is to be found in a section of the text<sup>4)</sup> preserved in all the extant Mss. in the context of a lengthy quotation by Galen<sup>5)</sup> from the writings of Erasistratus. The entire context is illuminated by the reading of the Laurentian Ms., particularly in that the restored material provides the necessary antecedents for the sentence which now follows it: ταῦτα γὰρ ὁμοίως ... can now be seen to refer to the restored fragment, where in the reading of the tradition upon which the Kühn text is based, the antecedents are missing. The immediate context within the quotation is given below; the restored material is underscored. The subject under discussion is the treatment of plethora.

K XI 238.5-239.4

κρεῶν (καὶ) ῥῶν (καὶ) ἰχθύων καὶ τῶν ἐψημάτων τῶν μετὰ  
γάλακτος χόνδρον [τε] καὶ ἀμύλον καὶ πάντων τῶν τοιούτων

1) On the form of the title of Erasistratus' book, cf. R. Fuchs, *Erasi-stratea quae in librorum memoria latent congesta enarrantur*. Diss. Leipzig. 1892, p. 15. The original work was in two books; Galen's reference (K XI 235.13) is to τῶ προτέρῳ τῶν ὑγιεινῶν.

2) Laurentianus plut. LXXIV. 22. The Ms. is of the fourteenth century, as is Ambrosianus gr. 129, the exemplar of the remainder of the extant Mss. For a complete catalogue of the Mss. see my article "Critical Notes on Galen's *De Venae Sectione Adversus Erasistrateos Romae Degentes* [K XI 187-249]" *Classical Quarterly* XXIII (1973) 369-374. An examination of the omissions and corruptions of the text reveals that while L and A are descended from a common ancestor, L is the sole representative of a separate branch of the stemma. Other abbreviations used in this article: S = the Aldine edition of 1525; edd. = consensus of all editions including the Basil (1583), Chartier (1679), and Kühn (1826).

3) K XI 187-249.

4) K XI 238.

5) K XI 236-239.

- ἀφεκτέον ἐν τῷ εἰρημένῳ καιρῷ ἢ ὀλίγοις παντάπασι χρηστέον  
 ἐν τῇ ἀγωγῇ τῆς ἐπιμελείας ταύτης, ὡς ἂν ἀσφαλῶς καθαιρεθῇ  
 5 ἢ γενομένη πληθώρα. οἷς δὲ καὶ σύνηθες τὸ μὴ διαπονεῖν τῷ  
 σώματι οὐκ ἐπιτήδειον γυμνάσια πλείω ἐμβάλλειν μήποτε κόπου  
προσγενομένον τῇ προῦπαρχούσῃ διαθέσει ἀρχὴ ἀρρωστίας  
γίγνηται, ἀλλ' ἰδρωτοποιίας τε καὶ λουτρῶ καὶ ἀσιτίας ἐμβάλλειν.  
 ταῦτα γὰρ ὁμοίως τοῖς πλείστοις ἀσφαλεῖς ποιεῖται τὰς κενώσεις.  
 10 χορήσιμον δὲ πᾶσι κοινὸν ὅσοι τυγχάνουσιν εὐεμεῖς ὄντες, τοὺς  
 ἀπὸ τοῦ δειπνῶν ἐμέτους ποιεῖσθαι, ἐὰν καὶ πρὸς τι ἄλλο ἀνάρμοστοι  
 ᾧσι, μὴ πολὺν χρόνον διαλείποντας ἀπὸ τῆς προσφορᾶς, ἵνα  
 μετέωρα ἢ τὰ σιτία [λαμβάνηται] πρὸς τὸ ἐμεῖν καὶ μὴ πολὺ  
 πρὸ τοῦ ἐμεῖν τὰ ἀναδιδόμενα ἀπ' αὐτῶν λαμβάνηται. τῇ δὲ  
 15 ὑστεραία ἀριστὰν τε καὶ ἰδρωτας καὶ λουτρῶ ποιεῖσθαι. κενωθέν-  
 τος δὲ τοῦ σώματος καὶ τῆς πληθώρας ἀποκατάστασιν λαβούσης,  
 συντόμως ἐπὶ τὰ εἰθισμένα ἐπαναγαγεῖν.

1 φῶν L: *deest* AUM edd.: καὶ *inserui post κρεῶν ἐψημ(α)των* A  
 2 γαλάλακτος U: γάλα<sup>λ</sup> A τε *om.* L ἀμήλου AUM 3 οὐλ' L χρηστέον ἐν  
*scr.*: χοῆσθαι δὲ LAUM edd. 4 ἐπιμε<sup>λ</sup> A 5 πληθώρα M καὶ *scr.*: μὴ  
 LAUM edd. 6 σωμ(α)τι A μὴ ποτ L κο που L 7 διάθεσι L 10 καὶ *ante*  
*πᾶσι* L εὐαιμεῖς L 11 ἀπὸ] ἀπ' L τι ἄλλο] ἄλλο τι L 12 διαλείποντες L  
 13 ἢ *scr.*: τε LAUM edd. 14 λαμβάνησαι L: λαμβάνηται AUM: λαμβάνονται  
 edd.: *post σιτία in Mss. et edd.*; *transposui post αὐτῶν v.* 14 14 ἀναδιδόμεν(α)  
 L: ἀναδεδόμενα A τοὺς *pro τῇ* U 15 ὑστέρα ἀριστὰν S 16 σωμ(α)τος A

Meat, eggs<sup>6</sup>), fish, vegetables cooked with milk, gruel, fine meal cake, and all foods of this sort should be avoided during the period stated or should be used in very small amounts during the course of this treatment so that the plethora that has begun may be safely overcome. And for those for whom physical exercise is not customary, there is no advantage in embarking upon more exercises *lest ever at the onset of illness there be fatigue in addition to the pre-existent condition, but rather embark upon a course of inducing perspiration, bathing, and fasting.* The foregoing equally effect safe evacuations in most cases. It is beneficial to all who vomit easily to vomit after dinner, even if they are unsuited to any other treatment, leaving no great interval of time after the meal in order that the food be undigested at the time of the vomiting and that the nutritive element of the food not be received (by the body) long before

6) The word φῶν occurs only in L.

the vomiting. On the following day take a midday meal and induce sweating and bathe. When the body is evacuated and the plethora reverses its course, return in a short while to the usual diet.

Irvine

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