

## CONTENTS

<i>List of Illustrations</i>	ix
<i>Acknowledgments</i>	xi
<i>Introduction</i>	xiii
PART I: HOW TO EAT	I
SEASONAL EATING WITH HIPPOCRATES	3
Hippocratic <i>Regimen</i> <i>in Health</i> 1–4, 6–7	
LIFESTYLE MANAGEMENT WITH DIOCLES	17
Diocles, <i>Regimen for Health</i> (Fragment 182)	
SELF-CARE WITH CELSUS	49
Celsus, <i>On Medicine</i> I.1–3	
PART II: WHAT TO EAT	83
APPETIZERS AND RELISHES	85

## CONTENTS

Radishes	85	
Olives	91	
Capers	91	
Basil	95	
Mushrooms	97	
VEGETABLES AND LEGUMES		101
Lettuce	103	
Cabbage	109	
Arugula	117	
Cucumbers	119	
Onions	123	
Lentils	125	
Beans	131	
GRAINS		135
Wheaten Breads	135	
Barley	141	
Oats	143	
Rice	145	
DAIRY		147
Milk	149	
Cheeses	151	
Butter	159	

## CONTENTS

MEAT, POULTRY, AND EGGS	163
Pork	165
Beef	167
Other Meats	169
Poultry	171
Eggs	173
FISH AND SEAFOOD	179
Fish	179
Mollusks and Crustaceans	187
COMPOUND DISHES	193
FRUIT, NUTS, AND SWEETS	205
Figs	205
Apples	211
Peaches	213
Nuts	217
Honey	219
Cooked Sweets	223
<i>Appendix I: Further Reading</i>	227
<i>Appendix II: Greek and Latin Text Editions</i>	233
<i>Notes</i>	237

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PART I  
How to Eat

*Hippocratic Regimen in Health* 1–4, 6–7

[1] τοὺς ἰδιώτας ὧδε χρῆ διαιτᾶσθαι· τοῦ μὲν χειμῶνος ἐσθίειν ὡς πλεῖστα, πίνειν δὲ ὡς ἐλάχιστα· εἶναι δὲ χρῆ τὸ πόμα οἶνον ὡς ἀκρητέστατον, τὰ δὲ σιτία ἄρτον καὶ τὰ ὄψα ὀπτὰ πάντα, λαχάνοισι δὲ ὡς ἐλαχίστοισι χρῆσθαι ταύτην τὴν ὥρην· οὕτω γὰρ ἂν μάλιστα τὸ σῶμα ξηρόν τε εἶη καὶ

## SEASONAL EATING WITH HIPPOCRATES



[1] The average person should arrange their diet in the following way: in the winter, eat as much as possible, but drink as little as possible. Drink should be wine as undiluted as possible, and food should be bread and dishes prepared exclusively by roasting; eat as few vegetables as

## SEASONAL EATING WITH HIPPOCRATES

θερμόν. ὅταν δὲ τὸ ἔαρ ἐπιλαμβάνη, τό τε πόμα χρή πλέον ποιεῖσθαι καὶ ὑδαρέστερον καὶ κατ' ὀλίγον, καὶ τοῖσι σιτίοισι μαλακωτέροισι χρῆσθαι καὶ ἐλάσσοσι καὶ τῶν ἄρτων ἀφαιρέοντα μάζαν προστιθέναι καὶ τὰ ὄψα κατὰ τὸν αὐτὸν λόγον ἐκ τῶν ὀπτῶν ἐφθὰ ποιεῖσθαι καὶ λαχάνοισιν ἤδη χρῆσθαι τοῦ ἥρος ὀλίγοισιν, ὅπως ἐς τὴν θερείην καταστήσεται ὄνθρωπος τοῖσί τε σιτίοισι μαλθακοῖσι πᾶσι χρεώμενος καὶ τοῖσιν ὄψοισιν ἐφθοῖσι καὶ λαχάνοισιν ὠμοῖσι καὶ ἐφθοῖσι καὶ τοῖσι πόμασιν ὡς ὑδαρεστάτοις καὶ πλείστοις, καὶ μὴ μεγάλη ἢ μεταβολὴ ἔσται ἐξαπίνης χρεωμένῳ τοῦ [δὲ] θέρους τῆ τε μάζῃ μαλθακῇ καὶ τῷ πόματι ὑδαρεῖ καὶ πολλῷ καὶ τοῖσιν ὄψοισιν ἐφθοῖσι πᾶσι· δεῖ γὰρ χρῆσθαι τούτοις, ὅταν τὸ θέρος ἦ, ὅπως τὸ σῶμα ψυχρὸν καὶ μαλθακὸν γένηται· ἢ γὰρ ὥρη θερμὴ τε καὶ ξηρὴ, καὶ παρέχεται τὰ σώματα καυματώδεα καὶ αὐχμηρά· δεῖ οὖν τοῖσιν ἐπιτηδεύμασιν ἀλέξασθαι. κατὰ δὲ τὸν αὐτὸν λόγον, ὥσπερ ἐν τῷ ἥρι ἐκ τοῦ χειμῶνος ἐς τὸ θέρος καταστήσαι τῶν μὲν σιτίων ἀφαιρέοντα, τῷ δὲ ποτῷ προστιθέντα, οὕτω δὲ καὶ τὰ ἐναντία ποιέοντα

## SEASONAL EATING WITH HIPPOCRATES

possible in this season. For in this way the body will be as dry and warm as possible. But whenever spring approaches, it is necessary to make your drinks more abundant and more diluted and to sip at them frequently; also to partake of softer food and less of it: cut down on breads and replace them with barley cakes; by the same logic, make your dishes stewed instead of roasted; already in the spring a person can incorporate a few vegetables, so that as it comes to be summer they are eating all soft foods (stewed main dishes and raw and stewed vegetables) and drinks as diluted and copious as possible. It should not be a sudden, drastic change to the summer regime of soft barley cakes and frequent, diluted drinks and only dishes that are stewed. It is necessary to partake of these sorts of things whenever it is hot, so that the body can be cool and soft; for the season is hot and dry and renders bodies burning and parched, making it necessary to avert this outcome by means of these habits. Just as in



## SEASONAL EATING WITH HIPPOCRATES

καταστῆσαι ἐκ τοῦ θέρεος ἐς τὸν χειμῶνα ἐν [δὲ] τῷ φθινοπώρῳ, τὰ μὲν σιτία πλείω ποιούμενον καὶ ξηρότερα καὶ τὰ ὄψα κατὰ λόγον, τὰ δὲ ποτὰ ἐλάσσω καὶ ἀκρητέστερα, ὅπως ὁ τε χειμῶν ἀγαθὸς ἔσται καὶ ὄνθρωπος διαχρήσεται τοῖσιν τε πόμασιν ἀκρητεστάτοισιν καὶ ὀλίγοισι καὶ τοῖσι σιτίοισι ὡς πλείστοισί τε καὶ ξηροτάτοισι· οὕτω γὰρ ἂν καὶ ὑγιαῖνοι μάλιστα καὶ ῥιγῶν ἤκιστα· ἢ γὰρ ὥρη ψυχρὴ τε καὶ ὑγρὴ.

[2] τοῖσι δὲ εἶδеси τοῖσι σαρκώδεσι καὶ μαλθακοῖσι καὶ ἐρυθροῖσι συμφέρει τὸν πλείω χρόνον τοῦ ἐνιαυτοῦ ξηροτέροισι τοῖσι διαιτήμασι χρῆσθαι· ὑγρὴ γὰρ ἡ φύσις τῶν εἰδέων τούτων. τοὺς δὲ στιφροὺς καὶ προσεσταλμένους καὶ πυρροὺς καὶ μέλανας τῇ ὑγροτέρῃ διαίτῃ χρῆσθαι τὸν πλείω χρόνον· τὰ γὰρ σώματα ταῦτα ὑπάρχει ξηρὰ ἔοντα. καὶ τοῖσι νέοισι τῶν σωμάτων συμφέρει μαλθακωτέροισι καὶ ὑγροτέροισι χρῆσθαι

## SEASONAL EATING WITH HIPPOCRATES

the spring you transitioned from winter into summer by cutting down on food and ramping up on drinks, you should apply the same logic also to the transition from summer into winter by doing the opposite in the autumn: eating more food (and drier) and dealing with dishes appropriately, and as for drinks, making them less copious and less diluted, so that when it is good and winter, you will be habituated to infrequent drinks, very little diluted, and food that is as abundant and dry as possible. For in this way one will be most healthy and least shivery, for the season is cold and wet.

[2] For those whose constitutions are fleshy, soft, and ruddy: it is advantageous to use a drier diet for the majority of the year since the nature of these sorts of constitutions is moist. But people who are firm-bodied, lean, and red- or black-haired ought to use a moister diet most of the time since those bodies tend to be dry. For younger bodies, it is advantageous to use softer and moister diets since their time of life is dry

## SEASONAL EATING WITH HIPPOCRATES

τοῖσι διαιτήμασι· ἡ γὰρ ἡλικίη ξηρή, καὶ τὰ σώματα πέπηγεν ἔτι· τοὺς δὲ πρεσβυτέρους τῷ ξηροτέρῳ τρόπῳ χρῆ τὸ πλεόν τοῦ χρόνου διάγειν· τὰ γὰρ σώματα ἐν ταύτῃ τῇ ἡλικίῃ ὑγρὰ καὶ μαλθακὰ καὶ ψυχρά. δεῖ οὖν πρὸς τὴν ἡλικίην καὶ τὴν ὥρην καὶ τὰ εἶδεα τὰ διαιτήματα ποιεῖσθαι ἐναντιούμενον τοῖσι καθισταμένοισι καὶ θάλπεσι καὶ χειμῶσιν· οὕτω γὰρ ἂν μάλιστα ὑγιαίνοιεν.

[3] καὶ ὁδοιπορεῖν τοῦ μὲν χειμῶνος ταχέως χρῆ, τοῦ δὲ θέρεος ἡσυχῇ, ἢν μὴ δι' ἡλίου ὁδοιπορῆ· δεῖ δὲ τοὺς μὲν σαρκώδεας θᾶσσον ὁδοιπορεῖν, τοὺς δὲ ἰσχνοὺς ἡσυχέστερον. λουτροῖσι δὲ χρῆ πολλοῖσι χρῆσθαι τοῦ θέρεος, τοῦ δὲ χειμῶνος ἐλάσσοσι· τοὺς στιφροὺς χρῆ μᾶλλον λούεσθαι τῶν σαρκωδέων. ἡμφιέσθαι δὲ χρῆ τοῦ μὲν χειμῶνος καθαρὰ ἱμάτια, τοῦ δὲ θέρεος ἐλαιοπινέα.

[4] τοὺς παχέας χρῆ, ὅσοι βούλονται λεπτοὶ γενέσθαι, τὰς τάλαιπωρίας νήστιας ἐόντας ποιεῖσθαι ἀπάσας, καὶ τοῖσι σιτίοισιν ἐπιχειρεῖν ἀσθμαίνοντας καὶ μὴ ἀνεψυγμένους καὶ προπε-

## SEASONAL EATING WITH HIPPOCRATES

and their bodies are still solid. But more elderly people ought to use a drier diet most of the time, since bodies at that time of life are moist, soft, and cold. In sum, it is necessary to plan people's diets in accordance with age and season and constitutions, opposing the prevailing conditions, whether hot or cold. For in this way one will be healthiest.

[3] Further, it is necessary to walk briskly in the winter, but to stroll in the summer (as long as you are not walking in the sun). Those who are fleshy should walk more briskly, those who are scrawny more slowly. It is necessary to take many baths in the summer, fewer in the winter; and the firm-bodied ought to bathe more frequently than the fleshy. In the winter it is necessary to wear washed garments, but in the summer they should be treated with oil.

[4] Any stout people who wish to become thin should do all exercise in a state of fasting; they should take their meals while breathing hard and not yet having cooled down, and they

## SEASONAL EATING WITH HIPPOCRATES

πωκότας οἶνον κεκρημένον μὴ σφόδρα ψυχρόν·  
καὶ τὰ ὄψα σκευάζειν σησάμοισιν ἠδύσμασι καὶ  
τοῖσι ἄλλοισι τοῖσι τοιουτοτρόποισι· καὶ πίονα δὲ  
ἔστω· οὕτω γὰρ ἂν ἀπὸ ἐλαχίστων ἐμπιπλαῖντο·  
καὶ μονοσιτεῖν καὶ ἀλουτεῖν καὶ σκληροκοιτεῖν  
καὶ γυμνὸν περιπατεῖν ὅσον οἶόν τε μάλιστ' ἂν ἦ.  
ὅσοι δὲ βούλονται λεπτοὶ ἐόντες παχεῖς γενέ-  
σθαι, τὰ τε ἄλλα ποιεῖν τάναντία κείνοισι, καὶ νή-  
στιας μηδεμίαν ταλαιπωρίην ποιῆσθαι. . . .

[6] τὰ δὲ παιδιά χρὴ τὰ νήπια βρέχειν ἐν θερμῷ  
ὔδατι πολλὸν χρόνον, καὶ πίνειν διδόναι ὑδαρέα  
τὸν οἶνον καὶ μὴ ψυχρὸν παντάπασι, τοῦτον δὲ  
διδόναι, ὃς ἤκιστα τὴν γαστέρα μετεωριεῖ καὶ  
φῦσαν παρέξει· ταῦτα δὲ ποιεῖν, ὅπως οἷ τε σπα-  
σμοὶ ἦσσαν ἐπιλαμβάνωσιν, καὶ μέζονα γίνηται  
καὶ εὐχρωότερα. τὰς γυναῖκας χρὴ διαιτᾶσθαι τῷ  
ξηροτέρῳ τῶν τρόπων· καὶ γὰρ τὰ σιτία ξηρὰ ἐπι-  
τηδειότερα πρὸς τὴν μαλθακότητα τῶν σαρκῶν,

## SEASONAL EATING WITH HIPPOCRATES

should drink diluted, not very cold wine before they eat. They should prepare their dishes with sesame sauce and other similar sorts of seasonings, and these dishes should be high in fat so that they feel satiated after the smallest amount. Further, they should take only one meal a day, avoid bathing, sleep on a firm mattress, and walk around in the nude as often as possible. Any thin people who wish to bulk up should do the exact opposite of these things, and never exert themselves while fasting. . . .

[6] Infant children should be given long, warm baths and should be given watered-down wine to drink,<sup>1</sup> which is not completely cold; they should be given a wine least likely to unsettle their stomach or cause gas. We do these things so that they are less likely to have convulsions and so that they grow bigger and rosier-cheeked. Women ought to follow a comparatively dry diet, since dry foods are better suited to the softness of their flesh, and less

## SEASONAL EATING WITH HIPPOCRATES

καὶ τὰ πόματα ἀκρητέστερα ἀμείνω πρὸς τὰς ὑστέρας καὶ τὰς κυοτροφίας.

[7] τοὺς γυμναζομένους χρή τοῦ χειμῶνος καὶ τρέχειν καὶ παλαίειν, τοῦ δὲ θέρεος παλαίειν μὲν ὀλίγα, τρέχειν δὲ μή, περιπατεῖν δὲ πολλὰ κατὰ ψῦχος. ὅσοι κοπιῶσιν ἐκ τῶν δρόμων, τούτους παλαίειν χρή· ὅσοι δ' ἂν παλαίοντες κοπιῶσιν, τούτους τρέχειν χρή· οὕτω γὰρ ἂν ταλαιπωρέοντι τὸ κοπιῶν τοῦ σώματος διαθερμαίνοιτο καὶ διαναπαύοιτο μάλιστα. ὅπόσους μάλιστα γυμναζομένους διάρροιαὶ λαμβάνουσι, καὶ τὰ ὑποχωρήματα σιτώδεια καὶ ἄπεπτα, τούτοισι τῶν τε γυμνασίων ἀφαιρεῖν μὴ ἐλάσσω τοῦ τρίτου μέρους, καὶ τῶν σιτίων τοῖσιν ἡμίσεσιν χρῆσθαι· δῆλον γὰρ δὴ ὅτι ἡ κοιλίη συνθάλλειν οὐ δύναται ὥστε πέσσεσθαι τὸ πλῆθος τῶν ἐσιόντων σιτίων· ἔστω δὲ τούτοισι τὰ σιτία ἄρτος ἐξοπτότατος, ἐν οἴνῳ ἐντεθρυσμένος, καὶ τὰ ποτὰ ἀκρητέστατα καὶ ἐλάχιστα, καὶ περιπάτοισι μὴ χρήσθωσαν ἀπὸ τοῦ σιτίου· μονοσιτεῖν δὲ χρή ὑπὸ τοῦτον τὸν χρόνον· οὕτω γὰρ ἂν μάλιστα συνθάλλοιτο ἡ κοιλίη, καὶ τῶν ἐσιόντων ἐπικρατέοι. γίνεται δὲ ὁ τρόπος οὗτος

## SEASONAL EATING WITH HIPPOCRATES

diluted drinks are better for the womb and for childbearing.

[7] People who exercise ought to both run and wrestle during the winter, but in the summer, they should wrestle infrequently and cease to run, and instead walk about a lot when it is cool. Any of them who have grown sore from running ought to switch to wrestling, while those who are sore from wrestling should run: exerting themselves in this way will warm and rest the sore part of the body optimally. People who find themselves seized with diarrhea after intensive exercise and have stool full of undigested food ought to ramp down their exercise to no less than a third of what it was and to consume half as much food. For it is obvious that their stomach is not able to reach a level of heat adequate to digest the quantity of food that was eaten. They should eat very well-baked bread crumbled up in wine, their drinks should be very little diluted and as infrequent as possible, and they should not take walks after meals.



## SEASONAL EATING WITH HIPPOCRATES

τῆς διαρροῆς τῶν σωμάτων τοῖσι πυκνοσάρκοισι μάλιστα, ὅταν ἀναγκάζεται ὄνθρωπος κρηφαγεῖν, τῆς φύσιος ὑπαρχούσης τοιαύτης· αἱ γὰρ φλέβες πυκνωθεῖσαι οὐκ ἀντιλαμβάνονται τῶν σιτίων τῶν ἐσιόντων· ἔστιν δὲ αὕτη μὲν ἡ φύσις ὀξεῖα, καὶ τρέπεται ἐφ' ἑκάτερα, καὶ ἀκμάζει ὀλίγον χρόνον ἢ εὐεξίῃ ἐν τοῖσι τοιουτοτρόποισι τῶν σωμάτων. τὰ δὲ ἀραιότερα τῶν εἰδέων καὶ δασύτερα καὶ τὴν ἀναγκοφαγίην δέχεται, καὶ τὰς ταλαιπωρίας μάλιστα, καὶ χρονιώτεραι γίνονται αὐτοῖσιν αἱ εὐεξίαι. . . .

## SEASONAL EATING WITH HIPPOCRATES

They should take one meal a day during this period. For in this way the stomach will heat up most efficiently and prevail over what is eaten. This type of diarrhea occurs most often in people with densely fleshed bodies, whenever a person naturally of that sort of constitution is forced to eat meat; for their veins, being constricted, do not lay hold of the ingested food. This sort of nature exists on a razor's edge: it can change in either direction, and good health is at its prime for only a short time in these sorts of bodies. The more slender and hairier types of constitution are receptive to lack of choice in their food and to extreme exertion; the peak of their good health is of longer duration. . . .