

Contents

Preface and Acknowledgements	VII
------------------------------	-----

Abbreviations and Editions	IX
----------------------------	----

Introduction	1
--------------	---

1 The Discovery of Dietetics	12
------------------------------	----

Introduction	12
--------------	----

1 The Roots of Dietetics	16
--------------------------	----

1.1 <i>The Quest for Health</i>	16
---------------------------------	----

1.2 <i>Earliest Evidence</i>	21
------------------------------	----

1.3 <i>The Crotonian-Pythagorean Hypothesis</i>	24
-------------------------------------------------	----

1.4 <i>Athletic Training</i>	29
------------------------------	----

1.5 <i>Regimen Towards Health</i>	37
-----------------------------------	----

2 Dietetics in the Hippocratic <i>On Regimen</i>	47
--------------------------------------------------	----

2.1 <i>The Author and His Readers</i>	47
---------------------------------------	----

2.2 <i>Reflections on the Earlier Dietetic Tradition</i>	54
----------------------------------------------------------	----

2.3 <i>Dietetic Methodology and Discovery</i>	57
-----------------------------------------------	----

2.4 <i>The Original Constituents</i>	72
--------------------------------------	----

2.5 <i>The Typology of Human Nature</i>	82
-----------------------------------------	----

2.6 <i>Elemental Explications</i>	91
-----------------------------------	----

Conclusion	99
------------	----

2 Philosophy of the Nature of Man	111
-----------------------------------	-----

Introduction	111
--------------	-----

1 Reflections on the Philosophical Tradition	113
----------------------------------------------	-----

2 <i>Mimēsis—Status Questionis</i>	129
------------------------------------	-----

3 The Analogy of Macrocosm and Microcosm	132
------------------------------------------	-----

4 The Analogy of Physis and Technē	138
------------------------------------	-----

4.1 <i>Seeing the Invisible by Means of the Visible</i>	139
---------------------------------------------------------	-----

4.2 <i>Carpentry and Human Physiology</i>	145
-------------------------------------------	-----

4.3 <i>Harmony in Embryology, Music and Cooking</i>	151
-----------------------------------------------------	-----

4.4 <i>The Circularity of Physiological Processes</i>	155
-------------------------------------------------------	-----

4.5 <i>Digestion and Growth</i>	156
---------------------------------	-----

4.6 <i>Dietetics, Medicine, Gymnastics and Cosmetics</i>	157
----------------------------------------------------------	-----

Conclusion	163
------------	-----

3	Therapy of Body and Soul	165
	Introduction	165
1	Distinguishing Soul from Body	171
1.1	<i>Diagnosing Human Nature</i>	171
1.2	<i>Therapy of the Soul</i>	175
2	Body and Soul in <i>On Regimen</i>	185
2.1	<i>The Duality of Fire and Water</i>	185
2.2	<i>Fire and Water in the Soul and Body</i>	187
2.3	<i>Therapy of Thought, Perception and Memory</i>	191
2.4	<i>The Sleeping Body and the Dreaming Soul</i>	201
2.5	<i>Seed, Embryology, Procreation</i>	207
2.6	<i>Transmigration and the Cycle of Life</i>	212
2.7	<i>Regimen without Morality</i>	217
	Conclusion	222
4	The Philosophical Legacy of <i>On Regimen</i>	230
	Introduction	230
1	Plato's <i>Timaeus</i> on the Therapy of the Soul	231
2	Aristotelian Reflections	241
2.1	<i>Innate Heat and the Kindled Soul</i>	245
2.1.1	Soul and Fire in Aristotle's <i>On the Soul</i>	253
2.1.2	Soul and Fire in Aristotle's <i>On the Parts of Animals</i>	257
2.1.3	Kindled Soul in Aristotle's <i>Parva Naturalia</i>	260
2.2	<i>Aristotle's Concept of Health and Natural Teleology</i>	266
2.2.1	The Concept of Self-Healing Nature	267
2.2.2	Aristotle on the Analogy between Nature and Medicine	270
2.2.3	The Limitations of Aristotle's Natural Teleology	275
2.3	<i>Aristotle on Distinguished Physicians and the Principles of Natural Philosophy</i>	283
	Conclusion	287
	Appendix	289
	Bibliography	293
	General Index	314
	Index Locorum	316
	Index Nominum	337