

Regimen Sanitatis Salernitanum: The Salerno Health Regimen

Presented by Lady Isobel of Carnewyth

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Opening Passage:

Salerno's School in conclave high, unites to counsel England's King, and thus indites:

If thou to health and vigor wouldst attain, Shun weighty cares- all anger deem profane, From heavy suppers and much wine abstain. Nor trivial count it, after pompous fare, To rise from table and to take the air. Shun idle, noontday slumber, nor delay The urgent calls of Nature to obey. These rules if thou wilt follow to the end, Thy life to greater length thou mayest extend.

--from J. Ordranax's 1871 translation

Recommended English Translations online and in print:

J. Ordranax's 1871 Translation into English verse of Regimen Sanitatis Salerni. Available online at:

<https://ia802307.us.archive.org/10/items/codehealthschoo00salegoog/codehealthschoo00salegoog.pdf> and <https://archive.org/details/codehealthschoo00salegoog/page/n24>

Garrison, Fielding H., 1870-1935, Francis R. Packard, and John Harington. The School of Salernum: Regimen Sanitatis Salernitanum. New York: P. B. Hoeber, 1920.

<https://www.amazon.com/School-Salernum-Regimen-Sanitatis-Salernitanum-ebook/dp/B00T5BCUC6>

Sir John Harington's 1608 translation available from Dr. Becker's course materials online at:

<https://faculty.humanities.uci.edu/bjbecker/PlaguesandPeople/week3d.html>

Cummins, Patricia Willett. 1976. *A critical edition of Le regime tresutile et tresproufitable pour conserver et garder la santé du corps humain: with the commentary of Arnoul de Villeneuve, corrected by the "docteurs regens" of Montpellier, 1480, Lyon, 1491.*

https://www.amazon.com/gp/product/0807891770/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1

J.L. Matterer's Gode cookery repository of P. Cummins translation of the Regimen Sanitatis

Salernitanum is available online at: <http://www.godecookery.com/regimen/regimen.htm>

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<https://carnewythapotheca.wordpress.com/>

<https://www.facebook.com/carnewythapotheca/>