

The muscles are attacked, deep ulcers form and the bones are laid bare. Instead of tuneful speech imperfect sounds result from involvement of the vocal cords. In places the humour grows fixed and "hardens to a node." He then pictures a fair and beautiful youth, full of the pride of life and the joys of health, stricken with the terrible plague and deformed out of all recognition; and it reminds him of the state of his beloved Italy, torn with strife and at the mercy of foreign foes.

"Now for our second task, and what relief
Our age has found against this raging grief"

The patient's constitution and the temper of his blood must be considered. Get out in the open air, away from fens and lakes; take to the chase, but not too actively: the boar but not the stag may be attempted. Even the plough, the rake and the axe are not to be despised. The very house yields exercise, the hall has room for fencing and the bounding ball. Minerva, not Venus, may be sought.

Diet is all-important. Avoid fish, as they convert more to humours than to nourishment; pork may be eaten and poultry, but all coarser foods must be spurned. Milk is the best drink; wine as a rule is to be avoided; plenty of fresh vegetables are to be taken.

If strength suffices, the patient may be bled, particularly in the spring. A bitter tonic of fennel and hops is to be ordered.

"The greater part, and with success more sure,
By mercury perform the happy cure;
A wondrous virtue in that mineral lies."

Its healing power was revealed to one Ilceus, a hunts-