

Blood is made of meat perfectly concocted, in quality hot and moist, the most perfect and necessary humor (the other three being superfluities, yet necessary too). The blood thus concocted is drawn out by the *vena cava*, whose branches, ramifying upwards and downwards, carry and convey it to all the other members of the body for their nourishment, where, by a third digestion it is transmuted into the flesh.

Choler, or bile, is made of meat more than perfectly concocted; it is the spume or froth of blood; it clarifieth all the humors, heats the body and nourisheth the apprehension. It is in quality hot and dry; it fortifieth the attractive faculty, as blood doth the digestive; it moveth man to activity and valor. The gall is an official member, a purse or panicular vesicle placed in the hollowness of the liver, whose office is to receive the choleric superfluities, which are engendered in the liver as aforesaid. This purse or bag hath three holes or sacks. By the first it draweth to itself the choler from the liver, that so the bile or choler may be separated from the blood. By the second it sendeth choler to the bottom of the stomach to fortify the attractive faculty. And, lastly, it sendeth choler to every gut, from one gut to another, to cleansethem from superfluities and dross.

Phlegm is made of meat not perfectly digested; it fortifieth the virtue expulsive, and maketh the body fit for ejection. It is kind too, and fortifieth the brain by its cosmilitude with it; it is antipathetical to the apprehension and doth much injure it; therefore phlegmatic persons have but weak apprehensions. It is cold and moist in quality; its receptacle is in the lungs; it qualifies the bile, cools and moistens the heart, thereby sustaining it and the whole body from the fiery effects which continual motion would produce.

Melancholy is the sediment of blood. It is cold and dry in quality; it maketh men sober, solid and staid, fit for study. or any serious employments; it stayeth wandering and idle thoughts and reduces them home to the centre; it is like a grave counsellor to the whole body. It strengtheneth the retentive faculty and its receptacle is in the spleen, which in the body is placed on the left side transversely linked to the stomach.