Aldobrandino da Siena, f1.1256-1287.

M 165  Le Régime du Corps.

The Régime du corps of Aldobrandino da Siena, followed by the Letter to Caesar of the Pseudo-Hippocrates, the Livre de Galien, Zodiacal and Planetary Tables and excerpts from the Flos medicinae Salerni.

Manuscript on vellum, written and illuminated in France in the middle of the XVth century.

1 large miniature; 150 historiated initials.
2 + 127 + 2 leaves (10\$\times 7-1/3 inches) 29 lines.
1+14, 28-178, 186-1 = 131.

Contents: f.2-4: Table of Contents-

Part I

Rubric: Ci commencent les Rubriques de la premiere partie de ce present livre et consequantment de tout le livre.

f.5  Text begins: Dieu qui par sa grant puissance tout le monde estably... (This agrees with B.N.fr.14822)

f.7v  Chapter 1. De lair

8v  "  2. Du mengier

11  "  3. Du boire

12  "  4. Du vin

13v  "  5. Du dormir

14v  "  6. Du travailler et du reposer

15v  "  7. Du beaignier

17  "  8. De aler a femme (B.N.fr.14822 & M.165 number this Chapter VII, and the order is thus one behind the numerical count)

18v  Chapter 9. Pour quoy on se doit garder de courroux.

19v  "  10. En quel temps et pour quoy on se doit saigner.

24  "  11. De ventouser.


26v  "  13. Not lubricated but begins the part on: "Pour quoy on se doit purgier et in quel temps.

33  Chapter 14. Pour quoy on doit user le vomir

34v  "  15. (XVIII chappitre): Pour quoy on se doit garder de pestilence et corruption.

36v  Chapter 16. (XIII\$): Comment on doit garder son corps en chasque saison

38v  Chapter 17. (XV\$): Comment on doit cognoistre les villes.

(B.N.fr.14822 agrees with this rubric)
Chapter 18. (Comme on doit cheminer par terre et nagier par mer.

Chapter 19. Comme la femme grosse se doit garder.

20. (Le XVIIIe chapitre) Comment on doit garder
lenfant quant il est nez et comment en doit estre la nourrice
pour lenfant nourrir. (Rubric agrees with B.N.14822)

Chapter 21 Comment on doit garder son corps en chacun aage.

Part II

Cy apres commence la seconde partie... comment len doit garder
les cheveuxx premier chapitre.

Comment on doit les yeuxx garder

Comment on garde les oreilles

De garder les dents et les gencives

Le Ve De garder le visage et de donner bon couleur

Comment len doit garder lastomac

Le VIIe chapitre De garder le foie

De garder le cueur. Le VIIIe

Part III

Cy commence la tierce partie qui enseigne la nature de toutes
chooses...

Froument; 63, Orge; 63v Millet; 64, Ris; Avaine; 64v, Rogier
melerbranche (Varies from B.N.14822); De far qui est une
maniere de ble; 65, De bren de fourment.

De toutes manieres de beurages...

De toutes manieres de chars

De la quenne et quenart (varies from rubrics of other Mss.
which call the duck "anete".

De chiches. (This chapter is not in Landouzys MSS. A or C
but only in his B(B.N.14822) and D (B.N.fr.12323)

De parages. Not in Landouzy

De toutes manieres de poissons

Des eufs

Part IV Phisonomie

De phisonomie

De cognostre hombre de male nature. (This rubric not noted by
Landouzy)

Le livre ypoeras. A spurious late work for which see Paulin

Le livre Galien

Zodiacal Table

De septem planetis

Versus salarmi doctores nobilissimi universitatis pariensis (sic.)

The verses are excerpts from the Regimen Sanitatis Salernitanae or
Flos medicinae Salerni (1260-1300) a poem in Leonine hexameters. Cf. R. Dumesnil:
Histoire illustrée de la medicine, p.93-4; F. H. Garrison. History of Medicine,
p.150.

Script: Even, practised cursive lettres bâtarde, leaving no interlinear space.

Decoration: The miniatures are by two artists of whom the finer executed only f.5. The style of the large Creation picture is that of the school of Rouen of about 1440-1450. The initial on f.7v and all succeeding are by a mediocre painter who generally follows the iconography of the XIIIth century illustrators of this text, but dresses the people in the style of his period.

f.5 God creating the world. The figure of God in gold, with hands upturned, stands upon the earth (a globe) covered with grass and trees. At His feet lies Adam; Eve is emerging from his rib; below them, a river in which a fish is swimming; to right of God, animals, (lion, ox, deer, rabbit, horse etc.) and trees; to left, birds, (peacock, cock, stork, duck, dove etc.) Without the circle, upon a blue background, sun (upper left corner) moon (upper right corner) stars and clouds throughout. Below within initial D, the author, Aldobrandino da Siena, clad as a doctor in red robe trimmed with ermine, standing in a pulpit.

f.7v Within initial L (gold) on blue background, man with skull cap clad in Doctor's robe of red, trimmed with ermine, stands pointing to stars in sky.

f.8v Within initial O. Man seated at table, upon which are flagon and food, servant kneeling to right offers dish.

f.11 Within initial P. Man seated out of doors, holding bowl, servant kneeling to right draws water out of a square tank.

f.12 Within initial L. Man seated; before him, to right, 2 servants, kneeling and standing, offer cups.

f.13v Within initial S. Man asleep in pink-canopied and pink-covered bed.

f.15v Within initial P. Nude man seen half-length standing in tub; before him a table upon which cup and bowl, to which he stretches forth hand.

f.17 Picture Within initial C. Husband and wife in bed.

f.19v Within initial V. Man seated in chair; a doctor holding his bered right forearm lets blood; between them a table upon which are two vessels in one of which blood from the patient's arm is dropping.

f.24 Within initial V. A nude man stands behind a table; the doctor, to his right, cups him between the shoulders.

f.26 Within initial T. Man with stick and barelegged, sits upon a bank with his feet in water; leeches cover his legs.
Within initial V. A woman robed in blue seated in a chair, vomits; to her right, a serving woman holds her head.

Picture Within initial Q. A doctor seated in chair, lectures a student.

Within initial D (on blue background) the sun (a large gold star) around which, the signs of the zodiac.

Within initial A. A towered and walled city, back of it other buildings are seen.

Within initial A Man walking upon land with stick over his shoulder. To right, man sailing a boat.

Within initial F. Woman (robbed in blue) walking and reading book; a wall back of her.

Within initial A. A sick woman lying in bed; to her left, an attendant washes a new-born infant in a tub; the mother stretches out her hand to the infant; another attendant stands to right of woman, in bed.

Within initial E. A doctor in canopied seat lectures a student.

Within initial A. A man seated having his hair combed by attendant who stands back of him.

Within initial O. Man seated holding a bottle; before him a kneeling attendant holding bottle.

Within initial T. Man seated in chair; a doctor probes his ear.

Within initial D. Man seated before a table rubs his tooth from medicine in bottle he holds in hand; two bottles on table before him.

Within initial T. Lady in heart-shaped headdress holds up mirror in red frame; before her is a table on which are several bottles.

Within initial T. Man robed in blue standing before a table, drinking from a flagon; two flagons on table before him.

Within initial S. A doctor clad in blue, with red skull cap instructs man before him.

Within initial D. Man clad in red, receives gold flagon from attendant kneeling before him. (The Heart)

Within initial M. Millet growing (against black background.)

Within initial R. Woman clad in blue, seated at a table, upon which is a flagon and grains of rice which she handles.

Within initial A. A load of oats drawn by a white horse.

Within initial R. Grain called "Rogier Melebranche" growing.

Within initial F. Far (a kind of wheat) growing.

Within initial B. A woman standing at an open flour-chest "bolting" flour in a sieve.

Within initial E. Two springs flowing into a river.

Within initial L. A man treading grapes; another pouring wine through a funnel into barrels.
Within initial C. Two beer vats over a fire which a man tends.

Within initial V. Two men with long poles crush apples in a trough. In the foreground, 2 barrels.

Within initial V. Man pouring vinegar through funnel into cask; to right, an open bucket filled with wine (?); two barrels to left; the sun streams down upon the wine.

Within initial M. A man crushes mulberries in a cask; to left an open basket filled with black mulberries.

Within initial. Three pigs.

" " C. An ox
" " C. Ewe and lambs (3).
" " C. Two sheep - one horned.
" " C. White horned he-goat with bell.
" " C. Goat and kid feeding on tree.
" " C. Two antlered deer crouching.
" " C. Hare bounding.
" " C. Three rabbits.

A bear.

Within initial C. Swan and 3 birds.

Within initial C. Four pigeons flying from a square tower.

" " C. Two geese and 2 goslings in stream.
" " C. Duck and drake feeding.
" " C. Three partridges.
" " C. Blue and brown pheasant.
" " C. Gold-tailed blue peacock & crane.
" " C. White swan in water; heron on bank.
" " C. Six brown sparrows (?)

Within initial C. Plover and mavis.

" " A. Beans growing.
" " C. Chick peas growing.
" " P. Peas growing.
" " L. Lentils growing.
" " F. Stringbeans growing.
" " L. Lupinos growing.
" " D. Orbs growing.
" " C. Corn.

Vetch growing.

Within initial F. Fig tree.

" " R. Grapes growing over a trellis.
" " P. A pear tree.
" " P. An apple tree.
" " P. A pomegranate tree.
" " C. A quince tree.
" " P. A lemon tree.
" " D. A date palm.
" " L. A peach tree.
" " G. A currant tree.
" " M. A mulberry tree.
" " P. A plum tree.
Within initial N. A walnut tree.
N. A hazel-nut tree.
A. An almond tree.
S. A pine tree.
N. A medlar tree.
C. A chestnut tree.
O. Olive trees.
F. Strawberries growing.
C. A cornel tree.
C. A hazel tree.
G. A Juniper tree.
C. Gourds.
C. Cucumbers growing.
C. Citrons growing.
"Caramel". Two flagons upon a table.
M. Honey. Two white bee-hives on a table.
C. Cabbage growing.
P. Chives growing.
O. Onions.
A. Two garlic plants.
"Shalots"
S. Mustard plant, growing.
E. Spinach growing.
B. Beets growing.
B. Borage.
M. Mallow growing.
N. Turnips.
L. Larais.
P. Parsnips.
R. Rave.
F. Fennel.
P. Parsley.
C. Chervil.
L. Lettuce.
P. Purslane.
P. Sorrel.
L. Sage.
M. Mint.
B. Basil in a pot.
R. Rue.
C. Mushrooms.
I. Hyssop.
C. Cress.
C. Orvale meadow sage or clarg.
N. Inula
P. Penny-royal.
B. Southernwold.
V. Fish swimming in a stream.
Within initial L. Eggs in a basket and hen setting.

F. Two round white cheeses upon table; above, a cheese in a hanging cage (?)

Within initial L. Woman clad in red, milking cow.

P. A doctor clad in blue, holding a patient to left.

Within initial G. A ginger plant.

C. A Cinnamon tree.

G. A basket of cloves.

G. Man pounding galangale in a mortar.

Three saffron plants.

C. Cubeb, or Jujube tree.

C. A cardamum tree.

A. Anise plant.

M. A man seated at a table takes handful of nutmeg out of a basket and spreads others on the table; mortar and pestle to right.

C. Citual plant.

S. Man stirs salt in vessel over fire.

P. Three learned men, seated in high-back chairs, discussing.

Within initial C. Hippocrates, seated, hands book to a messenger.

Within initial S. Galen, clad in red, seated before a table upon which is a covered pot; two more upon a shelf to left.

Table of signs of the Zodiac for the months, in red and black.

History: The Norman dialect of the text, the style of illumination places the MS. in Rouen, where it was rebound in the first quarter of the XVI century. Then came into the possession of an Englishman who inscribed his name Thwayte and a pious sentence: "Noubliez a lower dieu et St. George" inside the lower cover. Later in the William Morris and Richard Bennett collections, whose ex libris are inside front cover.

Binding: Brown calfcover. boards, blind tooled and having the binders initials RR on one of the six rolls used. The other rolls are Pelican in her piety; Lion; stag and hound; Stag and tree; Squirrel. According to Weale: Bookbindings, pp.xxxix and 115, P.P. was a Rouen binder who worked for the English trade in 1517. Weale cites the squirrel stamp in a Rouen binding on p.lxvii. Ten metal hat-shaped bosses. Metal hinges, for two clasps, one clasp missing. Red leather label on back: "On vegetables and Diseases, an illuminated MSS."

Additional Cards:

1. Medicine, French - XV cent.
2. Botany, " " "
3. Astrology, French - XV cent.
   i. MSS., Illum., French: Rouen-XV cent.
   iii. " " " : Hippocrates.
   iv. " " " : Galen.
   vii. Flos medicinal Salerni.
   viii. Le régime du corps.
   ix. Provenance-Thwaite, fl. XVI cent.
   x. " -Morris, William.
   xi. " -Bennett, Richard.
   xii. Bindings, French: Rouen-XVI cent.
   xv. Herbal. French, XV cent.

Iconography cards:

Creation scene, f.5.
Aldobrandino da Siena, fl.1256-1287, f.5.
Air, f.7v.
Food, f.8v.
Drink, f.11.
Wine, f.12.
Sleep, f.13v.
Bath, f.15v.
Sexual intercourse, f.17.
Blood-letting, f.19v.
Cupping, f.24.
Vomiting, f.33.
Physician, f.34v, 47, 109v.
Zodiac: Signs, f.36v.
City, f.38v.
Exercise, f.40.
Pregnancy, f.42.
Childbirth, f.44.
Hair and scalp care, f.49v.
Eye treatment, f.52.
Ear treatment, f.53v.
Teeth and gum treatment, f.54v.
Facial care, f.56.
Iconography cards continued:

Stomach treatment, f. 57v.
Liver, treatment, f. 59v.
Heart treatment, f. 61.
Grain, f. 62v-65.
Beverages, f. 65-67v.
Meat and Poultry, f. 68-75.
Vegetables, f. 77v-99.
Fruits, f. 77v-99.
Fish, f. 99.
Eggs, f. 103v.
Cheese, f. 103.
Milk, f. 103v.
Spices, f. 105v.
Hippocrates, f. 113v.
Galen, f. 123v.
Astrology: table, f. 125.
For printed text or notices of this MS. see:


Providence (R.I.), Brown University, Department of Art, *Survival of the Gods: Classical Mythology in Medieval Art*, Providence, 1987, 144, fig. 43; 180-81, no. 58, ill. on 181.