

Largius Designatianus
(c.50 A. D.)

PREFACE TO HIPPOCRATES
CORPUS MEDIOCURUM LATINORUM
(Leipzig, 1916, v: 10)

Before undertaking this I read the letter Hippocrates of Cos, probably the most skilled author in medicine, is reputed to have written to King Antiochus on how to look after one's health. As I wanted to keep note of his directions and recommendations on the protection of health, I collected as much as I would of what I knew his works contained and wrote it down translating it into our Roman tongue. I assure you that I was careful not to translate word for word, for fear of making many things seem similar in spite of the linguistic differences between them. This indeed would happen if too little regard was paid to the real meanings of the words. In this way I got round his obscurity in order to clarify his subject-matter.
