

A Diatorie.

[Lambeth MS. 853, *ab.* 1430 A.D., page 182.]

**To be rulid bi pis diatorie do pi diligence,
For it teehip good diete & good gouernance.**

(I. LATIN II.)

If you can't get a

doctor,

be careful in your

diet. Eat moder-

ately, work

temperately,

be meek, not

anxious,

nor grudging, but

cheerful.

If so be pat lechis doon pee faile,

Use good diete bi pe counceel of me,—

Measurable fedying and temperat trauaile,—

4 And be not maliciose for noon aduersite,

But be meeke in trouble, glad in pouerte,

Not pensif ne pouyful for ony sodain chauce,

Not grutchinge, but myrie athir pi degree.

8 If fisik lacke, make pis pi gouernance,

(II. LATIN I.)

¶ Kepe from colde bi feet, bi stomak, & pin heed ;

Ete no raw mete, take good hede perto,

Drinke holsum drinke, & feede pee on list breed,

12 & with an appitid from pi mete looke pat pougoo.

Ede bi lif in chastite, pou schalt finde it best so ;

Drinke not vpon bi sleep, but do as y pee teche,

And bere no wraphe to freende ne to foo ;

16 vse not to soupe late, ne to drinke myche.

(III. LATIN IV.)

¶ Digne not on pe morewe to-fore pin appitide ;

Cleer eir & walking makip good digestion.

Dietarium.

[Stowe MS. 3534, *ab.* 1460 A.D., fol. 1.]

(I. ENGLISH II.)

Vixeris ut sanus, capud ex algore tegatur,

Ne comedas aliqua cruda, salubre bibas

Vinum, te pasce leui pane que, dum petis illos,

4 Surge, relinque cibos ; effugas vetulas ;

Non cito post sompnum bibe, lectus adito graba-

tum,

Exurgas hilaris : cero que gena nocet.

(II. ENGLISH I.)

Si phisici desint, onus ! & moderata dieta,

Rebus in oppositis non malus esto tuus,

Mitis in aduersis, in paupertate iocentis ;

Sis modico diues ; quod satis est, placeat,

Non tibi murrur erit ; ut conuenit, esto iocun-

dus :

12 Si phisici desint, hoc tibi fac regimen.

(III. ENGLISH V.)

Non omni mox dicto credas, nec impetuosus

Sis, aut vleiscens materias subito ;

Pauperibus vnuquam non monstres te violentem ;

16 In verbis lepidus, edendo sis mensuratus.

Escas si varias mensa proponi contingeret,

Non auide sumas, nec videaris edax.

Loquendo prudens, vel linguam stude frenare ;

20 Non verbo decipiens, quod melius stude proferre.

[*for opus*]

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Keep your feet

and head from

cold.

Rise from meals

with an appetite.

Be chaste,

not wrathful,

and don't sup late.

Don't dine before
you have an
appetite.

Don't drink
between meals,
and avoid over-
salt meat.

- 20 Drink not bitwene meals for no froward delite
But if purst or trauelle yeue pee occasion.
And ouer salt mete doop greet oppressioun
To feble stomakis pat wole not hem refreyne
From pingis pat ben contrarie to her complex-
ioun,
24 pei doon to her stomakis ofte myche peine.

(IV. LATIN VII.)

Don't get surfeited,
eat late
suppers, or sit up
nodding by candle
light.

[Page 184.]
Here nothing to do
with drunkards,
liars, lechers, and
dice-players.

- ¶ Vse no surfeitis neipir day ne nyght,
Neiper ony reue soupers, which is but excesse ;
And be wear of nodding heedis & of candil lght,
28 And also of long sleep and of ydlinesse
¶ The which of alle viciis sche is porteresse.
And voide alle drunkelew folk, liers, & lechouris,
And alle heyn pat ven suche vnpurityesse,
32 And also dis pleiers and haecouris.

(V. LATIN III.)

Give no heed to
evil tales ; don't
be too hasty, or
violent to the
poor,
but gentle in talk.

- ¶ To yuel talis yeue noo credence ;
Be not to hasti, ne to soleya veniabile ;
To poore folk do pou no violence ;
36 Be gentil of langage, in fedlinge mesurable ;
On suzdri metis be not gredi at pe table ;
Long sleep aftir mete doop myche greuance.
Blame no condicioun which is commendable ;
40 But to seie pe beste, sette alle pi plesance.

(VI. LATIN VI.)

Have a fire worn
and eve.
Rise early and say
your prayers.
Visit the poor,
ply the needy,

- Use fier bi pe morewe, & to bedward at eue
Arens blake mystis and eir of pestilence ;
And arise pou eerli if pou be in heele,
44 And first bi pe morewe do god reuence.
To visite pe poore do pi diligence,
And on pe needi haue compassioun,

(IV.)

- Os duplex otias ; ad mensam non pariaris
Detractus ; populos iurgantes despicie semper
Non sustine falsos, blandos, nec adulatoros
24 Tecum ; seismaticos pro[s]pera impediētes ;
Rixam momentes non tecum sint permanentes ;
Sed cum vicinis pace viuendo fruētes.
(V. ENGLISH VII.)
Munde vestitus tuus ut status exigit esto ;
28 Limina ne cellas, & tua pacta tene.
Cum tribus hominibus item tu suscitare nolito,
Cum te meliore iurgia nulla moue,
Contra consortem nullam mouebis querelam,
32 Contra subiectum pudor esset pandere luctum.
Consulo propterea dum vixeris assequi velis
Pacem, & tibi adquire nomen bonum.
(VI. ENGLISH VI.)
Ignis in aurora, & contra nebula cero,
35 Aere postifero, nesciat esse foris.
Audi mane missam, melius nam sic prosperis.
Primo dum eleuas, deum laudare iubentis,
40 Pauperes post visita ; interna dileccione
Si super egeros pie compaciaris,
Dabit affluentiam dominus, & accumulabit
Cum incremento, tua possessio stabit.
(VII. ENGLISH IV.)
Crapulam nullam domo cero paciaris in tua,
44 Cenas repetentes, excessu magno edentes,
Et capud quod innuit, candela accensa que igne.
Pigrities mane somnolenta ociositas que
Mater viciorum omnium est janitrix dicta.
48 Sic que ebriosi, mendaces, luxuriosi,
* * * * *

and get possess-
ions in heaven.

For good deeds causiþ mirþe in conscience,
48 And in heuene to haue greet possessionum.

(VIII. LATIN V.)

[Page 188.]
Don't dress too
finely,

Be not nyce in cloþinge passing þiz astate ;
Be rewild bi temperance while þou art a lyne ;

active with your
bettes,

52 And *wild*. iij. maner of folk be not at debate :
First *wild* þi bettir be waar for to stryue,

your equal, or
your antior,

Agens þi felaw noo quarrel þou contryue,
Wild þi sugget to stryue, it is but schame ;

but live in peace
and win a good
name.

þerfore y counzelle þee, while þou art a lye,
56 To live in pees, and gete þee a good name.

(VIII. LATIN X.)

Man is only body
and soull.

¶ In two þingis stonðþ a mannis welþe,
In soule & bodi, who-so wole hem sewe,

Moderate feeding
for the one :

60 Mesurable feedinge kepþ a man in helþe,
And riht so is charite to þe soule dewe.

Charity for the
other:
This diet is good,
though it is thought
of no spotecary.

Forþete not þis diete, for it is good & trewe ;
þouþ it be bouyt of no potecarie
Ne of noon oper maister þat greet cunningge can
schewe,

so, keep to it.

64 3it y counzelle þee, be dietid bi þis diatorie.

(IX.)

Serve God,
eat your meals
merrily, and live
in rest.

Serne 3e god deuoutly } and euere lye 3e in
And þe world truly, } reste.
Ete 3e *yowre* mete mirrili }

Thank God
highly ; he will
improve your con-
dition when He
sees fit.

68 þanke 3e euere god hyȝli ; } whanne him likþ
þouþ þat 3e lye here þoreli, } beste.
He may amende it lightly }

[A different and later version of this Poem was printed by Mr Halliwell from MS. Harl. 2251, fol. 4-5, in his *Selection from the Minor Poems of Dan John Lydgate* for the Percy Society, 1840, pp. 66-69. He remarks that the "poem is very common in manuscript, but several of the copies vary considerably from each other. It may be sufficient to refer to MS. Harl. 116, fol. 116, MS. Oxon. Bernard. 1479 ; MS. Rawl. Oxon. C. 86 ; MS. Arund. 168 ; MS. Sloan. 775 ; and MS. Sloan. 3554, which contains a Latin version. Ritson has inserted this in his list of Lydgate's works in two places, under Nos. 55 and 61." Harl. 5101 contains a late copy.]

(VIII.)

Post epulas sumptas sompnum longum non tibi
sumas ;
Capud, pes, stomachus frigora non paciantur ;
Non contristeris corde, molestiam tolle.

Don't sleep long
after meals.
The head, feet,
and stomach will
not bear cold.

52 Vt poscunt redditus, tuam decet regere domum.

Manage your
home according
to your income.

Tempore tu pakere iusticiam semper tuere,
Nec iurare velis, quo quisquam decipiatur.

Don't swear so
as
to deceive any
one.

Du[m] inuenis fueris, monstra te elegantem ;

When young,
dress elegantly ;

Cum cedit senectus, ut sapiens colibe mentem.

when old, show
self-restraint.
This world's joys
will change.

Non semper stabunt mundi gaudia, sed variabunt.

(IX. ENGLISH III.)

Non comedas mane donec tuus appetit vsus ;
Digestant bene limpidus aer & corporis motus.

60 Inter prandendum tibi potus est dengandus,
Ni sitis aut labor tibi present occasionem.

Salsa nimis nocent stomachis debilitatis,
Dum nequeant a se contraria pellere quoque ;

64 Namque pena stomacho interdum maxime crescit
Ex manu veloci, dum se reprimere nescit.

Sic in duobus consistit sanitas tota,—
Corporis ac anime ; qui ea sequi velit,
Conuenit saluti cibi sumptio moderata,
Excessusque salus ab homine est reuocata.

68 Caritas est anime omnino debita valde,
Ex apothecario sumptio proprus emittur nullo.

(X. ENGLISH VIII.)

72 Nec ab Antonio, nec ab hugone magore,
Sed cunctis diuissimum vtentibus est dietarium.

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[MS. Harl.]