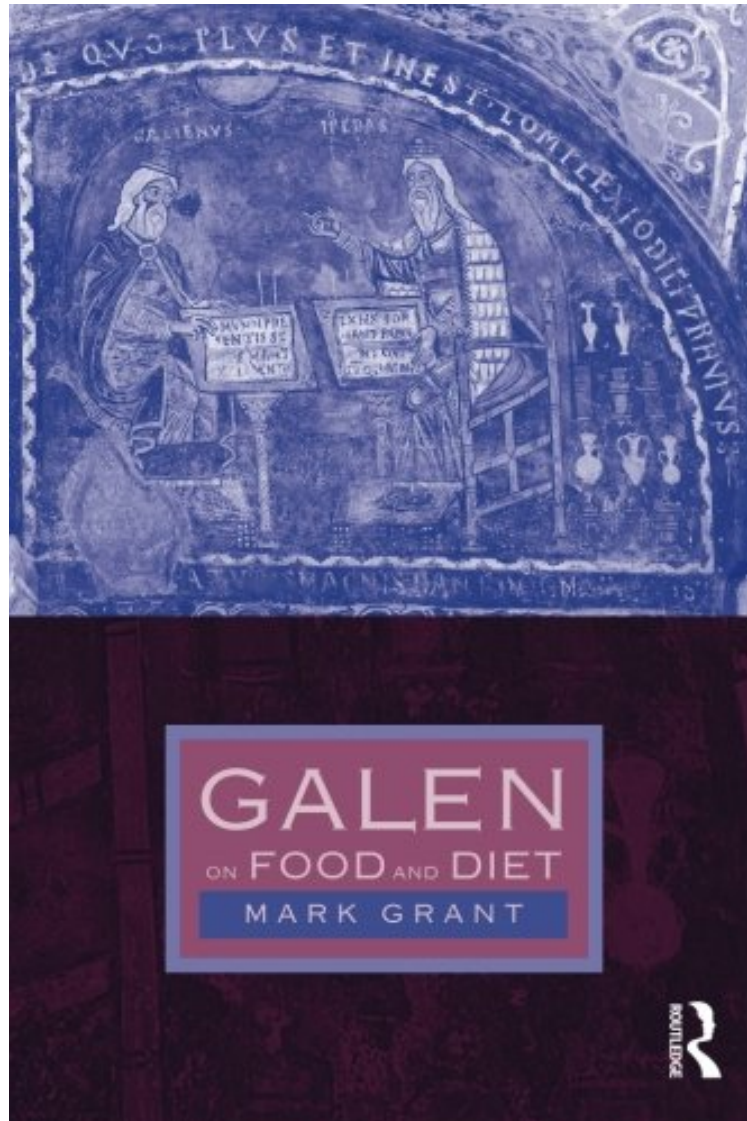


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Galen on Food and Diet

Mark Grant

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Mark Grant : Galen on Food and Diet before purchasing it in order to gage whether or not it would be worth my time, and all praised Galen on Food and Diet:

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Worth to read

Galen, the personal physician of the emperor Marcus Aurelius, wrote what was long regarded as the definitive guide to a healthy diet, and profoundly influenced medical thought for centuries. Based on his theory of the four humours,

these works describe the effects on health of a vast range of foods including lettuce, lard, peaches and hyacinths. This book makes all his texts on food available in English for the first time, and provides many captivating insights into the ancient understanding of food and health.

` This is a book to be dipped into periodically with equal measure of delight, disgust and surprise inspiring us to think about changes in our tastes and dispositions about diet through the ages. - Ron Iphofen, University of Wales, Bangor, Medical Sociology News, December 2001 'Anyone interested in the classics, in food, the history of medicine and health will find this book as fascinating as I did.' - Ron Iphofen, Medical Sociology News
Language Notes
Text: English (translation) Original Language: Greek
About the Author
Mark Grant is a Classics teacher at Haileybury College in Hertford. He has worked as a cook and trained in catering amangement, and has researched into Roman food and diet for more than twenty years. His previous books include *Anthimus On the Observance of Food* (1996), *Dieting for an Emperor* (1997) and *Roman Cookery: Ancient Recipes for Modern Kitchens* (1999).