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Auteur: Foucault, Michel

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After he cured my difficulty in breathing, he 21 August immediately healed in the following way the trouble 148 A.D. above44 my throat and the pressure in my ears and the recurvation of the spine, which was now fully developed. He said that is was a royal ointment19. It was necessary to get it from his

wife. And somehow after this, a servant of the palace, clad in white and girdled, appeared at Telesphorus' Temple and statue, and escorted by a herald, went out by the doors where the statue of Artemis is, and bore the remainder of the ointment to the Emperor. This more or less was the dream, to recollect it unclearly. When I went to the 22 Temple and was walking about the statue of Telesphorus, the temple warden Asclepiacus came up to me. And while he happened to stand by the statue, I told him the vision which I had, and I asked him what the ointment was, or who should use it. But when he listened and marvelled, as he was accustomed, he said, "the search is not long nor need there be much travelling, but I bring it to you right from here. For it lies by the feet of Hygieia, since Tyche just now put it there, as soon as the Temple was opened." Tyche was a noble lady. And going to the Temple of Hygieia, he brought the ointment. And I anointed myself, where I happened to stand. The ointment also had a wonderful smell, and its power was immediately manifest. For faster than I have said it, the pressure relaxed. Later after asking the temple 23 warden, I learned that the purgative45 was compounded of three ingredients, of fig sap, with which I anointed myself, of myrrh of nard, and of another expensive myrrh, named, I believe, after its leaf (malobathrum). Thus I made a preparation of it and used it in the future, and all those symptoms abated. And at night, Telesphorus also appeared dancing about my neck, and a light shone on the opposite wall, as if from the sun.

About this time, I had the following dream, either when I had 24 now begun the practice of vomiting at evening, or the vomiting had not yet taken place. On arising from bed, I had46 to eat nuts, dried

44 III 21 I accept δπέρ mss. Keil emended περl. But Aristides refers to III 16, not to the later III 23.

45 III 23 I accept κάθαρσις mss. Keil emended κρᾶσις.

 46 III 24 I emend έδει τὸ έξ εὐνῆς for έδεῖτο έξ εὐνῆς mss.; cf. τὸ εἰς εὐνἡν, ΙΙ 22, τὸ ἐξ ἀρχῆς, ΙΙΙ 41.

figs, date nut, and some bread in addition to these things. Afterwards I used these things beside the ointment⁴⁷.

He also gave me a drug for my stomach, abdomen, and this general 25 region, which, I think, was plastered above these places. He gave it by providing the following sight: I dreamed that the doctor Asclepiacus visited me and upon examining me, made a poultice of a drug called by the name dittany, and at the same time prescribed that I use it for thirty days. I used it, and the thirtieth night came, and again I dreamed that Asclepiacus came and removed the poultice.

Later he applied something, which he compounded of four ingre- 26 dients, of which I remember two, pitch from wine and sheep's wool grease, and we shall add the other two, if ever the dreams turn up. And concerning the drinking of the antidote, I remember the follow- 27 ing. I happened, on the whole⁴⁸, to eat only after much of the day had passed. But he ordered me, upon getting up, to dine and drink this drug. And this continued for five days, when I knew that the doctors ordered the opposite: whenever one intended to drink the drug, not to dine; and up to this time, this had been my wont. Again he ordered 28 me to eat this same drug with bread, and I ate it at the Sacred Tripod, and made this a start for my health.

There is, I believe, a certain mixture of Philo. Formerly I was not 29 even able to smell this. But when the God gave me signs that I should use it, and at the same time the hour when it was necessary, I not only drank it with pleasure, but after I drank it, I was immediately more comfortable and easier.

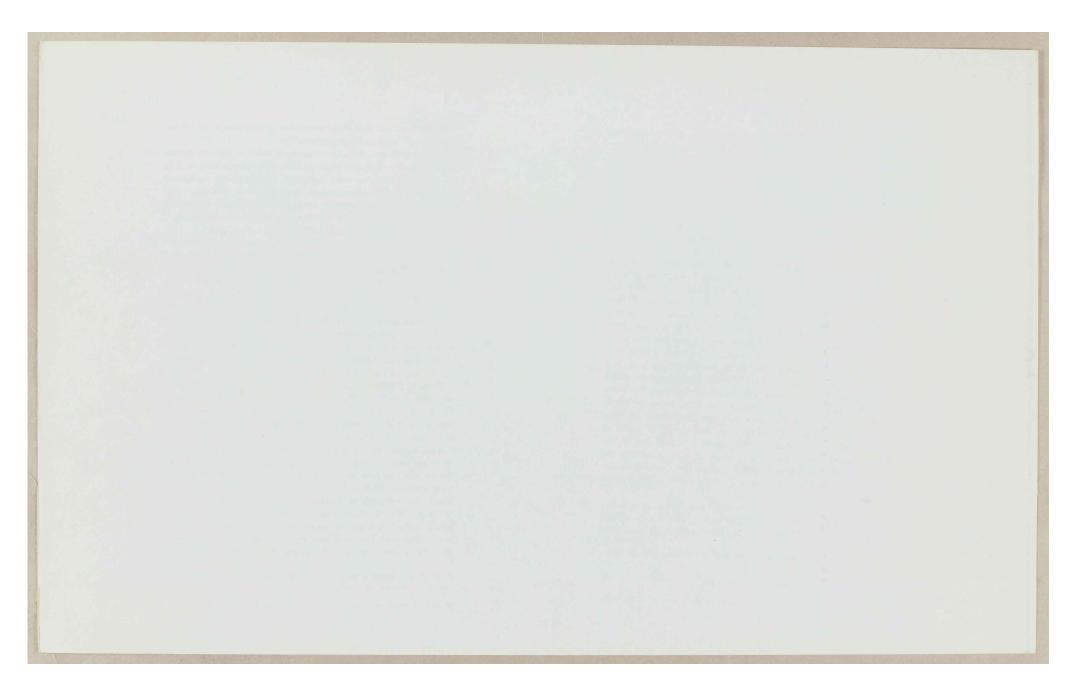
Then it would be possible to tell countless other things, pertaining 30 to drugs, some of which he compounded himself, some public and known, which he gave as a cure for my body, however things stood on each occasion. When I had frequent catarrhs and my palate was seared, and my uvula appeared swollen, and my veins did not cease to throb, I thought that I read an excellent book, the particulars of which — for I shall say the same thing again — I would not be able to tell. How could I so much later, especially since my record removed the need to memorize them? But at the end of the book, there was, 31

⁴⁸ III 27 I emend τοῖς ἄπασιν for ἄπας AST, ἄπαξ D; cf. I 68, IV 15.



203

⁴⁷ III 24 Keil placed a lacuna after χρίματι. But he has misunderstood the construction; for ἐχρώμην τε, cf. ἐγώ τε ὡς, Ι 75.



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