

[Accueil](#)[Revenir à l'accueil](#)[CollectionBoite\\_023 | Notes de la fin de sa vie pour ses derniers livres.](#)[CollectionBoite\\_023-7-chem | Aristide.](#) Item[[The Sacred Tales - suite](#)]

## [The Sacred Tales - suite]

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### Présentation de la fiche

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### Références éditoriales

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autumn 170 A.D. In so far as even in this time I happened to fall ill for some days, the God cured me most miraculously and in his usual way. For there was an autumnal northwind, and I was unable to move, so that I shrunk from even getting up. But he ordered it. Perhaps it is better to narrate the dream itself, for it is still ringing in my ears and there is no need to omit it. *Two doctors came and at the doorway discussed other things, and, I believe, cold baths. One inquired, and the other answered. "What does Hippocrates say?" he said. "What else than to run ten stades to the sea, and then jump in?" I dreamed that these things had appeared in my dreams. After this, the doctors themselves, in fact, came in, and I marvelled at the precision of the dream, and said to them, "Just now I dreamed that I saw you and just now you have come. Indeed, which one of you," I said, "was the one who inquired and which one, the one who answered, I cannot say. But the answer was as follows: 'That Hippocrates ordered one who intended to take a cold bath, to run ten stades'.* At the same time, I changed<sup>82</sup> in my own interest the phrase "to the sea," and I made clear the descent<sup>83</sup> to the river. And so I said, "to run ten stades, by running parallel to the river." I thought of this because of being in the interior. It seemed to me clear and to be necessary to do this. Then somehow after this, I thought that I was reclining for lunch. And remembering that it was first necessary to bathe with cold water according to the prediction, I got up and ordered the others. When one of the doctors asked about the time of the bath, I said that I must be moved at eleven o'clock, for it would take place at twelve. I added that it is troublesome either to bathe or eat earlier than is suitable, for it does not contribute to that feature which seems to be useful in it, to have an easier digestion, for insomnia comes from it. "Why then," said the doctor, "did you not declaim for us in the meantime?" "Because, by Zeus," I said, "it is more important for me to revise some things which I have written. For I must also converse with posterity." And at the same time, I indicated that I was pressing myself, lest something happen first. But he augured many years for me. And I said, "I would

<sup>82</sup> V 50 I accept Canter's emendation μετέβαλον for μετέλαβον mss.

<sup>83</sup> V 50 I emend δηλοῦντι τὴν κατάβασιν for δηλοῦν τὴν κατά φύσιν ST.

wish to live many years, if I should be engaged in rhetoric." Such was the dream.

A river flowed by the estate where I was staying, but the descent to it was rather rough and steep, and at the same time less than ten stades. It was not possible to run by running parallel to the river, but only obliquely and in the direction of the bank. Then, however, the river proceeded to flow by another estate, where there was now a fair and picturesque spot for wading. I contrived the following. I ordered that the distance of one estate from the other be measured by a rope, and that a marker be left at each stade. When the whole distance appeared as sixteen stades, I left the last ten stades for the race, but I proceeded over the first six in a carriage. Then I alighted and ran, and I scarcely dragged my feet, and at the same time a raging northwind drove my cloak back<sup>84</sup>, and caused a remarkable amount of perspiration. Therefore when there was no end of it, I allowed it to chill me as much as it wished. When I reached the bank, I gladly threw myself into the water. And when I emerged and stood up, since I was covered with sand, I bathed again for a second time in the middle of the stream. I also had the opportunity of rubbing myself down and the rest, on the opposite bank, under a fair sun and a gentle wind. I went to the neighboring estate, and stayed long enough to consider some of the things which happened, and I returned before even taking the time to drink, and enjoyed a marvellous warmth and a wholly different constitution.

winter And after this, everything was easy until the 170/171 A.D. middle of winter. He cured what happened in winter with certain kinds and sorts of regimen.

I reckoned up how much time I was away from Smyrna, and this when honorary decrees had come, and that I was now also middle aged, and in addition the many former times when it was possible, if one was healthy, to go to the cities, and that there was fear that I be deprived even of my existing reputation through long idleness. I calculated these things, as it is likely that a man would, but I knew well that everything was foolishness in comparison to obeying the

<sup>84</sup> V 54 I accept Wyttienbach's addition of ἱμάτιον before εἰς; cf. Pseudo-Hippocrates *De Insomniis* 89, 18.

