

CULPEPER ON TEMPERAMENT

SANGUINE

A Man or Woman in whose Body heat and moisture abounds, is said to be Sanguine of Complexion, such are usually of a middle Stature, strong composed Bodies, Fleшы but not Fat, great Veins, smooth Skins, hot and moist in feeling, their Body is Hairy, if they be Men they have soon Beards, if they be Women it were ridiculous to expect it; there is a redness



intermingled with white in their Cheeks, their Hair is usually of a blackish brown, yet sometimes flaxed, their Appetite is good, their Digestion quick, their Urine yellowish and thick, the Excrements of their Bowels reddish and firm, their Pulse great and full, they dream usually of red things and merry conceits.

As for their Conditions they are merry cheerful Creatures, bountiful, pitiful, merciful, courteous, bold, trusty, given much to the games of *Venus*, as though they had been an Apprentice seven yeers to the Trade, a little thing will make them weep, but so soon as 'tis over, no further grief sticks to their Hearts.

CHOLERIC

We call that Man Chollerick in whose Body heat and driness abounds or is predominate, such persons are usually short of Stature, and not fat, it may be because the heat and driness of their Bodies consumes radical moisture, their Skin rough and hot in feeling, and their Bodies very hairy, the Hair of their Heads is yellowish, red or flaxen for the most part, and curls much, the colour of their face is tawny or Sunburnt, they have some Beards, they have little hollow hazel Eyes, their Concoction is very strong insomuch that they are able to digest more than they appetite, their Pulse is swift and strong, their Urine yellow and thin, they are usually costive, they dream of fighting, quarrelling, fire, and burning.



As for Conditions they are naturally quick witted, bold, no way shame-faced, furious, hasty, quarrelsome, fraudulent, eloquent, corragious, stout-hearted Creatures, not given to sleep much, but much given to jesting, mocking, and lying.

MELANCHOLIC

A Melancholly person is one whose Body cold and driness is predominate, and not such a one as is sad somtimes as the vulgar dream, they are usually slender and not very tall, of swathy duskish colour, rough Skin, cold and hard in feeling, they have very little Hair on their Bodies and are long without Beards, and somtimes they are Beardless in age, the Hair of their Heads is dusky brown usually, and somtimes duskie flaxen their appetite is far



better than their concoction usually, by reason appetite is caused of a sower vapor sent up by the Spleen which is the Seat of Melancholly, to the Stomach, their Urine is pale, their dung of a clayish colour and broken, their Pulse slow, they dream of frightful things, black, darkness, and terrible businesses.

They are naturally Covetous, Self-lovers, Cowards, afraid of their own Shadows, fearful, careful, solitary, lumpish, unsociable, delighting to be alone, stubborn, ambitious, Envious, of a deep cogitation, obstinate in Opinion, mistrustful, suspicious, spiteful, squemish, and yet slovenly, they retain Anger long, and aim at no smal things.

PHLEGMATIC

Such People in whom coldness with moisture abounds are called Flegmatick, yet are usually not very tall, but very fat; some you shall find almost as thick as they are long, their Veins and Arteries are small, their Bodies without Hair, and they have but little Beards, their hair is usually flaxen or light brown, their face white and pale, their Skin smooth, cold and moist in touching; both Appetite and Digestion is very weak in them, their Pulse little and low, their Urine pale and thick, but the excrements of their bowels usually thin, they dream of great rains, water, and drowning.

As for Conditions, they are very dull, heavy and slothful, like the Scholler that was a great while a learning a Lesson, but when *Once* he had it--- he had quickly forgotten it: They are drowsie, sleepy, cowardly forgetful Creatures, as swift in motion as a Snail, they travail (and that's but seldom) as though they intended to go 15. miles in 14. daies, yet are they shame fac'd and sober.



Text from, Galen, Galen, *Galen's Art of Physick*, trans. Nicholas Culpeper (London, 1652), 52-57.

Images from, Cesare Ripa, *Iconologia* (Rome, 1610), courtesy of the Wellcome Library.

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