

Contents

<i>Preface</i>	viii
<i>Disclaimer</i>	x
Introduction	
KAI BRODERSEN	
<i>Euporista – making remedies easily obtainable</i>	1
<i>Making science accessible</i>	2
<i>The world of the Medicina Plinii</i>	5
<i>Drink and food – Passum, Mulsum, Pusca, Garum, and Moretum</i>	7
<i>From toothache to poisoning</i>	8
<i>Insights into a distant world</i>	9
<i>Weights and measures</i>	9
<i>A travel health kit</i>	10
The Medicina Plinii: text and translation	
<i>Book One</i>	13
<i>Book Two</i>	43
<i>Book Three</i>	71
Commentary	
<i>Abbreviations used</i>	108
<i>Commentary on Book One</i>	116
<i>Commentary on Book Two</i>	174
<i>Commentary on Book Three</i>	220
 <i>Bibliography</i>	 290
<i>Index</i>	295