Contents

List of Illustrations —— XV
List of Tables XVII
Chapter One: Time measurement, time management: days, hours and routines — 1 Introductory: modes of time measurement at Rome — 1 Meridian lines and sundials; seasonal hours — 4 Hōrai (ὧραι): from seasons to hours — 6 Sundials in the Graeco-Roman world — 8 Water-clocks — 13 Accuracy — 17 Time perception, time management and the use of time-telling devices — 24 Medical texts and practices concerning time management — 27 Galen against 'festive time' — 33
Chapter Two: Times of life and times of year: the ever-shifting cycles — 35 Introductory — 35 The cycle of life: the ages of man (and woman) in the Graeco-Roman world — 36 Medical authors on the life stages — 43 The yearly cycle: the seasons — 51 Non-periodic disease recurrence: some endless cycles — 61 Conclusion regarding medical discussions of cycles — 63 A final consideration: temporal and atemporal human beings — 64
Chapter Three: Lives in time: history, biography, bibliography — 67 The old and the new — 72 Galen on the old and the new (1): the ideology of the ancient — 74 Galen on the old and the new (2): historiography and periodization — 83 Galen on his own age — 89 Galen on his own life and works — 91 A parallel biography: Porphyry's Life of Plotinus — 98
Chapter Four: Time for the doctor: crises, perils and opportunities —— 102 Kairos, krisis and peira: a perilous time —— 102



Periodic diseases — 106 Fevers and their recurrence: Hippocrates; Galen; Galen's rivals — 108 Non-Galenic views: over-simplification and over-complication — 109 Galen's own schemes - 116 Reconciling theory, observation and authority: Galen's medical month — 117 Chapter Five: Time, motion, rhythm: reality, perception and quantification —— 123 Philosophical questions and the relationship of time to motion —— 124 Galen on time (1): evidence for his theoretical analysis — 128 Galen on time (2): further analysis and justification — 132 Galen on speed: the measurement of the pulse — 136 Minimal units of time (1): the atomic nature of time perception —— 148 Minimal units of time (2): the analysis of rhythm — 152 Summary on minimal time units in Aristoxenus, Herophilus and Galen --- 158 An isolated case of quantification? Pulse rate and the water-clock — 159 Conclusion —— 162 Bibliography —— 165 Primary Texts — 165 Citation conventions and abbreviations — 165 List of primary sources cited - 166 Secondary Literature — 170

Index of names ---- 181

General index — 184