

Advice from a Spanish physician to his sons studying in Toulouse, c. 1315, found in British Museum MS Sloane 3124 fol. 74r–77r. Published by Lynn Thorndike as “Advice from a Physician to His Sons.” *Speculum*, Vol. 6, No. 1 (Jan., 1931), pp. 110–114.

Si non potes extra hospicium excitari aut quia tempus non patitur aut quia pluviosum, assende ter vel quarter gradarium festinanter et in camera bacculum ponderosum grssum ut gladium habeas et modo cum una manu modo cum alia quasi sgrimando moveas donec fere fatigis, hocque plurimum valet ad calefaciendum et fumositates per poros egrediendum et alias superfluitates consumendum. Similiter saltare exercicium est, eciam cantare est exercicium pectoris, et si hoc feceris habebis menbra sana, intellectum sanum et memoriam, et vitabis reuma. Similiter ludus pile. Omnes hii inventi sunt non pro ludo sed exercicio. Labor autem nimius est vitandus in continuo uso.

Translation by Ken Mondschein, 2009:

If you can't exercise outdoors, either because the weather won't allow it or it's rainy, run quickly up the stairs three or four times, and have a large and heavy stick like a sword in your room, and with one hand as with the other move it around as if you're fencing (*sgrimando*) until you're tired, so that it gets you heated and the fumes can escape through your pores and other superfluties are consumed. Similarly, one must practice jumping, and also sing for the benefit of the chest, and if you do this, you will have a sound body, a sound mind and a good memory, and avoid rheum. Also ball games. All these inventions are not for sport, but for exercise, for too much excessive continual work is to be avoided.