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## SIR THOMAS ELYOT – A NEOLOGISER WITH UTILITARIAN AIMS

### Sir Thomas Elyot – humanist writer

Sir Thomas Elyot (1490?–1546) was an English humanist and author, memorable for his use of English prose for subjects then customarily treated in Latin (Lehmborg 1960; Major 1964; Hogrefe 1967). As a humanist he endeavoured to pour into his books all the knowledge he acquired during a lifetime of reading and obviously the literature of the Greeks and Romans appealed to him as a guide to life. On the other hand, Elyot wished to apply his own extensive learning to the development and improvement of the English language. His contribution includes a lengthy treatise on the virtues to be cultivated by statesmen (Elyot 1531),<sup>1</sup> a Platonic dialogue on knowledge and goodness (Elyot 1533a), a Lucian dialogue on the duties of a counsellor (Elyot 1533b), the first substantial Latin-English dictionary (Elyot 1538),<sup>2</sup> a collection of the sayings of wise men (Elyot 1534?a),<sup>3</sup> a defence of women (Elyot 1540),<sup>4</sup> a sermon on the subjects of 'last things' (Elyot 1545)<sup>5</sup> as

<sup>1</sup> The twofold object of the book was "to instruct men in such virtues as shall be expedient for them, which shall have authority in a weal public, and to educate those youths that hereafter may be deemed worthy to be governors." (Stephen, Lee 1967–68: s.v. *Elyot, Thomas*).

<sup>2</sup> The copy of the dictionary which Elyot presented to Cromwell is preserved in the British Library. It contains an interesting manuscript letter in Latin. (Elyot to Cromwell, Dedicatory letter, MS. on flyleaf of *The Dictionary of Syr Thomas Elyot*, British Library, class mark C28, m. 2).

<sup>3</sup> The earliest extant edition is dated 1539 [STC 7633] and is described on the title page as "newly augmented with dyverse tytles and sentences." This fact indicates that an earlier edition may not have survived. The wood-cut border used in the 1539 edition bears the date 1534; possibly this indicates that the first edition was printed in that year, though this is by no means certain (Hogrefe 1967: 304; Lehmborg 1960: 130).

<sup>4</sup> DNB erroneously provides the year 1545 as the year of first publication of this work (DNB, s.v. *Elyot, Thomas*).

<sup>5</sup> The title page has only the name of the book, the place, and the date of publication. In his dedication Elyot said that he had written the book "to his worshypfull frende, Syr Edwarde North, knight, chancellour of the augmentacions" during Lent, 1545. The colophon bears the date July 2, 1545.

well as translations of works by Isocrates (Elyot 1534b),<sup>6</sup> Plutarch (Elyot 1535), St Cyprian and Pico della Mirandola (Elyot 1534c).<sup>7</sup> As a prose writer, Elyot enriched the English language with many new words, mainly Latin and Greek borrowings, like *animate*, *education*, *encyclopaedia*, *frugality*, *metamorphosis*, *modesty*, *obfuscate*, *persist* and many other (Barber 2001: 54).

### ***The Castel of Helth***

Although Elyot wrote mostly on subjects outside medicine, he must be noted as the author of the first original medical manual, *The Castel of Helth*,<sup>8</sup> published in 1539, although there are some theories according to which there may have been earlier publications (Kuropatnicki 2003: 149–192). *The Castel of Helth*, a popular treatise on medicine, intended to place a scientific knowledge of the art within the reach of those unacquainted with Greek, may be well considered a best-seller since it went through seventeen editions by 1610, while the *The Boke Named the Governour* had only eight editions. Elyot wrote his medical regimen with two purposes in mind. Firstly, he was concerned with Thomas Cromwell's health<sup>9</sup>, and secondly, he wished to reach the general reader whom he wished to educate in matters medical.

### **Medical humanism**

The book was a very popular medical manual in Renaissance England. The reason for its popularity may be that during the Renaissance, people in England as in the whole of Europe became interested in information about medicine and health. Medical writers wanted to effect a reformation of medical knowledge by re-creating the *prisca medicina* (pure ancient medicine) (Grendler 1999: IV, 100). Greek texts, especially, were seen as possessing the purest wisdom. In this period there was a general rebirth of interest in the human body and many scholars were reading the classical works on medicine in the original Greek. Many medical works were translated directly from Greek into Latin by medical humanists, a group of

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<sup>6</sup> Elyot translated Isocrates' *Ad Nicoles*. The work appeared in three editions, two of them perhaps in 1534 and the third attributed to 1538 or even 1548 (Hogrefe 1967: 232). According to Lehmborg, however, it is impossible to date the translation precisely. Judging from the list of works which Elyot gave in the preface to *The Image of Governace*, published in 1541, he assumes that it was printed in 1533 (Lehmborg 1960: 125–126). Rude assigns the date to 1534 (Rude 1992: xxxi).

<sup>7</sup> *A Swette and Devoute Sermon of Holy Saynt Ciprian of the Mortalitie of Man* was jointed with *The Rules of a Christen Life Made by Picus Erle of Mirandula* in a small volume printed in 1534. Elyot dedicated the book "to my ryghte worshypfull suster Dame Susan Knyggestone", his stepsister (Susan Fettiplace Kingston) then living as "a vowess" at Sion house (Lehmborg 1960: 128; Hogrefe 1967: 19–20, 29–30).

<sup>8</sup> T. Elyot, *The Castel of Helth Gathered and Made by Syr Thomas Elyot knyghte, of the chief Authors of Physyke, wherby euery manne may knowe the state of his owne body, the preseruatiō of helth, and how to instructe welle his physytion in syckenes that he be not deceyued* (London 1539).

<sup>9</sup> Thomas Cromwell, earl of Essex, was Elyot's protector and friend.

learned physicians. Medical humanism had begun with Leonicensus of Ferrara who trained a group of young physicians in the methods and traditions of classical scholarship. Some of them thought that the best way to medical advancement was through correct translation of medical and scientific writings into Latin and a vernacular language. In England Sir Thomas Elyot, who was one of Thomas Linacre's students, was a prime mover (Sharpe 1960: 242). Humanists focused especially on the Hippocratic works and those of Galen, which constituted the principal sources of classical medical knowledge. In 1525 the complete works of Galen were published in Greek and in the same year the *Hippocratic corpus* was first published in Latin and the next year in Greek. It is worth mentioning that between 1500 and 1600 some 590 separate editions of Galen were published. Among the medical humanists certainly no one enjoyed a higher reputation than Thomas Linacre, or did better service to the cause of learning. Linacre was one of the first Englishmen who studied Greek in Italy whence he brought back to his native country and his own university the lessons of the 'new learning'.

### Early medical books in English

In the Tudor period there were many medical books available but they were written in Latin and addressed mainly to the medical profession (Pilcher 1918; Kuropatnicki 2004 II, 490–508). Although most physicians wrote in Latin, there were some exceptions, and the number of works in the vernacular steadily increased. One of the outstanding figures among physicians of that time was Andrew Boorde, who studied medicine and took his M.D. at Montpellier. He is famous for two medical works, *The Dyetary of Helthe* (Boorde 1542) and *The Breuyary of Helthe* (Boorde 1547). Another physician who wrote entirely in English was Robert Recorde. He is famous for a short book on urines, *The Urinal of Phisicke* (Recorde 1547). Dr William Turner, the naturalist, wrote an informative and practical treatise on baths in English (Turner 1562).<sup>10</sup> Turner's contemporary, John Caius wrote *A Boke or Counseill Against the Disease Commonly Called the Sweate or Sweatyng Sicknesse* (Caius 1552).

Before 1600 there appeared a number of books whose aim was to help ordinary people in health problems. Some of these books were original, for example William Bullein's *Bulwarke of Defence Against all Sicknesse, Sores and Woundes* (Bullein 1562), Phillip Barrough's *The Method of Physicke*, which had nine editions before 1639 (Barrough 1583), and Thomas Cogan's *Haven of Health* (Cogan 1584). There was also a number of books relating to the bubonic plague which spread across Europe in the sixteenth century.

Sir Thomas Elyot was the first to bring the Renaissance spirit to the application of the English language. In the Preface to the edition of *The Castel of Helth* of 1541 he explains why he wrote his treatise in English:

But if phisitions be angry, that I haue wryten phisike in englyshe, let theym remember, that the grekes wrate in greke, the Romanes in latyne, Auicena, and the other in

<sup>10</sup> The book was published with two parts of Herbal in 1562 and again in 1568.

Arabike, whiche were their owne propre and maternal tonges. And if they had bene as moche attacked with enuy and couaytise, as some nowe seeme to be, they wolde haue deuysed some particuler language, with a strange syphre or fourme of letters, wherein they wold haue writen their science, which lãguage or letters no man shoulde haue knowen that hadde not professyd and practised phisycke: but those, although they were painimes and Jewes, in this parte of charitye they farre surmountid vs Christianes, that they wolde not haue soo necessary a knowledge as phisicke is, to be hyd frome them which wolde be studious aboute it. (Elyot 1541: A4v).

Elyot found that medical problems could be presented in the vernacular and in this way a wider public could be advised and counselled on how to prevent illnesses by watching their diets, and when they become ill, to analyse their own symptoms and report them to their doctors in a more accurate way.

### Lexical problems arise

As previously stated, in Tudor England there were medical texts translated into Latin and Greek, as well as translations from Latin or Greek into English. The sixteenth century was marked by the efforts of literary minds to improve and adorn the mother tongue, which the admirers of classical literature and philosophy considered to be lagging far behind Greek and Latin as far as its literary qualities or potentialities were concerned (Berndt 1983: 55). In sixteenth century England the vernacular was duly established as the literary medium. However, we can see the renaissance movement and general national activities increasing its vocabulary to an enormous extent. We can also observe its grammatical structure and syntax being slowly modified.

Although increasing numbers of scientific books were written in English, their technical vocabulary was awkward and often confusing due to the lack of English words equivalent to the classical Greek and Latin terms reintroduced during a period of rapid rediscovery and publication (Sharpe 1960: 242). So far only Latin, and to some extent Greek, had been used to express *materia medica*. There was no need before Tudor times to find English equivalents for most medical terms used by those who had been writing in Latin. However, Latin had already been influencing English since the Old English period when many Latin loan words entered English. The influx of Latin loanwords continued during Middle English times, nevertheless, the number of Latin loans that entered English was small. Many new words came into English via French and now it is often impossible to decide which words entered English as a result of direct borrowing or were introduced via their descendant language (Berndt 1983: 53).

### Expanding English lexicon

According to Otto Jespersen, a great many words in English may be ascribed to French and Latin, since their English form would be the same in both cases (Jespersen 1956: 119).

Rolf Berndt presents the ways of expanding English lexicon, or vocabulary:

- (i) by utilizing the resources already available in the language for the creation of new words (by way of compounding and derivation);
- (ii) by creating new words on the model of another language (so-called 'loan-translations' or 'calques'), a common practice in Old English, but rare in later stages, and to an extent unparalleled in any other Germanic language;
- (iii) by 'borrowing' words (and with them prefixes and suffixes) from foreign languages (so-called 'loanwords');
- (iv) by forming new words out of native and 'borrowed' vocabulary elements (so-called 'hybrids') or out of foreign (especially Greek and Latin) elements only;
- (v) by creating lexical items larger than words (and different from compound words), namely 'fixed phrases' (or 'locutions'), such as idioms, proverbs and other fixed groups of words with a special meaning;
- (vi) only very rarely by coining, or inventing, totally new words to denote new concepts (Berndt 1983: 48).

When discussing medical texts of the Renaissance period we must keep in mind that the words adopted are not all of Latin origin, there are perhaps more Greek than Latin elements in them. However, the more important words are Latin and most Greek words have entered into English through Latin. They may have been Latinised in spelling and ending before being used in English.

To illustrate the problems that English writers had when writing in the vernacular on medical matters let us quote Sir Thomas Elyot. When introducing his list of remedies to purge superfluous humours, he writes:

I haue gathered out of the booke of Dioscorides, Galen, Paul Egineta, Oribasius, & Aetius, and other late writers, not with standynge, I haue not written all, for as moche as there be dyuers thinges, whervnto we haue not yet founden any names in englishe. (Elyot 1541: 57 v).

Later on, in the fourth book of his manual, he uses the word 'cruditie', explaining that he has made it from Latin because no English term is available:

The one is callyd cruditie, y other lassitude, whyche althoughe they be wordes made of latyne, hauynge none apte englyshe worde therefore, yet by the defynitions and more ample declaration of them, they shall be vnderstande suffycyently, and from henseforthe vsed for englysshe. (Elyot 1541: 74 v).

Many medical terms were translated directly from Latin or anglicised:

vomyt (vomitus)  
 abhorre (abhorrere)  
 abolicion (abolitio(n))  
 apostume (apostema)  
 aqua vitae (Latin loan word)  
 pulse (pulsus)  
 replecion (repletion(n))

### Lexical items introduced by Elyot

I would like to concentrate now on the words, derived mainly from Latin or other languages, which have been presumably created by Sir Thomas Elyot, or at least, were used for the first time by him. I have found 45 such words in *The Castel of Helth*. Below I present the results of etymological analysis based on *The Oxford English Dictionary* (on CD) and *The Middle English Dictionary*. In brackets the modern version of the word has been given.

#### (1) abraied – (abraid)

this word might have been derived from Old English ‘brōdan’ or Old Saxon ‘bregdan’, which means ‘to make a sudden jerky movement.’ Elyot used this word in the sense of ‘to rise nauseously (in the stomach).’

“...an appetite to eate or drynke mylke, to the extēt that it shal not arise or abraied in he stomake...” (Elyot 1541: 33 v).

#### (2) abstersiue – (abstersive)

the adjective derived probably from the French ‘abstersif’ or Latin ‘abstertio(n)’. It may have been formed from the Latin ‘abstergere’ by adding suffix ‘-ive’, which in Old French had also the form ‘-ive’, in Italian and Spanish ‘-ivo’, whereas in Latin ‘-ivus’. This suffix forms adjectives in the sense of ‘tending to, having the nature or quality of.’

Elyot used this word for the first time in the sense of ‘having the quality of purging, cleansing, scouring, or washing away impurities.’

“[white betes] Are also abstersiue, and lowseth the bealye, but moche eaten, annoyeth the stomake...” (Elyot 1541: 27 r).

#### (3) adustiō (adustion)

‘hotness and dryness of the humours of the body’.

The noun was probably derived from the Latin ‘adūstiōn -em’, which is a noun form of ‘adūr -ēre’, meaning ‘to burn’, but also the French ‘aduste’ (15<sup>th</sup> c.) may be the immediate source of this English word.

“Grene like to grene cāker of metal, & bourneth like venim, & is of exceding adustiō of choler or fleum...” (Elyot 1541: 9 r).

#### (4) affecte – (affect)

‘a state of body opposed to the normal, indisposition, distemper, malady, disease, affection’.

The word is probably an adaptation of Latin ‘affectus’ (the noun of completed action ‘affic -ēre’- to act upon, dispose, constitute).

“The last of thynges callid not naturall, is not the least parte to be consydered, the whyche is of affectes and passions of the mynde.” (Elyot 1541: 62 r).

However, the same word “affecte” was used also by Elyot (first recorded use) in *The Boke Named the Govourner* (1531) in the meaning of ‘feeling, desire, or appetite (as opposed to reason); passion, lust, evil-desire’.

“Wherby he confoundeth the vertue called temperance, whiche is the moderatrice as well of all motions of the minde, called affectes, as of all actis procedyng of man.” (Elyot 1531: Ch. IX).

(5) aggregatour

‘one who joins himself to; an adherent’.

This is an agent-noun form of aggregate (Latin ‘aggregātor’, form of ‘aggregāre’, f. ad ‘ag-’ + ‘greg-, grex’ flock, ‘-tor’]. In the Preface Elyot writes:

“Nor I dyd ommit to reade the longe Canones of Auicena, y Commentaries of Auerrois, y practisis of Isake, Halyabbas, Rasys, Mesue, and also of the more part of them which were their aggregatours and folowers.” (Elyot 1541: A4 r).

(6) cāker – (canker)

‘rust’.

[Old Northern French ‘cancre’, in Central Old French and modern French ‘chancre’, Latin ‘cancr-um’ nom. cancer.]

The word had been used in Old English directly from Latin. From the fifteenth century it was applied to larvae destructive to plants. Elyot probably transformed the meaning of a disease of plants affecting bark and tissues by analogy to metals.

“Grene like to grene cāker of metal, & bourneth like venim, & is of exceding adustiō of choler or fleum...” (Elyot 1541: 9 r).

(7) carnositie – (carnosity)

‘fleshiness; pulpiness; flesh or pulp’.

The noun was adopted from Latin ‘carnōs -us’ fleshy, ‘-ity’ or French ‘carnosité’.

“Sanguine ... Carnositie or flesshynesse.” (Elyot 1541: 2 r).

(8) chittes – (chit)

‘chiches or chick-peas’.

(Fr. ‘chiche’, Old French ‘cice’, Latin ‘cicer’).

Chick-pea, lentil, was in the sixteenth century corrupted to chits, which being taken as plural, yielded a singular chit.

“Cicer, & the pulse called in latin eruum, in englishe I suppose chittes) in water drunk fasting, hath the same effect.” (Elyot 1541: 90 v).

(9) crude

This adjective derived from Latin ‘crūd -us’ (raw, undigested, unripe, rough, cruel) was used by Elyot in the sense of ‘not, or not fully, digested or concocted’ with regard to food in the stomach, secretions and humours.

“Speciallye to them, that are coleryke, and only serueth for them that are replete with fleume, crude, or vndigested humours, clammy or fatte.” (Elyot 1541: 92 r).

(10) cruditie – (crudity)

used in the sense of ‘imperfect concoction of the humours; undigested (or indigestible) matter in the stomach’ or was generated from the Latin ‘crūditās’ (form of ‘crūdus’). Elyot uses the word in the fourth book, chapter I, and explains:

“The one is callyd cruditie, y other lassitude, whyche although they be wordes made of latyne, hauynge none apte englyshe worde therefore, yet by the defynitions and more ample declaration of them, they shall be vnderstande suffycyentely, and from henseforthe vsed for englysshe.” (Elyot 1541: 74 v).

(11) decoction

‘digestion’

The noun was derived probably from French (Old French ‘decoction,’ which is an adaptation of ‘dēcoctiōn- em’, noun of action being a form of ‘dēcoquēre’ to decoct.

“These thinges are good ageinst it, the decoction of cicer with honye and raysons, fylberd nuttes tosted eaten after meales.” (Elyot 1541: 81 v).

(12) defecate

‘purified from dregs, clarified; clear and pure’.

It is a past participle of ‘defecate’. The verb must have been derived from Latin ‘dēfēcāt -us,’ past participle of ‘dēfēcāre’.

“If the corne be good, the water holsome and cleane, and the ale or biere welle and perfytelye brewed and clensted, and by the space of syx dayes or more, settled and defecate.....” (Elyot 1541: 34 v).

(13) distemperature

‘disordered or distempered condition of the humours, or of the body, disorder, ailment’.

It was probably derived from the Latin ‘distemperātūra’, however in Old French there was ‘destempreure.’

“The cause therof is, sometyme the distemperature of the stomake, sometyme inflammations...” (Elyot 1541: 74 v).

In *Governour* Elyot uses the word in a different sense: ‘a condition of the air or elements not properly tempered for human health and comfort; evil, deranged or extreme *temperature* (in the earlier sense of this word, including all atmospheric states); inclemency, unwholesomeness.’

“That parte of phisike called rationally, wherby is declared the faculties or powers of the body, the causis, accidentes, and tokens of sikenessis, can nat alwayes be sure without some experiance in the temperature or distemperature of the regions, in the disposition of the patient in diete, concoction, quietnesse, exercise, and slepe.” (Elyot 1531: III, Ch. XXVI).



## (14) dystillation

‘a defluxion of rheum; a catarrh’.

In both Latin and French there are words from which this one may have been derived: (Latin ‘dē-, distillatiōn- em’, a noun of action of ‘dē-, distillāre’, French ‘distillation’)

“...for it cureth the eyen being annoyed with longe dystillations.” (Elyot 1541: 61 r).

## (15) eructation

‘the action of voiding wind from the stomach through the mouth; belching’.

The noun was probably derived from the Latin (‘eructatiōn- em,’ a noun of action from ‘eructāre’)

“This is alway to be remébred, that where one feleth hym selfe full, and greued with his diner, or the sauoure of his meate by eructation ascendeth...” (Elyot 1541: 41 v).

## (16) extenuate

‘to make (the body, flesh, a person) thin or lean; to render emaciated or shrunken’.  
The word may have had its source in the Latin word ‘extenuāt’ (participle stem of ‘extenuare’; ‘ex-’ + ‘tenuis’ thin, reduce, diminish ‘-ate’)

“...wherby it hapneth, that thynges harde be mollified, moyste thynges are extenuate, and the poores of the bodye are more opened.” (Elyot 1541: 46 v).

## (17) exulcerate

‘to cause ulcers in; to ulcerate’.

(Latin ‘exulcerāt -’ participle stem of ‘exulcerāre’, ‘ex-’ intensive + ‘ulcerare’ to ulcerate)

“And if the reume be sharpe, it rasith the inner skyn of the throte, and sometime it doth exulcerate the lunges.” (Elyot 1541: 78 r).

## (18) exulceration

‘ulceration’

In Latin and French there are words from which the word may have been derived. (Latin ‘exulceratiōn- em’, a noun of action form from ‘exulcerāre’, French ‘exulceration’, ‘-ation’)

“...but if it be of a hotte cause, the vse therof is dangerous, for inflammation or exulceration of the raynes or bladder.” (Elyot 1541: 27 v).

## (19) fastidiousness

‘loathing, disgust’.

The word definitely has its origin in Latin (‘fastīdiōs-us’, a form of ‘fastīdium’ loathing: ‘-ness’).

“...bycause they ar wylde of nature, and more bitter, and ther fore causeth fastidiousness or lothsomnesse of the stomake.” (Elyot 1541: 28 v).

## (20) fricasy

'frication, friction' derived from Latin 'fricatio'.

"And in this fourme of fricasy, I my self haue founden an excellent commodittie."  
(Elyot, 1541: 45 v).

## (21) fricacion – (frication)

the action or process of chafing or rubbing (the body) with hands. It originates from Latin ('fricātiōn- em', a noun of action from 'fricāre', f. 'fricat-' past participle stem of 'fricare' rub, '-ation').

"...than increase fricacions and exercise by litel & litel, and than let him retourn to his naturall dyete." (Elyot 1541: 75 v).

## (22) fyllett – (fillet)

'a band of fibre, whether muscle or nerve, a flap of flesh; a muscle'.

It originated either from Latin ('filum' thread) or directly from French ('filet' = Pr. 'filet', Sp. 'filete', It. 'filetto').

"This doth happen of excessiue multitude of humors, which do extende the muscles or fyllettes." (Elyot 1541: 85 v).

## (23) galyardes

'galliard' is a quick and lively dance for couples in triple time. It originates from French (Old French and French 'galliard.') It also occurs in other languages (Provençal 'galhart,' Spanish 'gallardo,' Portuguese 'galhardo,' Italian 'galiardo'). It is an adjective of unknown origin.

"...Vehement exercise is compoude of violent exercise and swifte, whan they are ioyned together at one time, as dansyng of galyardes, throwing of the ball, and running after it..." (Elyot 1541: 48 v).

## (24) gargarise

'to wash or cleanse (the mouth or throat) with gargle.' It was derived from the Latin 'gargarizāre' and is an adaptation of the Greek 'gargarizein' – to gargle, and it was also adopted in the French 'gargariser.'

"...and therwith gargarise your mouth fastinge..." (Elyot 1541: 90 r).

## (25) gargarise

'a gargle'

A noun form derived from the verb 'gargarize'.

"...and taken very hote in a gargarise is right conuenient." (Elyot 1541: 82 r).

## (26) gestation

'an action of carrying or being carried, e.g., on horseback or in a carriage'.

It was regarded as a kind of exercise. The word was derived from Latin ('gestātiōn- em', a noun of action formed on 'gestāre' to carry). In French there also exists the similar noun 'gestation.'

"There is also an nother kynde of exercise, whiche is called Gestation, and is myxt with muvyng and rest." (Elyot 1541: 47 v).

(27) incend

'to engender (bodily heat); to heat, inflame (the body or its organs).'

The verb was derived from Latin 'incend-ĕre' to set on fire, kindle ('in-' + 'candĕre' to cause to glow, cf. 'candĕre' to glow, shine, cf. Italian 'incendere' to kindle, inflame).

"...they that are sowre, be more expedient and holsome. for than the sweete do incende heate, and puffe vp the stomake." (Elyot 1541: 26 v).

(28) juuentute – (juventute)

'youth; the age of youthful vigour or early manhood.'

It is a noun of Latin origin ('juventūs, -tūt -em' the age of youth) although in French we can also find 'juventute.'

"Juuentute vnto.xl.yeres, hotte and drye, wherin the body is in perfyte growthe." (Elyot 1541: 13 r).

(29) lassitude

In the fourth book in chapter I, Elyot explains that the word 'lassitude' is a word he made from Latin because no English term was available. In Latin the word from which it was derived is 'lassitūdo' (a form of 'lassus' weary). The word means 'the condition of being weary whether in body or mind; a flagging of the bodily or mental powers; indifference to exertion; weariness.'

"The one is callyd cruditie, y other lassitude, whyche althoughe they be wordes made of latyne, hauyng none apte englyshe worde." (Elyot 1541: 74 v).

(30) metheglyn

'a spiced or medicated variety of mead, originally peculiar to Wales.' (Welsh 'meddyglyn,' a form of 'meddyg' healing, medicinal) [an adaptation of Latin 'medicus': 'medic' + 'llyn' liquor (= Irish 'lionn', Gaelic 'leann').]

"...be made lykors commodious to mākynd, as mead, metheglyn, and oximell." (Elyot 1541: 35 v).

(31) mulse – (muls)

an adaptation of the Latin 'mulsum' (neuter past participle of 'mulcĕre' to sweeten) meaning 'a liquor made of honey mixed with water or wine, hydromel, mead.'

"...he prayseth moche Mulse, or the water of honye, specially yf some Isope be boyled in it." (Elyot 1541: 76 v).

## (32) nemiphar – (nenuphar)

'a water-lily, esp. the common white or yellow species'.

derived from the Latin 'nenuphar' (Italian and Spanish 'nenufar', French 'nénufar'), it is probably an adaptation of Arabic – Persian 'nīnūfar', 'nīlūfar,' (meaning blue lotus, from 'nīl' blue + 'utpala' lotus, water lily).

"...sirope of violetes, nemiphar or the wine of swete pomegranates..." (Elyot 1541: 81 r).

## (33) plummet

a leaden weight used in gymnastic exercises or a weight enclosed in a cestus. It originated probably from the French 'plommet', 'plombet', 'plummet' meaning ball of lead

"Also stirring vp and downe his armes, without plummettes, Vehement exercise is compoude of violent exercise and swifte..." (Elyot 1541: 48 v).

## (34) rigour – (rigor)

'a sudden chill, esp. one accompanied with fits of shivering which immediately precedes certain fevers and inflammations'.

It was probably created on the bases of Latin rigor 'numbness, stiffness,' related to 'rigēre' to be stiff, 'rigidus.' In Old French existed 'rigor,' 'rigour' (in the 13<sup>th</sup> century modified into French 'rigueur').

"...or agaynst the rigour, whiche hapneth in feuers, only I wyl remember the saying of Hippocrates." (Elyot 1541: 48 r).

## (35) ruen chese

'a kind of soft cheese'.

The noun of obscure origin used for the first time by Elyot. I was not able to track its origin.

"As mylke hot from the vdder, or at the lest newe milked, ruen chese, sweete almonds, the yelkes of rere egges, litel byrdes of é bushes, chickens, & hennes." (Elyot 1541: 65 v).

## (36) sacietie – (satiety)

'the state of being gluttoned or satiated with food; the feeling of disgust or surfeit caused by excess of food'.

The word derived probably either from the Latin 'satiētatē' abundance, satiety, a form of 'satis' enough, or from the French 'satiété' (12<sup>th</sup> c. 'saziated,' 16<sup>th</sup> c. 'sacieté').

"...the breke fast lasse than the diner and the dyner moderate, that is to say, lasse than sacietie or fulnesse of bealy..." (Elyot 1541: 40 v).

## (37) sackbottes – (sackbut)

a musical instrument of the Renaissance; a bass trumpet with a slide like that of a trombone for altering the pitch. It must be an adoption of a French 'sa(c)quebute,'

earlier ‘saqueboute,’ ‘-botte,’ etc., not found as the name of a musical instrument earlier than the latter half of the fifteenth century, but presumably identical with the Old Northern French ‘saqueboute,’ explained in the fourteenth century as a lance furnished with ‘an iron hook for pulling men off their horses.’ The first element is clearly ONF. ‘saquier’ to pull, draw (which accounts for all the senses of the compound); the etymology of the second element is obscure; some scholars connect it with ‘bouter’ to push. There is the Spanish ‘sacabuche’ (cf. the sixteenth century English form ‘shagbushe’), sackbut, also tube used as a pump, and the Portuguese ‘sacabucka,’ an adoption of the French word. The Portuguese word is identical in form with a word meaning a hook for drawing the wad from a gun. Possibly the French word may, when adopted into Portuguese, have undergone assimilation to the native word and then passed in the altered form into Spanish, but evidence is wanting.

“The entrayles, which be vnderneath the myddreffe, be exercised by blowinge, eyther by constraint, or playing on shaulmes, or sackbottes, or other lyke instruments, which do require moch wynde.” (Elyot 1541: 47 r).

### (38) Saltion

‘leaping’

It is an adoption of the Latin ‘saltiōn -em,’ formed on salt-, participle stem of ‘salīre’ to leap.

“...crampes in the bodye stertynge or saltion of the members, fulnesse of the vaynes, and thychenesse of the poulses.” (Elyot 1541: 52 v).

### (39) scarifieng(e)

a form of ‘scarify’.

It is an adoption of the late Latin ‘scarificāre,’ an altered form of ‘scarifāre’ to scarify, which had been adopted from the Greek ‘skariphasthai,’ and recorded in the senses of ‘to scratch an outline, sketch lightly.’ Scarifying means ‘making of a number of scratches or slight incisions in (a portion of the body, a wound).’

“And their drawynge is more conuenient for fulnesse of blod thanne scarifieng(e) is....” (Elyot 1541: 61 r).

### (40) stoole (stool)

[Old English ‘stól’ = Old Frisian., Old Scandinavian ‘stól,’ Old High German ‘stuol’ (Dutch ‘stoel,’ German ‘Stuhl’), Old Northumbrian ‘stóll,’ Gothic ‘stól- s’ throne].

From Late Middle English the word was used in the sense of a seat enclosing a chamber-pot; a close- stool, a commode, also, a privy, a lavatory. Elyot engaged it to describe the action of evacuating the bowels and also an act of discharging faeces. ‘By stool’ means the same as ‘by faecal’ as distinguished from other means of evacuation.

“Of the gardeyn, and rype, do dispose a man to the stoole, but they do brynge no maner of nouryshement.” (Elyot 1541: 27 r).

## (41) stufe

adapted from the Italian 'stufa' and anglicised. It means a hot-air bath.

"...moderate sweatyng in hot bathes or stufes be to this complexion necessary..."  
(Elyot 1541: 72 v).

## (42) sublation

another medical term derived from Latin (an adaptation of 'sublātio -ōnem,' a noun of action of 'sublāt'). It means the middle part of a liquid that has thrown its sediment.

"If lyke thynges be sene in the myddell of the vrynall, they be called sublations..."  
(Elyot 1541: 88 v).

## (43) tisiknesse

'phthisic or asthmatic quality'.

It is an obsolete form of the word 'phthisic.' In Middle English there was a form 'tisik(e),' in Old French 'tisike, -ique,' later 'ptisique,' 'thisique' (replaced by modern French 'phthisie'). All the forms originated in the Latin 'phthisicus,' a form of the Greek 'phthisikos' consumptive.

"...dulnesse of syght, hardnesse of hearyng, tisiknesse or shortnesse of breth." (Elyot 1541: 84 r).

## (44) venenositie

'poisonous quality or property'.

The word was probably derived from the Latin 'venēnōsitas' poison.

"Wherfore men haue need to beware, what medicines they receyue, that in them be no venenositie, malayce, or corruption..." (Elyot 1541: 56 v).

## (45) vpbrading – (upbraiding)

'eructation of food; regurgitation'.

It probably originates from the Old English 'upbreōdan,' 'up-' + 'breōdan' braid (the originally strong past tense ('upbraid') gave rise to the reduced form 'upbray').

"If it be corrupted, it tourneth also nourishment vnto corruption, whiche maketh vpbradinges fumishe or sharp, or of som yll qualitie, whiche can not be expressed."  
(Elyot 1541: 78 r).

**Final remarks**

To sum up, I should say that *The Castel of Helth* is very interesting material for study. On the one hand, it is a handbook of physiology, hygiene, and diagnostics from which the reader can learn a lot about the Renaissance theories concerning health and ways of preventing and treating diseases. On the other hand, however, it is an excellent source of knowledge on the development of the English language. It shows to what extent English, and especially English dealing with matters medical, was influenced by Greek and Latin.

*The Castel of Helth* in fact, is a compilation of various theories concerning the human body and healthy lifestyle presented by such ancient authors as Galen, Hippocrates, Aetius, Avicenna, Dioscorides, Oribasius, Paul of Aegina and others. Renaissance translations of their medical works into the vernacular founded the modern Greco-Latin medical vocabulary, the terms of which gathered into glossaries gave rise to proper scientific dictionaries. Sir Thomas Elyot published his Latin-English Dictionary in 1538, republished in 1542 under the title *Bibliotheca Eliotae*. All this provides evidence that Thomas Elyot, Renaissance humanist, made an enormous contribution into the development of the English language.

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## Sir Thomas Elyot – słowotwórca ukierunkowany funkcjonalnie

### Streszczenie

W XVI-wiecznej Anglii język ojczysty na dobre zadomowił się jako język literacki. Zaobserwować można jak ogólne działania w skali kraju zwiększają jego słownictwo, widać również powolne zmiany jego struktury gramatycznej i składni. Coraz więcej książek naukowych jest pisanych w języku angielskim, ale ich słownictwo techniczne było bardzo nieporadne i często mylące. Do tej pory tylko łacina, a do pewnego stopnia greka, były używane do wyrażania *materia medica*. Przed czasem panowania Tudorów nie było potrzeby znalezienia angielskich odpowiedników dla większości terminów medycznych. Wśród autorów, którzy pisali w języku angielskim o sprawach medycznych byli lekarze, ale i laicy. Oni to wprowadzili wiele terminów medycznych do języka angielskiego.

W artykule przedstawiono 45 słów wprowadzonych do języka angielskiego przez Thomasa Elyota, autora *The Castel of Helth*, oraz ich etymologiczne analizy.

**Słowa kluczowe:** Elyot, *Castel of Helth*, język macierzysty, etymologia