

supplies of this wine, which presumably came from the Continent.<sup>26</sup> At Caerleon (Isca Silurum), the base of the Second Augustan Legion (*legio II Augusta*), was discovered an *amphora*, which had contained Aminean wine, a high quality Italian white wine that kept well.<sup>27</sup> Celsus prescribes two uses for this wine. Firstly, as a cure for diarrhoea one should eat half a pound of bread soaked in neat Aminean wine, then something roasted (particularly poultry), then drink the Aminean wine mixed with rain-water. Alternatively, boil half a pound of wheat in dry Aminean wine, eat the wheat on an empty stomach, then drink the wine; Celsus recommends this as a very good remedy.<sup>28</sup> The second major use was to cure an ailment, the symptoms of which were as follows:<sup>29</sup>

Another, although not very different ailment, is *gravedo*. This blocks up the nostrils, makes the voice hoarse, and causes a dry cough. In it the saliva is salty, there is a ringing in the ears, the veins in the head throb, and the urine is turbid . . . These affects tend to be of short duration, but if neglected, may last a long time. None is fatal, except that which causes ulcers in the lung.

His advice is to take sensible precautions, although the normal diet can be kept, and the ailment will generally clear up in two to three days. However, if it has not cleared by the fourth day, 'the patient must take dry Aminean wine, then water for two days' after which he will be well enough to return to his normal diet. *Gravedo* is the common cold. Although medical and pharmaceutical knowledge has progressed greatly since the time of Celsus, there is still no cure for the common cold, but there must be many today, who would agree with the men of *legio II Augusta*, that doses of Aminean wine (or its modern equivalent) are the next best thing.

<sup>26</sup> *Journal of Roman Studies*, 1963, 53, 166, no. 51. Dioscorides, *De Mat Med.*, 5, 48. Celsus, *De Medicina*, IV, 10, 1–4; cf. III, 22, 14. Pliny, *N.H.*, 20, 241–42. Horehound was used until recently as a remedy for coughs.

<sup>27</sup> *Journal of Roman Studies*, 1966, 56, 224, no. 51.

<sup>28</sup> *De Medicina*, IV, 25, 3 and 9.

<sup>29</sup> *De Medicina*, IV, 5, 2–4.

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## DR. RICHARD BRIGHT AND LAKE BALATON

RICHARD BRIGHT, M.D. (1789–1858) is chiefly remembered for his medical researches—principally his recognition of the disease now called after him, Bright's disease. But in addition to his medical achievements, he was a man of wide scientific interests, an accomplished linguist and very interested in foreign travel. When the approaching end of Napoleonic wars made continental travel again possible, Bright left his studies to go abroad once more. He journeyed through Holland, Belgium and Germany, arriving at Vienna in the winter of 1814–15. Here he attended the famous Vienna School of Medicine and showed considerable interest in the Congress of Vienna then in progress. Between the sessions of the Congress there was a pause of over six months, and Richard Bright used this period for extensive journeys into neighbouring Hungary. Whilst at Vienna, he was introduced to a number of young Hungarians studying there, one of whom appears to have been László Festetits, son of George Festetits, one of the leading statesmen of the 'reform' period. Letters of introduction

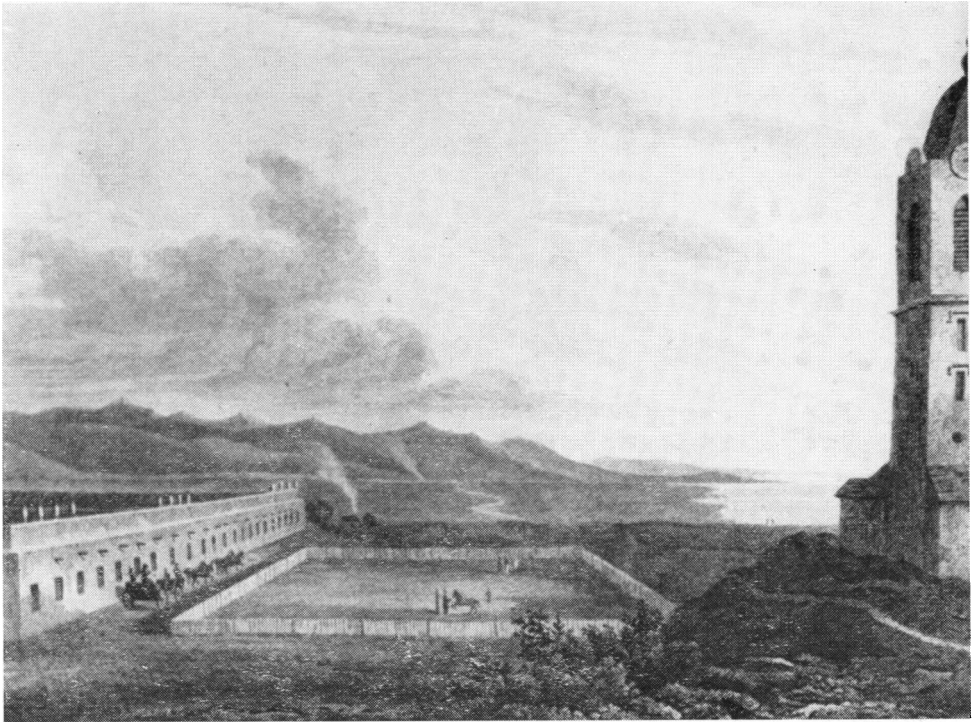


Figure 1

View of Lake Balaton. From R. Bright, *Travels from Vienna through Lower Hungary*, Edinburgh, Constable, 1818.

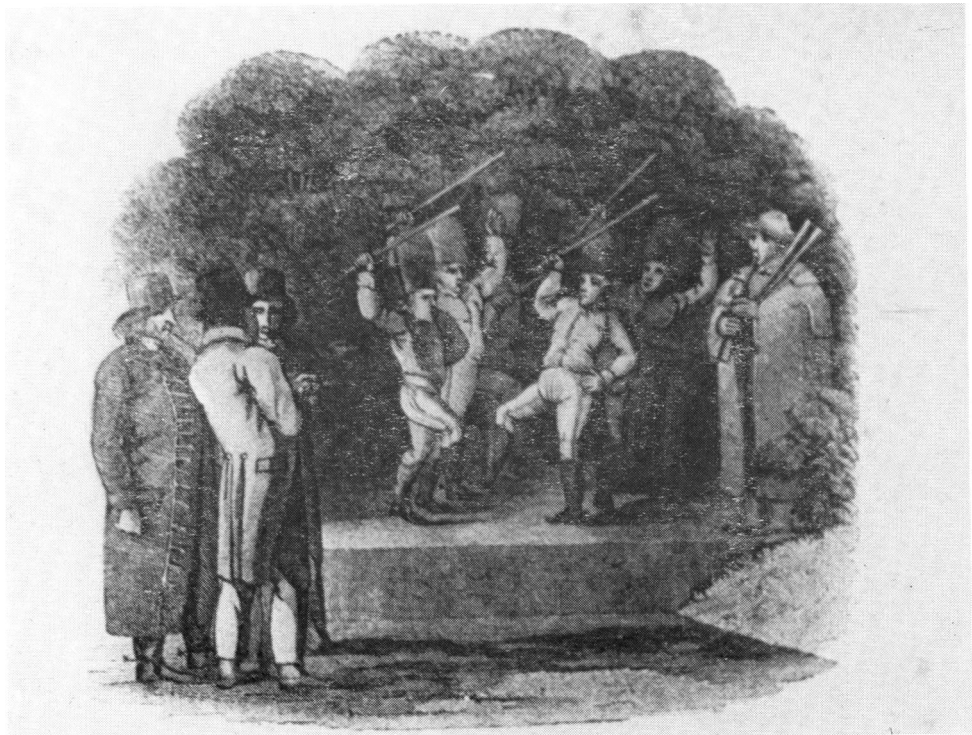


Figure 2

The pupils of Georgicon Agricultural College give a special dance performance in honour of Richard Bright. From R. Bright, *Travels from Vienna through Lower Hungary*, Edinburgh, Constable, 1818.

to the leading patriots in Hungary enabled Bright to visit many places of particular interest.

His interest in natural history and phenomena led, on his return to Britain, to the writing of *Travels from Vienna through Lower Hungary*, published in 1818 by Constable at Edinburgh. The book aroused great interest in Britain, especially as it was one of the first written about the then little-known Hungarian people and their country.

On his election to the Royal Society in 1821, he published an essay, *The Geology of Szigliget and Badacsony*—both of them mountains of volcanic origin on the northern shore of Lake Balaton. The information contained in the book and the essay were chiefly gathered during Richard Bright's second journey which covered south-western Hungary and parts of the Military Provinces and Croatia.

Whilst at Lake Balaton he enjoyed the hospitality and guidance of George Festetits. Recently, at Keszthely in the famous Helikon Library founded by George Festetits a copy of Bright's book was discovered, bearing the following dedication: 'To His Excellency, Graf George Festetits, with the respectful compts of his much obliged and obed'. Servant The Author.'

At Lake Balaton Bright occupied his time mainly with the observation of the flora and fauna of the lake, and made special excursions to study the extinct volcanoes, such as Csobánc, Szentgyörgyhegy, Szigliget and Badacsony—certainly climbing more of them than the average tourist today! Reading his book, one can, even today, follow quite well most of his trips, even the details of any given day. He must have made ample notes and kept a very detailed diary. Sketches made during his journey were used later to illustrate his book. It would be very interesting if his diary could be discovered, as it would certainly contain even more information than the book itself, as whilst reading, one always has the impression of a very selective mind at work from ample basic material. Many things aroused his curiosity, and we are quite indebted for this, because thus he was able to present a many-sided description of Lake Balaton at the beginning of last century. From his book we certainly have one of the best pictures of the life and natural history of Lake Balaton, presented with the true care of the real scientist. Today, one hundred and fifty-one years later *Travels from Vienna through Lower Hungary* is still recognized as an objective, authoritative and factually accurate account of his travels.

Richard Bright and his works are widely known and read in Hungary. His memory is revered as a pioneer in the discovery and scientific description of Lake Balaton. On the walls of Festetits Castle, in Keszthely in 1962 the Town Council unveiled a marble tablet inscribed in English and Hungarian 'To the memory of the English physician, scientist and traveller, pioneer in the description of Lake Balaton. He sojourned in this building in 1815.' This tablet, the first with a bilingual text on Lake Balaton, may shortly be followed by another one. The County Council of Veszprém in collaboration with the Hungarian Institute of Cultural Relations have offered to place a similar tablet on the walls of Guy's Hospital, London, thus the grateful Hungarians aim to show their respect to an illustrious personality, whose life and scientific works form an important link between two countries.

G. BOKSAY