

## Georg Wöhrle (Trier): Ancient stories of the healthy body

### Abstract

That it is (usually) better to be healthy than to be sick is a truism found in all kinds of ancient literature, from early lyric poetry to popular drinking songs. With the beginning of the so-called rational, Hippocratic medicine this popular view of healthy life becomes part of a scientifically-based and in the course of time more and more differentiated system. Almost every doctor who comments about his art and most philosophers write about keeping one's body (and soul as well) healthy. Taken together, these testimonies constitute an enormous corpus of more or less rigid rules which affect the whole way of life of anybody who wants to follow them.

The lecture first provides an overview of these rules and the underlying system in order to attempt then, in a second step, to understand the stories of the healthy body (also) as part of a discourse on bourgeois discipline and order.