

Hippocrates, *On Airs, Waters, Places* 23 (trans. Francis Adams, slightly modified) [Greek text; ca. 400 BCE]

The other races in Europe differ from one another, both as to stature and shape, owing to the changes of the seasons, which are very great and frequent, and because the heat is strong, the winters severe, and there are frequent rains, and again protracted droughts, and winds, from which many and diversified changes are induced. These changes are likely to have an effect upon generation in the coagulation of the semen, as this process cannot be the same in summer as in winter, nor in rainy as in dry weather; for which reason I think the physiques of Europeans differ more than those of Asiatics; and they differ very much from one another as to stature in the same city; for damage to the semen occurs in its coagulation more frequently during frequent changes of the seasons, than where they are alike and equable. And the same may be said of their dispositions, for the wild, and unsociable, and the passionate occur in such a constitution; for frequent excitement of the mind induces wildness, and extinguishes sociableness and mildness of disposition, and therefore I think the inhabitants of Europe more courageous than those of Asia; for a climate which is always the same induces laziness, but a changeable climate, laborious exertions both of body and mind; and from rest and laziness cowardice is engendered, and from laborious exertions and pains, courage. On this account the inhabitants of Europe are more warlike than the Asiatics, and also owing to their institutions, because they are not governed by kings like the latter, for where men are governed by kings there they must be very cowardly, as I have stated before; for their souls are enslaved, and they will not willingly or readily undergo dangers in order to promote the power of another; but those that are free undertake dangers on their own account, and not for the sake of others; they court hazard and go out to meet it, for they themselves bear off the rewards of victory, and thus their institutions contribute not a little to their courage. Such is the general character of Europe and Asia.

Vitruvius, *The Ten Books on Architecture* 6.1.3-4 (trans. M. H. Morgan) [Latin text; ca. 30-15 BCE]

In places on which the sun throws out its heat in moderation, it keeps human bodies in their proper condition, and where its path is very close at hand, it parches them up, and burns out and takes away the proportion of moisture which they ought to possess. But, on the other hand, in the cold regions that are far away from the south, the moisture is not drawn out by hot weather, but the atmosphere is full of dampness which diffuses moisture into the system, and makes the frame larger and the pitch of the voice deeper. This is also the reason why the races (*gentes*) that are bred in the north are of vast height, and have fair complexions, straight red hair, grey eyes, and a great deal of blood, owing to the abundance of moisture and the coolness of the atmosphere. On the contrary, those that are nearest to the southern half of the axis, and that lie directly under the sun's course, are of lower stature, with a swarthy complexion, hair curling, black eyes, strong legs, and but little blood on account of the force of the sun. Hence, too, this poverty of blood makes them over-timid to stand up against the sword, but great heat and fevers they can endure without timidity, because their frames are bred up in the raging heat. Hence, men that are born in the north are rendered over-timid and weak by fever, but their wealth of blood enables them to stand up against the sword without timidity.