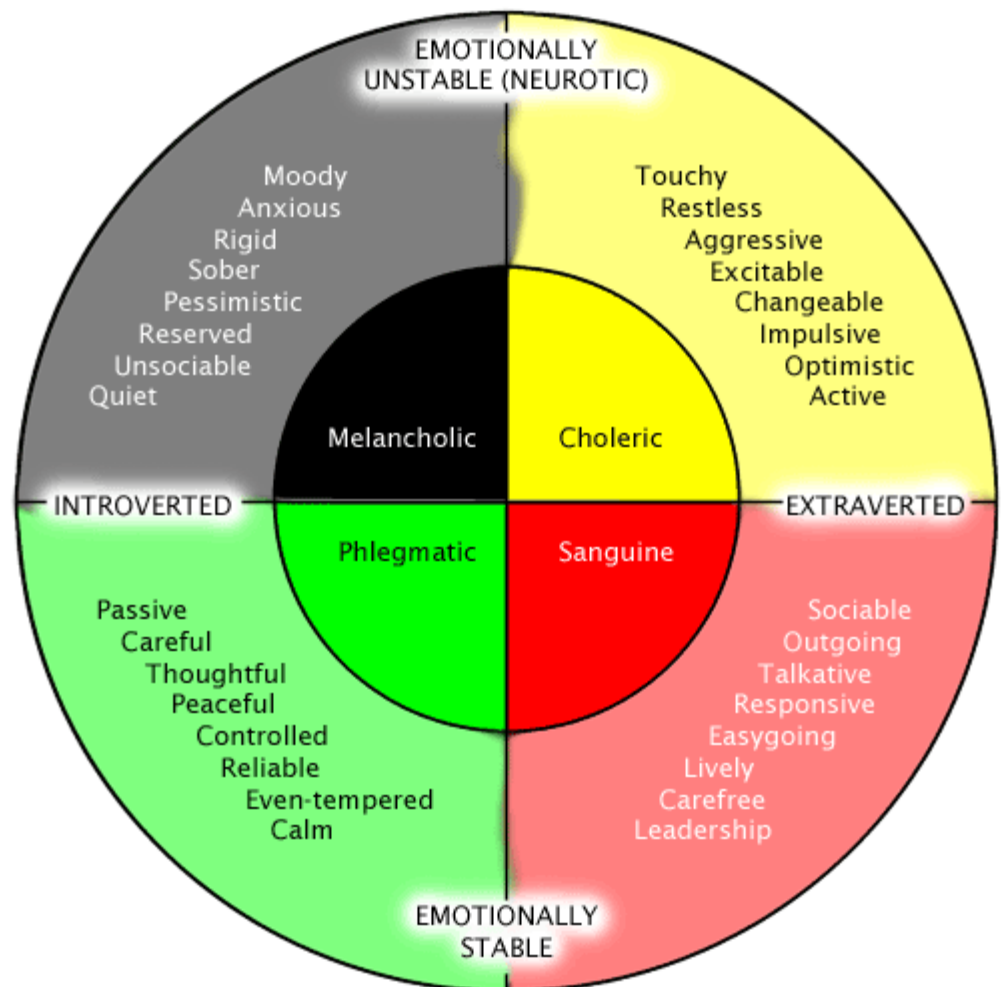
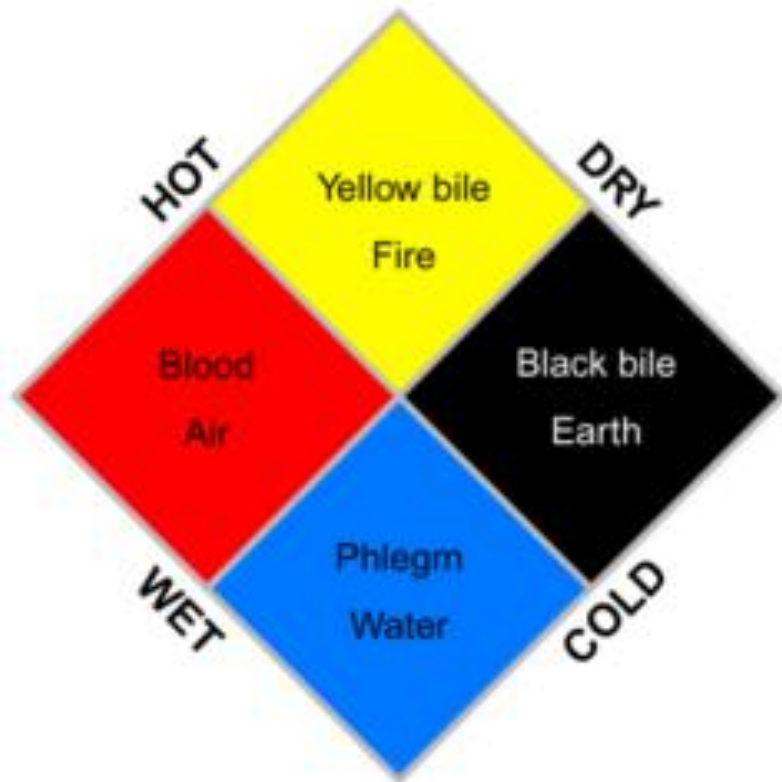


# ***The Four Humours***

*Hippocrates' idea that dominated Greek, Roman, and Islamic medicine that four bodily fluids (linked to four elements) controlled human temperament and dictated health.*

- **sanguine** (pleasure-seeking and sociable)
- **choleric**(ambitious and leader-like)
- **melancholic** (introverted and thoughtful)
- **phlegmatic**(relaxed and quiet)

<i>Humour</i>	<i>Season</i>	<i>Element</i>	<i>Organ</i>	<i>Qualities</i>	<i>Ancient name</i>	<i>Modern</i>	<i>Ancient characteristics</i>
<b>Blood</b>	<b>spring</b>	<b>air</b>	<b>liver</b>	<b>warm &amp; moist</b>	<b>SANGUINE</b>	<b>artisan</b>	<b>courageous, hopeful, amorous</b>
<b>Yellow Bile</b>	<b>summer</b>	<b>fire</b>	<b>spleen</b>	<b>warm &amp; dry</b>	<b>CHOLERIC</b>	<b>idealist</b>	<b>easily angered, bad tempered</b>
<b>Black Bile</b>	<b>autumn</b>	<b>earth</b>	<b>gall bladder</b>	<b>cold &amp; dry</b>	<b>MELANCHOLIC</b>	<b>guardian</b>	<b>despondent, sleepless, irritable</b>
<b>Phlegm</b>	<b>winter</b>	<b>water</b>	<b>brain/ lungs</b>	<b>cold &amp; moist</b>	<b>PHLEGMATIC</b>	<b>rational</b>	<b>calm, unemotional</b>



Eysenck, H.J and Eysenck, M.W. *Personality and Individual Differences*. Plenum Publishing, 1958.





Aries			Mars	♂
Taurus			Venus	♀
Gemini			Mercury	♂
Cancer			Moon	☾
Leo			Sun	☼
Virgo			Mercury	♂
Libra			Venus	♀
Scorpio			Mars	♂
Sagittarius			Jupiter	♂
Capricorn			Saturn	♄
Aquarius			Saturn	♄
Pisces			Jupiter	♂