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### REMEDIES FOR THE PLAGUE IN A WORK BY THE RENAISSANCE DOCTOR FERNANDO ALVAREZ BARCA

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Fernando Alvarez Abarca (circa 1456-1526) was a prestigious doctor of Catholic Kings, and a professor of Salamanca University's School of Medicine from 1497 to 1526. He published in Salamanca by Juan Gysser (circa 1500-1507) and the second edition, by publisher Jacobo Cromberger, came out in Sevilla (circa 1516-1520). The work, printed in gothic lettering, was the first work published in Spanish about the plague. It is a great rarity and although it appears to be a popular treatise, it in reality gives a series of preventative advice and remedies which could not be followed without being under the care of a doctor. We can deduce that he is a man of the period, i.e. religious, and that he advises to follow the Hippocrates Diet, to carry precious stones as amulets, and to use, for the most part, medicinal products from the vegetable kingdom. He recommended medication which is easily prepared such as: waters, concoctions and juices. He attributes great medicinal value to theriaca, which many saw as a panacea, not just as a preventive remedy, contrary to the general belief among doctors of the time. His medical formulas contained excellent antidotes among the ingredients such as: deer heart's bone, pearls and unicorn, which were considered infallible against the plague.