

## Teacher's Galen's Quote

***"The mind's inclination follows the body's temperature."***

commonly attributed to Galen (131 C.E. – 201 C.E.)

1. What is the main point of the quote? Please rewrite it in your own words.  
Students may rewrite the quote in many different ways that can be summarized as, The physical state of one's body—i.e., body's temperature—determines or influences one's behaviors such as intellectual, emotional, and character traits.
2. Define the cause-and-effect relationship between mind and body based on this quote.  
The cause is physical states or bodily elements—i.e., "body's temperature."  
The effect is mental states or personality—i.e., "mind's inclination."
3. Do you agree with its perspective/theory? Explain and support your answer by giving at least one example from your own experience or observation.  
Student answers may vary. Teachers are to guide students to consider their own experiences that parallel Galen's perspective on how a physical state influences one's emotions, or contradict it. Students may think of any experiences that they may have had when sick. How do you feel mentally and in terms of mood when you have a cold, when you have a fever? When you're sad or down about something, how do you feel physically? Does it affect your physical activities? What about when you're angry? Happy? Bored?