

A Study of the Music Therapy of R. Burton

—Centering on the Second Partition of *The Anatomy of Melancholy*—

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Music has been used as a means to treat mind and body, to promote or maintain physical and psychological health from antiquity down to the present. I believe that an examination of the deep history of music therapy can lead to a further understanding of modern music therapy. I decided to focus on the work of Robert Burton (1577–1640) because he wrote a whole subsection titled "Music a remedy" for the treatment of melancholy using music in his *The Anatomy of Melancholy*. In addition, I think this is probably the first comprehensive description concerning the use of music as medicine. It is not an exaggeration to say that this subsection was very epoch-making in the history of music therapy, and the roots of music therapy can be seen here.

However, as for the research on his book, examinations that focus on music are not so easily found. Also, the second partition of his book, which includes many descriptions concerning music, has not yet been translated for publication or researched. Therefore, in this paper I focus on the second partition which refers to music in Burton's *The Anatomy of Melancholy*.

As a result of my study of "Music a remedy", it was discovered that examples of music therapy, and those of the positive and adverse effects of music exist together, and that in fact, the concept of adverse therapy has been continuing from ancient times. Furthermore it was understood that the concept of the golden mean might be included in his descriptions. In conclusion, it has become clear that the roots of Burton's use of music to treat melancholy can be traced back to an origin in Arabia which then runs through the Middle Ages.