

The Body of the Architect. Flesh, Bones and Forces between Mechanical and Architectural Theories

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ABSTRACT: During the Renaissance, a revival of the Aristotelian writings on animal motion took place, which started contributing to a research trend where anatomical, physiological and mechanical notions intertwine. In their works, architects of the same period devoted themselves to understanding similar "body equilibria" in relation to the *imitatio naturae*, in accordance to its twofold meaning of *imitatio arborum* and *imitatio corporum*. Architecture and biomechanics thus found mutual contact points whenever static considerations on buildings played an essential role in the new *scientia aedificandi*. The current study revisits some stages of this process, with which architectural and mechanical theories provided new interpretative tools for builders. Bones, muscles and tendons became elements of mechanical models through which an attempt is made to create a dialogue between the *science des architectes* and the *science des ingénieurs*, before the two sciences resolved into a final separation.

INTRODUCTION

In the course of its history, architecture has always been accompanied by considerations on *imitatio naturae*, a subject which historians have dealt with from a number of viewpoints. In the twentieth century, architects and engineers repeatedly underlined the ties and relationships between architecture and nature by resuming ideas that had been known since antiquity. At the start of the century, two volumes, one published shortly after the other, opened a particularly appealing door to architects: Theodore Andrea Cook's *The curves of life* (Cook 1914) and Wentworth D'Arcy Thompson's *On growth and form* (Thompson 1917). Many researchers later elaborated on the ideas these books had suggested. For instance, the research group led by Frei Otto did so by means of a series of publications that later became famous, developed in the realm of the *Institut für leichte Flächentragwerke* (which he founded in Stuttgart in 1964), and Paolo Portoghesi with the book *Nature and architecture* (Portoghesi 2000). This branch of research kept feeding architectonic literature, and has done so especially in recent years, partly on the success wave of bio-architecture.

Until today, in this diverse research field, what has been missing as far as the *imitatio corporum* is concerned is a historical analysis of the relationship between mechanics and architecture. Some stages of this 'natural history' of structural mechanics will later be introduced by this document, with the aim of offering elements for further investigations, on the frontline of both mechanical and architectural history. A starting question would be: what routes do body mechanics, whether human or animal, follow in order to become structural mechanics and vice versa, in a continuous role swap which took place on the building site and elsewhere between machine-as-body and architecture-as-body? Amongst all possible investigation routes, the author hereby chooses to follow the path which originated from Aristotelian writings.

BODY-MACHINE-ARCHITECTURE

With time, a research trend developed around two works belonging to the Corpus Aristotelicum, known as *De motu animalium* and *De incessu animalium* (Aristotle [1937]) during the Renaissance, which gave birth to a number of disciplines that though very different from each other, have one distinctive element in common: the body. These two Aristotelian works deal with more general issues, but are above all a starting point for specific and circumscribed research on the following mechanical issues: the movement of body parts seen as

levers; the conditions of equilibrium of animal bodies in terms of centre of mass theory; the resistance of bones and limbs.

This research will later contribute to some familiar branches of medicine, ranging from anatomy to physiology, and will in the meantime play a part in the development of modern mechanics. Aristotle himself pointed in this direction:

The movements of animals resembles that of marionettes which move as the result of a small movement, when the strings are released and strike one another or a toy-carriage which the child that is riding upon it himself sets in motion in a straight direction, and which afterwards moves in a circle because its wheels are unequal, for the smaller wheel acts as a centre, as happens also in the cylinders. Animals have similar parts in their organs, namely, the growth of their sinews and bones, the latter corresponding to the pegs in the marionettes and the irons, while the sinews correspond to the strings, the setting free and loosening of which causes the movement. (Aristotle [1937], *De motu animalium*, VII)

Giovanni Alfonso Borelli's *De motu animalium* (Borelli 1680-81; English translation in Borelli [1989]), which already from the title states its explicit link to the antique Greek source, is a well known reinterpretation of the same theme within the "new science". Borelli clearly describes his objectives in the introduction to the book: "I undertook this work, not only to illustrate and enrich the part devoted to Physics by mathematical demonstrations but also to enlist Anatomy into Physics and Mathematics not less than Astronomy."

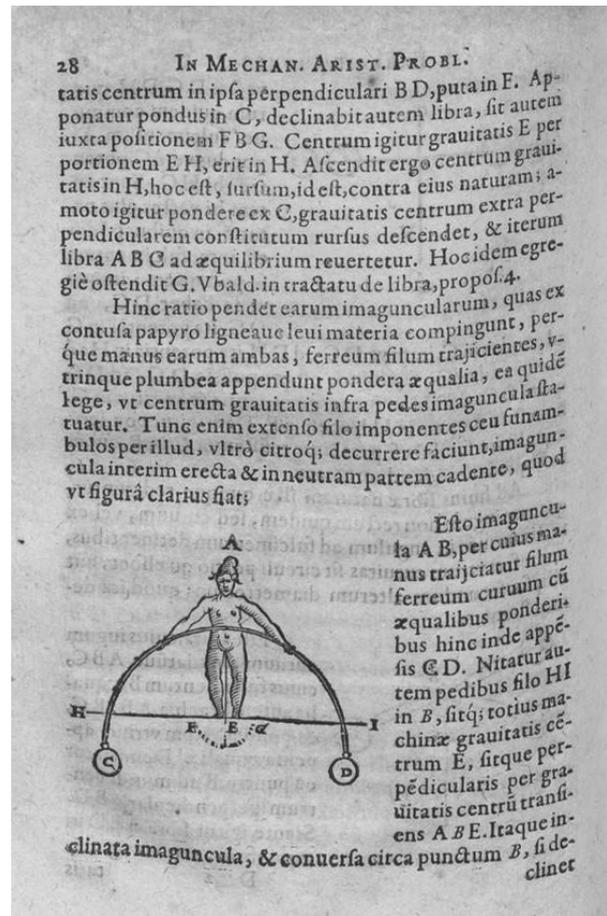
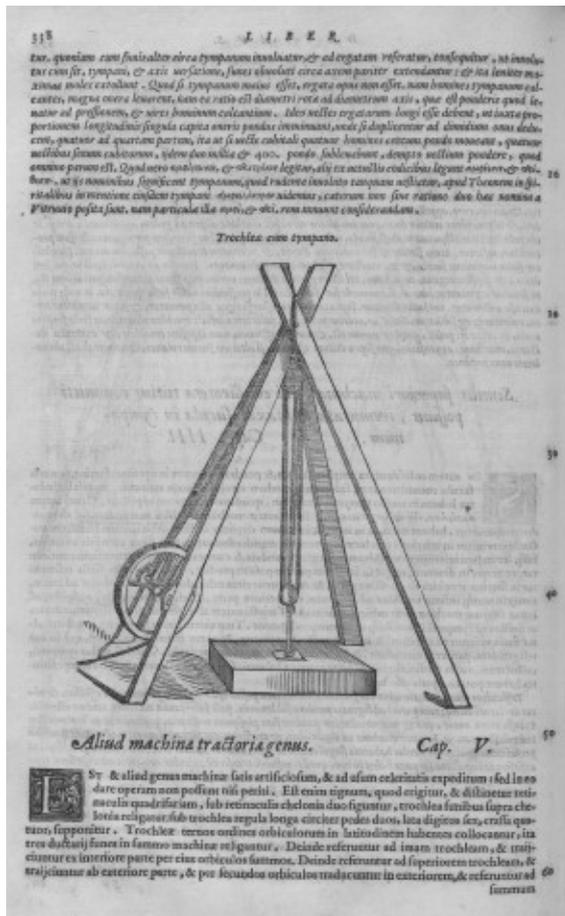
The relationship between mechanics and the body undoubtedly dates back to a remote past and the Aristotelian scripts must not have been isolated, even though the written evidence handed over to us is fragmented. For instance, Hippocrates writes about levers, wheels and cones in his volume *On fractures* (Hippocrates [1928]), where he describes the "lever methods" adopted to cure traumas. It is not by chance that these site tools are mentioned together with a description of human limbs and ways to overcome possible fractures. The text of the *Mechanical problems* (Aristotle [1936]), which belongs to the Aristotelian school, confirms this connection by alternating typical on-site issues (how wheels, levers and pulleys work) to questions on how the human body works. The Renaissance commentary to the *Mechanical problems* will later magnify this parallelism further, and will express what was probably already in the original intentions of the Greek author.

The *imitatio* and *interpretatio naturae* finds in machines and bodies a connection to contemporary daily life. The body seen as machine and the machine seen as body are a constant reference in all technical literature, up to our days. This is also shown by the medical analogy, so common in architectural literature, on the subject of analysis and the 'cure' of a building's 'disorders'. Construction sites are living organisms or can at least be traced back to living organisms by means of analogies.

These parallelisms take up a number of forms, which cannot easily be assimilated into one interpretative category. The body-architecture analogy can be found in the most obvious and well-known spheres – such as that of the human body as a measure for all things – to references that are more silent but no less significant, such as those that characterise technical jargon. In Italian (but the same can be said for other languages for analogous terms) the 'capra' (goat), for instance, refers to a site tool, (Fig. 1), the 'capriata', or truss, a term deriving from 'capra', a structure able to support loads, the 'incavallatura', often used as a synonym for 'capriata', refers to 'cavalli' (horses) etc.

In addition, with regard to push forces in vaults and the instabilities that follow, the architectonic language enters the world of an animal farm, and refers to the walls as being "kicked by donkey (or horse or mule) hooves". Even when the *imitatio* seems mostly an aesthetic-formal device (on this particular point, as known, architectonic literature is unlimited), there is no lack of precise mechanical-structural connotations. Throughout the Renaissance, these aspects are studied in architectural treaties, and become an integral part of the practice of architecture. While, on-site, pack animals and tools named after the animals are used, in built architecture the *imitatio* is related to a number of interpretative levels, always pointing towards mechanical significance. Let us think, for instance, about the bulge of columns, where, once again, the key term - *entasis* - most probably derives from a parallelism between mechanics and bodies: the widening of the column shaft seen as a stomach or as the swelling of a muscle under tension. Once again, it is Hippocrates the doctor to help clarify the terminology and to constitute the main linguistic source.

Theoretical mechanics follow a similar path, by never losing their interest for the body, looked into in all its mechanisms and all its potential. The previously mentioned Aristotelic works were assiduously commented upon in the course of the sixteenth and seventeenth centuries and became the pretext for considerations that inevitably involved architecture. The mechanical analysis carried out on bodies became a field of inspiration where considerations on the equilibrium of masses can be applied, and where the interest for the norm is tightly connected to a fascination for what is uncommon, anomalous, surprising. From this point of view, a strong relationship between theory and practice is established, in that both aspects are linked to the concept of wonder, which after all is at the root of the definition of mechanics themselves, seen as a discipline capable of explaining the wonders of machines.



Figures 1-2: from (Barbaro 1567), left, and (Baldi 1621), right

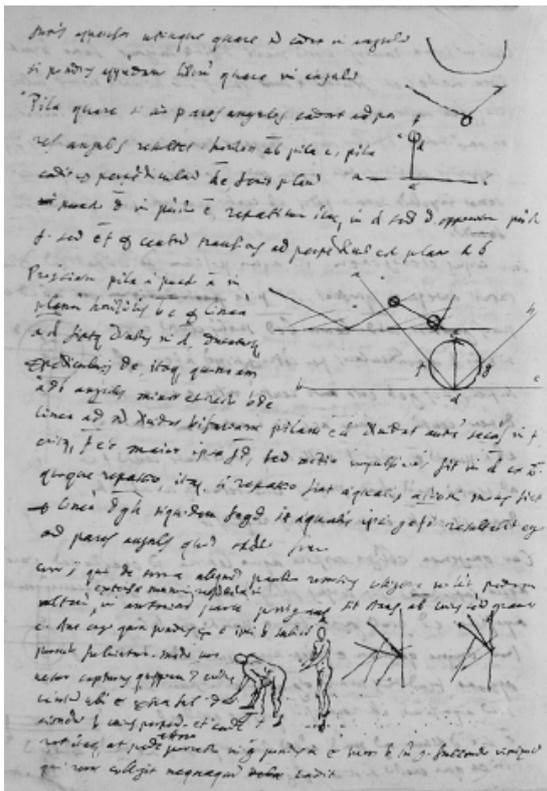
As far as practical matters are concerned, this wonder cannot be considered independently from the physicality of experience. The effective synthesis of these linguistic footprints is the image of the acrobat (Fig. 2). The latter becomes a commonplace in writings on mechanical problems, and static analysis related to human and animal bodies soon became a pretext for finding and elaborating on interesting parts of structural mechanics.

Though written references on this subject matter are few and sporadic, they are of great significance. In the Renaissance alone, it suffices to mention Leon Battista Alberti and his precise descriptions of construction in terms of bones, flesh and nerves that belong to the *De re aedificatoria* (Alberti 1485). Another instance are Leonardo's manuscripts and his research on mechanics and on the equilibrium of bodies, where parallelisms with the body of architecture are made explicit. Leonardo explains that without knowing the rules of those equilibria, the painter or the sculptor will be prevented from painting or sculpting, by being unable to make the movements or the images that are represented (whether human or animal) seem natural. Other artists of the same period focused on similar problems. With Teofilo Gallaccini (author of the well-known *Trattato sopra gli errori degli architetti*) body mechanics became the focal point of research. In the *Perigonìa, overo degli angoli* (Gallaccini 1590-1598 and Gallaccini 2003) he painstakingly describes the movements of the human body, and underlines the structure and the function of joints (Fig. 3).

Another meaningful example, which brings us closer to architecture, is a manuscript (Ms XIII.F.25, *Biblioteca Nazionale di Napoli*) which is not dated but was probably developed around the same time. As with the *Perigonìa*, the pretext is the Aristotelic school's *Mechanical problems*, but in this case the digression towards architecture becomes rigorous and explicit. The equilibrium of an elderly man leaning on his stick or that of a man bending over to pick up an object is immediately associated to the statics of a column, a truss, a vault (Fig. 4). The author of this manuscript, Bernardino Baldi, was to further develop these points in his posthumously published volume *In mechanica Aristotelis problemata exercitationes* (Baldi, 1621), of which the handwritten notes can be seen as a preparatory draft.



Figure 3: from (Gallaccini 1590-1598 ca.)



Figures 4-5: Ms XIII.F.25, l. 130 v, Bibl. Nazionale di Napoli, left, and from (Prado; Villalpando 1596-1605), right

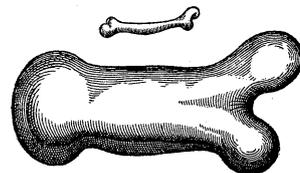
In his monumental publication *In Ezechielem Explanations* (Prado; Villalpando 1596-1605), edited with Jeronimo Prado, Juan Bautista Villalpando seems to move along the same lines. In the third book, Villalpando inserts a section on mechanics (*De centro gravitatis, et linea directionis*), that puts forward one of the most original discussions on *centrobarica* of the time: a result of the architectural studies that Villalpando had made in Spain and the mathematical ones he had attended in Rome at the Collegio Romano, under the influence of Cristoforo Clavio's works. These pages were later read, amongst others, by Thomas Harriot, Marin Mersenne, Galileo Galilei, Paolo Casati, and became an important reference point in research in statics. It is no surprise that Villalpando himself, who had a great passion for architecture, was the one to have introduced so original a synthesis of the subject (Figs. 5-6).

Galileo himself is no stranger to these parallelisms, not only due to his studies on *De incessu animalium* and on mechanical problems, but also due to what he published in his *Discorsi e dimostrazioni matematiche* (Galilei 1638), the testament that encompasses embryonic studies that were never completed. Precisely at this point the discussion on the dimensions of the giant, introduced by means of a quotation from the "accortissimo poeta" - Ludovico Ariosto -, allows to make innovative considerations on the strength of materials, on structural optimisation and on the limits of scale analogies (Fig. 7).

In the seventeen hundreds this interest took on other forms, and classical literature stopped being directly referred to. This did not prevent the previously discussed themes from attracting researchers' attention. One example is found in John Theophilus Desaguliers' *A course of experimental philosophy* (Desaguliers 1734), where the body becomes the protagonist of mechanical interpretation, in particular of statics. Once again, architecture was introduced as a valid example of what had been shown theoretically and even in this anomalous case, what is exceptional starts to be part of scientific narration: an example is the acrobat, as we have seen in one of the previous images, but also a "German Strong Man" that exhibited at London fairs. Desaguliers thus unmasks and explains the 'mechanical' tricks of the modern Samson (Figs. 8-9).

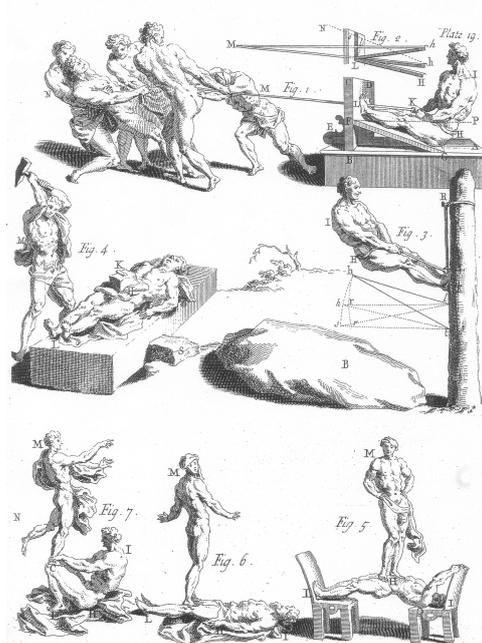
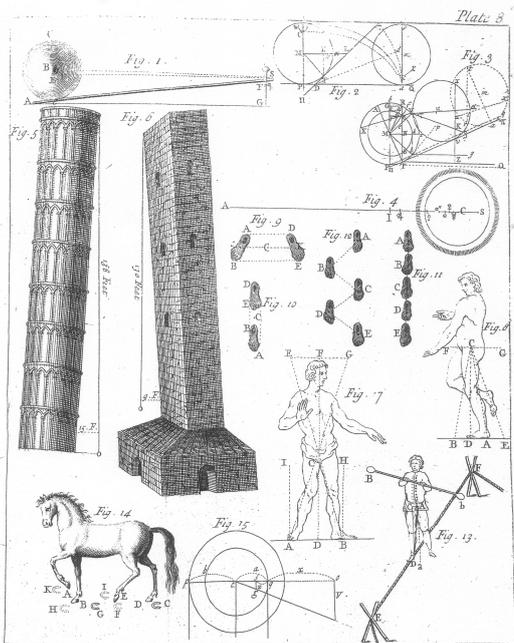


DEL GALILEO. 129
 E per un breue efempio di questo che dico disegno già la figura di un'osso allungato folamente tre volte, & ingrossato con tal proporzione, che potesse nel suo animale grande far l'uffizio proporzionato a quel dell'osso minore nell'animale più piccolo, e le figure son queste: doue vedete proporzionata figura, che dinuene quella dell'osso ingrandito. Dal che è manifesto, che chi volesse mantener in un vastissimo Gigante le proporzioni, che hanno le membra in un huomo ordinario, bisognerebbe ò trouar materia molto più dura, e resistente per formarne l'ossa, ò vero ammettere, che la robustezza sua fusse à proporzione assai più fiacca, che ne gli huomini di statura mediocre; altrimenti crescendo gli à misura altezza si vedrebbono dal proprio peso opprimere, e cadere. Doue che all'incontro si vede nel diminuire i corpi non si diminuir con la medesima proporzione le forze, anzi ne i minori crescer la gagliardia con proporzion maggiore. Onde io credo che un piccolo cane porterebbe addosso due, ò tre cani eguali à se, mà non penso già che un canallo portasse ne anco un solo canallo à se stesso eguale.



Simp. Ma se costè, grana' occasione mi danno da dubitare le molli immense, che vediamo ne i pefsi, che tal Balena per quanto intendo, far à grande per dieci Elefanti, e pur si sostengono.
 Salu. Il vostro dubbio S. Sim. mi fa accorgere d'una condizione da me non auuertita prima, potente esser ancora à far che Giganti, & altri

Figures 6-7: from (Prado; Villalpando 1596-1605), left, and (Galilei 1638), right



Figures 8-9: from (Desaguliers 1734)

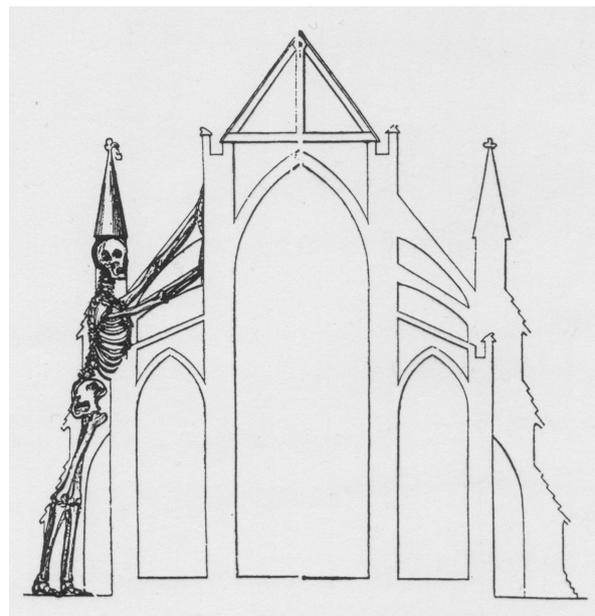
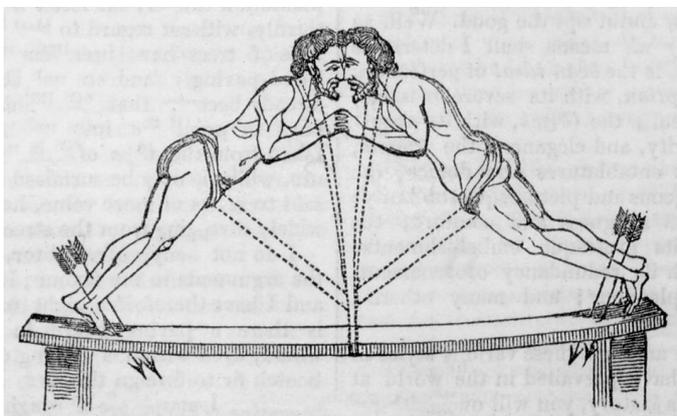
Desaguliers himself was very well known in London for the private lessons he held, often in his Channel Row laboratory-house, for those who had no expertise in mathematics or geometry, but nevertheless wanted to be informed on the 'new science'. This trend is known to have had a following which lasted until present days, and to have fed a particular branch of literature between mechanics and architecture. The texts belonging to this trend made an attempt to bring architects ignorant of mathematics and rational mechanics closer to the 'mechanics for architecture', after programmatic pamphlets, such as Charles-François Viel's writings, had attacked the modern science *des ingénieurs* and its preference for new construction materials. A science *des ingénieurs* that in the first half of the Nineteenth century was consolidating its physical and mathematical apparatus - formalised by means of Cauchy's, Navier's, Saint-Venant's contributions -, by emphasising the role of the mathematical theory of elasticity.

Structural mechanics, which had become more and more difficult for architects and more broadly for the large public of amateurs to understand, found in the *imitatio naturae* an interpretative short cut for immediate comprehension, a channel to keep alive a dialogue that seemed destined to stay mute forever, after the clear-cut distinction between educational paths. While the image of the architect and that of the engineer had a tendency to separate and grew apart, some took upon themselves the task of translating the mechanical functioning of buildings in an elementary and visually effective language. Images that had an immediate impact and required no hermeneutical effort were increasingly preferred to differential equations, to their numbers and symbols, that, by then, had started to govern all *mechanics of materials* and *structural mechanics* (i.e. the subjects that make up the technical knowledge of the *ingénieur polytechnique*), to the complex laboratory research and to the related mathematical theories, which allow the interpretation of the data obtained from those experiments.

This is what Alfred Bartholomew proposed in his *Specifications for practical architecture*, in the section entitled *On the mechanical trussing of building* (Bartholomew 1840, Part I, chap. 50). By means of a historical quotation (the fight between Ulisses and Ajax in the Iliad), Bartholomew introduces the mechanical problem of the truss, and illustrates it with images that require no comments (Fig. 10). The same applies to the *Dynamic knowledge of the gothic architects*, which Bartholomew also depicts with a delightfully anthropomorphic image (Fig. 11). This imaginative radiography of mechanical behaviour allowed the reader to skip in one jump all the formulae and diagrams that in the meantime had filled up the structural mechanics publications written by engineers and mathematicians.

The images of the *Specifications* meet one common need: that of explaining how the *gran macchina* of architecture works, by means of the sensorial experience related to the body and to its ability to perform mechanical tasks. Bartholomew translates the results of theory into pills of daily use, to be shown as program in the first pages of the treaty (Fig. 10 is included in the text, but also on the flyleaf of the volume).

The fact that in the same years even the most refined *art de l'ingénieur* was looking at the *imitatio naturae* with great interest should not be surprising. In the mid-sixties of the eighteen-hundreds, after having seen the spongy structure of trabecular bone that his anatomy-pathologist colleague Meyer was studying, Carl Culmann had an intuition on the analogy between the internal structure of the femur head and the distribution of the isostatic lines in the structural elements. Research studies on the *resistentia solidorum* therefore shift from Galileo's giant bone to the femur described by Culmann, one of the fathers of graphic statics, a discipline that Eugène Emmanuel Viollet-le-Duc and Antoni Gaudí will be particularly interested in.



Figures 10-11: from (Bartholomew 1840)

Needless to say, the parallelisms between skull and dome that apply to Saint Peter's dome had been looked into in the sphere of the collaboration between Giovanni Battista Morgagni, famous doctor, and Giovanni Poleni, a physicist called upon to interpret the instability of the dome (Poleni 1748).

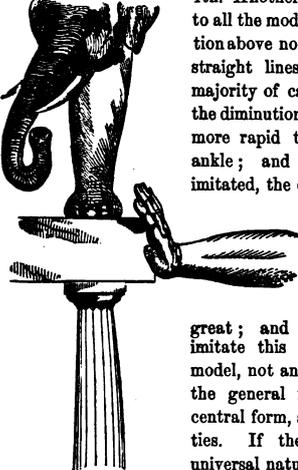
Over the Ocean, in the United States, a bizarre interpretation of the static equilibria in architecture can be found in Bullock's *The rudiments of architecture* volume (Bullock 1865), where the chapter on *imitatio* no longer dwells on the well known images to which renaissance and baroque literature was used to, but is coloured of an unusual exoticism (Fig. 12).

A CONCLUSIVE STARTING POINT

And it is here that the story should start, although due to space limitations, it has to stop instead. These ideas merely introduce a vast amount of 20th Century literature in which architects tried to find comfort and protection from the difficulties of the mathematical language. It is a body of literature that took upon itself the task of explaining to 'the people' that which, due to engineering tools, was no longer understandable by simply anyone. In the meantime, the *imitatio naturae* continued to form the imagery on which some famous constructors (architects and engineers) based their 'theories' (from Buckminster Fuller to Santiago Calatrava). These are merely two of many examples. When Le Corbusier had to describe the subject of *L'architecture et l'esprit mathématique* in the book edited by François Le Lionnais and entitled *Les grands courants de la pensée mathématique* (Le Corbusier 1948) it was the memory (was it authentic or was it made up later?) of a stay in the mountains that created a relationship with structural mechanics (Fig. 13). The leg of a chamois, by him dissected with care while looking for muscles and tendons, became the reference to the 'natural' mechanics of bodies and acted as a hint to the understanding of the architectural 'inventions' of the famous architect. "A chamois' leg and reinforced concrete pilotis are materials at work that create intense, agile, and intelligent balanced ensembles. Something to enchant the soul and dismay the conformists; and, finally, to repudiate Vignola!" (Le Corbusier 1948, p. 484).

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structure should issue from the substructure, and apply themselves to the support of that above; otherwise they would appear to belong to the superstructure and form with it one mass, distinct from that below, and made to be moved about like a table.* The position, therefore, of the column, is not that of the leg, but that of the uplifted arm.



4th. Another circumstance common to all the models, is that the diminution above noticed, is not regular or straight lines, but tends, in the majority of cases, to convexity, i. e. the diminution, at first slow, becomes more rapid towards the wrist or ankle; and this is accordingly imitated, the convexity (or entasis) being, however, much less than in the human example, because in that example it is peculiarly great; and the object is not to imitate this or any other single model, not any particular limb, but the general idea of limbs—their central form, avoiding all peculiarities. If their outline were, in universal nature, as frequently concave as convex, the correct imitation would be to make it straight; but this is not the case,—convexity predominates over concavity, and very slight convexity predominates over that which is more decided.

* An eminent architect has attempted to explain this, by asserting as a rule, that bodies must diminish as they recede from the eye, as a column upwards, or the leg of a table downwards. He does not give any reason or foundation in nature for this rule; but it would be very desirable to do so, as it would overturn many long-established prejudices in architecture, and lead to some curious novelties, such as the downward diminution of balusters, pedestals, &c.

484 LA PENSÉE MATHÉMATIQUE

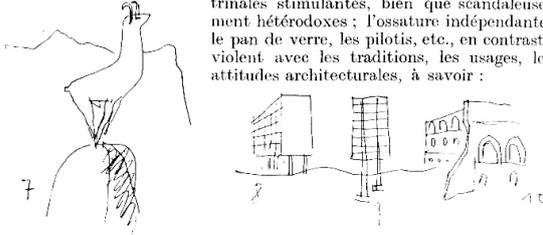
IV
L'ÉQUILIBRE PAR L'ÉQUIVALENT.

Cette même année, le cuisinier de l'auberge alpestre où je passe mes vacances, a servi du chamois. Je descends le soir, désireux d'emporter la dépouille de la tête, les cornes. Trop tard! « Prenez toujours les pattes! » Je suis demeuré des jours à décortiquer avec mon canif mes pattes de chamois. Et à rêver devant tant de sveltesse, mais aussi devant l'addition formidable des ligatures qui assemblent les os, assurent l'articulation et son rattachement aux muscles.

Le chamois saute de roc en roc, tout son corps puissant retombant sur quatre petits supports (7).

Un jour vint, plus tard, où j'étudiai le ciment armé, dans les livres en même temps que sur les chantiers.

Un jour vint, plus tard encore, où, méditant sur une série de faits concomitants (urbanisme, esthétique du béton armé, économie, exploitation joyeuse des ressources éblouissantes du nouveau matériau), j'aboutis à des conclusions plastiques et doctrinales stimulantes, bien que scandaleusement hétérodoxes: l'ossature indépendante, le pan de verre, les pilotis, etc., en contraste violent avec les traditions, les usages, les attitudes architecturales, à savoir:



les pilotis (8), la structure portante et la façade libres (9), en opposition avec les harmonies antérieures nées de la pierre et du bois (10).

La patte du chamois et le pilotis de ciment armé font état des matériaux mis en œuvre, créant des ensembles équilibrés intenses, agiles et intelligents. De quoi enchanter l'esprit et atterrer les conformistes; et répudier, enfin, Vignole!

V
TOUTES CHOSES SUBISSENT. ÉNONCENT OU RÉCLAMENT UNE RÉGLE.

Ainsi naissent et se forment les organismes, conduits à leur forme par l'évolution et la sélection.

Supposons un immeuble d'habitation ou d'administration (bureaux), en fait, un abri d'hommes.

Figures 12-13: from (Bullock 1865), left, and (Le Corbusier 1948), right

A few years later, another French architect explained this 'hidden' relationship, that of the intrinsic analogy whose influences are felt through unforeseen ways, better than anyone else. In this instance, the poetic voice is able to make the mechanical idea visible without turning to the charm of images attached to a text. This was a step that deserves to be read whole and that follows a question raised earlier in the text: "How do these masters know in advance that a building designed in that way won't collapse?". And here is the answer, entrusted to whom was leading the construction of the Thoronet abbey, in Provence:

That man will be everything: clay and sand, stone and wood, iron and bronze. He will integrate, identify himself with every material, every element, every external and internal stress. Thus he will carry them, estimate them, sound them, see them with his very soul as though he held them in his hands. These presumptions are not metaphors; I deny any poetic intention. I am asserting material facts which for me are indisputable. I think of them prosaically. If I am a wooden beam placed between two supports twenty feet apart, I estimate the resistance of my fibrous loins, and I thicken to attain the sectional dimension that will enable me to resist the flexion entailed by my own weight and that which I am to carry. At the same time I think of my outward appearance, my trajectory's visual effect and my colour: in this way I decide what I am to be made of, oak or spruce. All this process is going on during the time when I am thinking creatively in plastic terms: it is a parallel activity. The elementary example I have just described applies to all contingencies; the beam is a simplified image for the flying buttress and its light structure, for the solid buttress and for the arch. I can and must divide myself into the stones of an arch, feel myself to be keystone, breast, summer or simple arch-stone, know the stone in my flesh, look on it as my own skin, make it follow the chosen line and the nascent volume. The form will be justified by the choices made. Structure is everything, form is everything, matter is everything. (Pouillon 1964, pp. 109-110, English translation in Pouillon 1970, pp. 102-103).

The words of Fernand Pouillon call upon us to retrace the story of *imitatio naturae* backwards: once again and deeper than before, between professionals and amateurs, within the body of the architect and architecture.

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