Nachamides: On taking on the Disease or Plague by gaze or contemplating it.

- Therefore the leper is isolated and dwells alone. Similarly those who have been bitten by mad animals such as a mad dog and other animals besides, when they look into the water or any mirror, they behold in them the likeness of the offender and as a result of this they did just as the Rabbis say in the Babylonian Talmud (Yoma) as the students of Nature have mentioned.

- It was for this reason that Lot's wife was turned into a pillar of Salt for the plague entered her when she saw the brimstone and salt which descended upon them from heaven and it cleaved to her
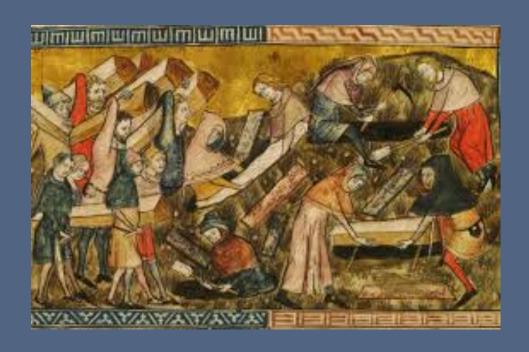
Causes of a Plague from Avraham ben Solomon Hen "Tractate on Pestilence" 14th century

- On the causes. While most physicians have specified two kinds of causes for this disease, [namely] celestial and terrestrial, we can say in general that the proximate causes are two: air that is qualified by putrefaction and corruption of heat and moisture and that corrupts the human spu- tum when it is inhaled, and air that is moist and [thick] in low places, that is QWYRNWS (caves) or SSNQY (?), or narrow passages to such a place, or [air that is corrupt] because of the presence of things that corrupt the air, such as war casualties and the like.

Burial during a plague

Causes of a Plague from Avraham ben Solomon Hen "Tractate on Pestilence"

- The second [proximate] cause is a bad regimen of sweet, moist, watery foods, such as moist fruits and foods that are liable to corrupt, or the consumption of a large quantity of food. This disease occurs more often to those who are susceptible to it, [like] those who have bodies that are full with bad superfluities and hot and moist and [...] and those who have frequent sexual intercourse and wash themselves frequently. [But those who have] cold and dry bodies [suffer] less from this disease. [Those whose] bodies are clean and who do moderate bodily exercise are not susceptible {to this disease}