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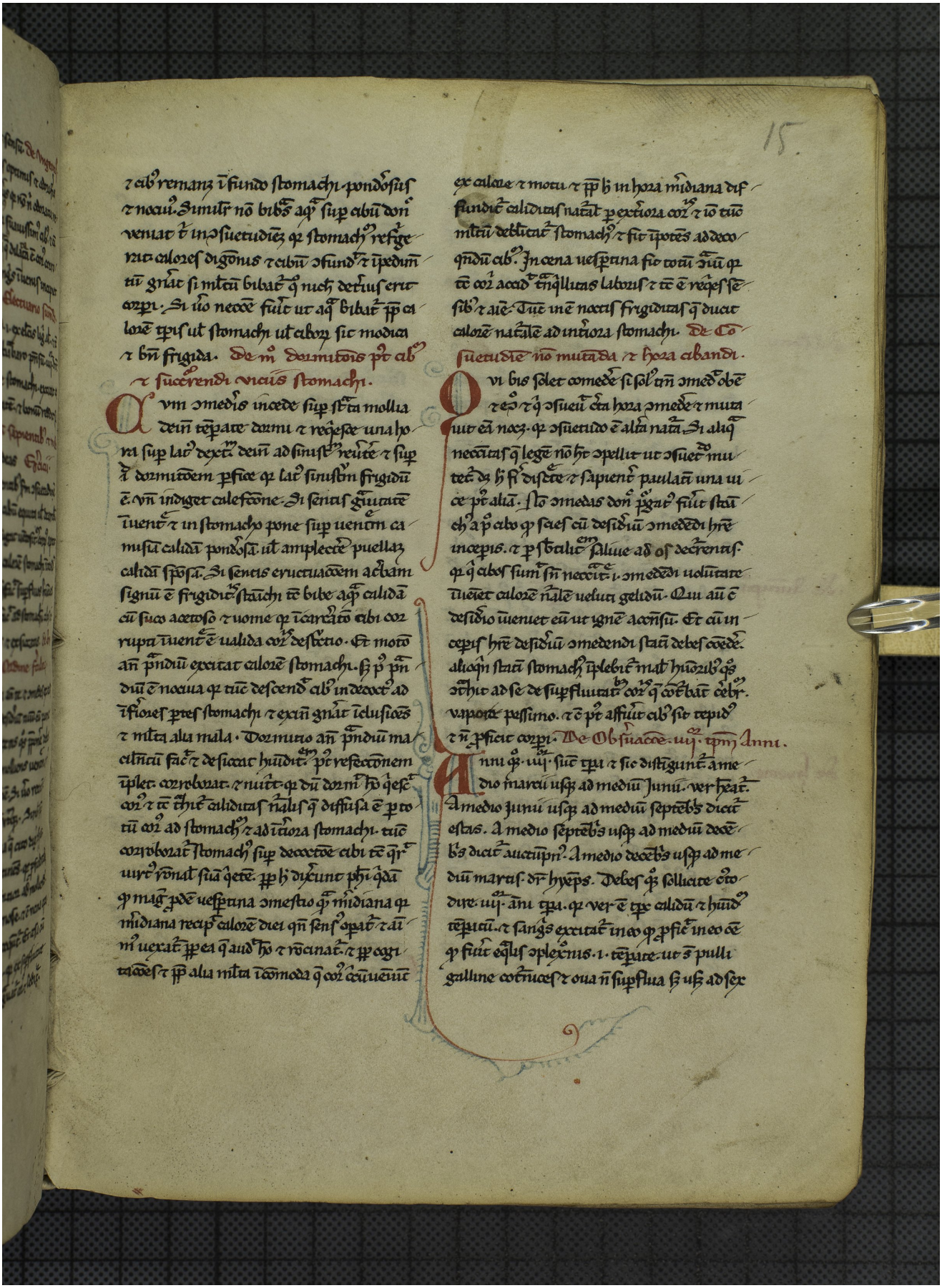

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r cib' remanz ī fundo stomachi. pondosius
r nocuū. Simul' nō bibēs aq' sup cibū don
veniat t' in ꝓsuetudiē. q̄ stomach' refige
rit calorē digēnus r cibū ꝓfund' r ī pedim
tū grat si mtcū bibat' q̄ nuch' deliu' erit
corpi. Si uo necē fuit ut aq' bibat' ꝓp ca
lorē tpis ut stomachi ut cibor sic modica
r bn frigida. De m' dormitōis pt' cib'
r succēdi victus stomachi.

Qvm ꝓmedis incede sup st̄ta mollia
deīn tēpate dormi r rēqēsce una ho
ra sup lat' dext' deīn ad sinist' reuīte r sup
t' dormitōem ꝓsice q̄ lat' sinistr' frigidū
ē. vn indiget calefcōne. Si senis giutate
ī uent' r in stomacho pone sup uentm ca
misū calidā pondosā. ut amplecē puellaz
calidā spōsā. Si senes eructuacōem achiam
signū ē frigidē stāchi tē bibe aq' calidā
cū succo acetoso r uome q̄ tcarcato cibi cor
rupa ī uent' ē ualida cor' desectio. Et moto
an' pndū excitat calorē stomachi. ſz p' pn
diū ē nocua q̄ tūc descend' cib' in decoct' ad
ī fiores pres stomachi r exīn gnat' ī elusiōes
r mtta alia mala. Dormito an' pndū ma
ctnīcū fac' r desiccat hūdit' pt' refectōnem
ꝓpter corroborat. r nuīt q̄ dū dorm' ho q̄ est'
cor' r tē ēhnē caliditas nātis q̄ diffusa ē p to
tū cor' ad stomach' r ad ī tiora stomachi. tūc
corroborat' stomach' sup decoctē cibi tē q̄r
uirē ronat sūa q̄ etē. ꝓp h' dicunt phi q̄da
q̄ mag' pdē uespina ꝓmestio q̄ mīdiana q̄
mīdiana recip' calorē diei q̄n sens' q̄at' rai
m' uerat' ꝓp ea q̄ aud' ho r rōcinat' r ꝓp cogi
tacōes r ꝓp alia mtta ī commoda q̄ cor' ēcūueīūt
ex calore r motu r ꝓp h' in hora mīdiana dif
fundit' calidtas natat' p exīora cor' r ī o tūo
mtcū deliciat' stomach' r fit ī potēs ad deco
qndū cib'. Jn cena uespina fio cōtū ī iū q̄
tē cor' accid' tnq̄llitas laboris r tē ē rēqes' se
sib' r aiē. Tūc in tē noctis frigiditas q̄ ducat
calorē natālē ad intīora stomachi. De Co
suetudīe nō mutanda r hora abandi.

Qvibus solet comede si sol' tīn ꝓmed' obē
tes' r q̄ ꝓsueū cta hora ꝓmede r muta
uit eā nocz. q̄ ꝓsuetudo ē alta natā. Si aliq̄
necitas q̄ legē nō h' ꝓpellit ut ꝓsuet' mu
tē d' h' fi' disce r sapient' paulatī una ui
ce p' aliā. ſ to ꝓmedas don' pgat' fuit stat
ch' a p' cibo q̄ scies cū desiduū ꝓmedēdi hīē
incepis. r p' sbalit' ēm' sallue ad os decrenas.
q̄ q̄ cibos sum sn' necēit' ē. ī. ꝓmedēdi uolūtate
ī uēset calorē nātē uelut gelidū. Qui aū ē
desidio ūeniet eū ut ygnē acēnsū. Et cū in
cepis hīē desiduū ꝓmedendi statū debes cōcēdē.
aliq̄n stat̄ stomach' ī plebit' mat' hūdrib' q̄s
ēthic ad se desup fluitat' b' cor' q̄ cōtēbat' cēbr.
vapōē pessimo. r tē p' assiuit cib' sic tepid'
r n' ꝓficit corpi. De Obsuacōe. uij. tpm Anni.

Annu q̄ tū. uij. sūt tpa r sic distīgunt' a me
dio marcii usq̄ ad medū Junii. ver heat'.
a medio Junii usq̄ ad medū septēb's dicat'
estas. a medio septēb's usq̄ ad medū decē
b's dicat' auctūpn'. a medio decēb's usq̄ ad me
dū marcii. dī hyēps. Debes q̄ sollicite cōto
dire. uij. ānī tpa. q̄ ver ē tpe calidū r hūid'
tēpatū. r sang's excitat' in eo q̄ ꝓficit in eo cē
q̄ fuit cōplus ꝓplexus. ī. tēpate. ut s' pulli
galline cōtūnuēs r oua n' supflua ſz usq̄ ad sex