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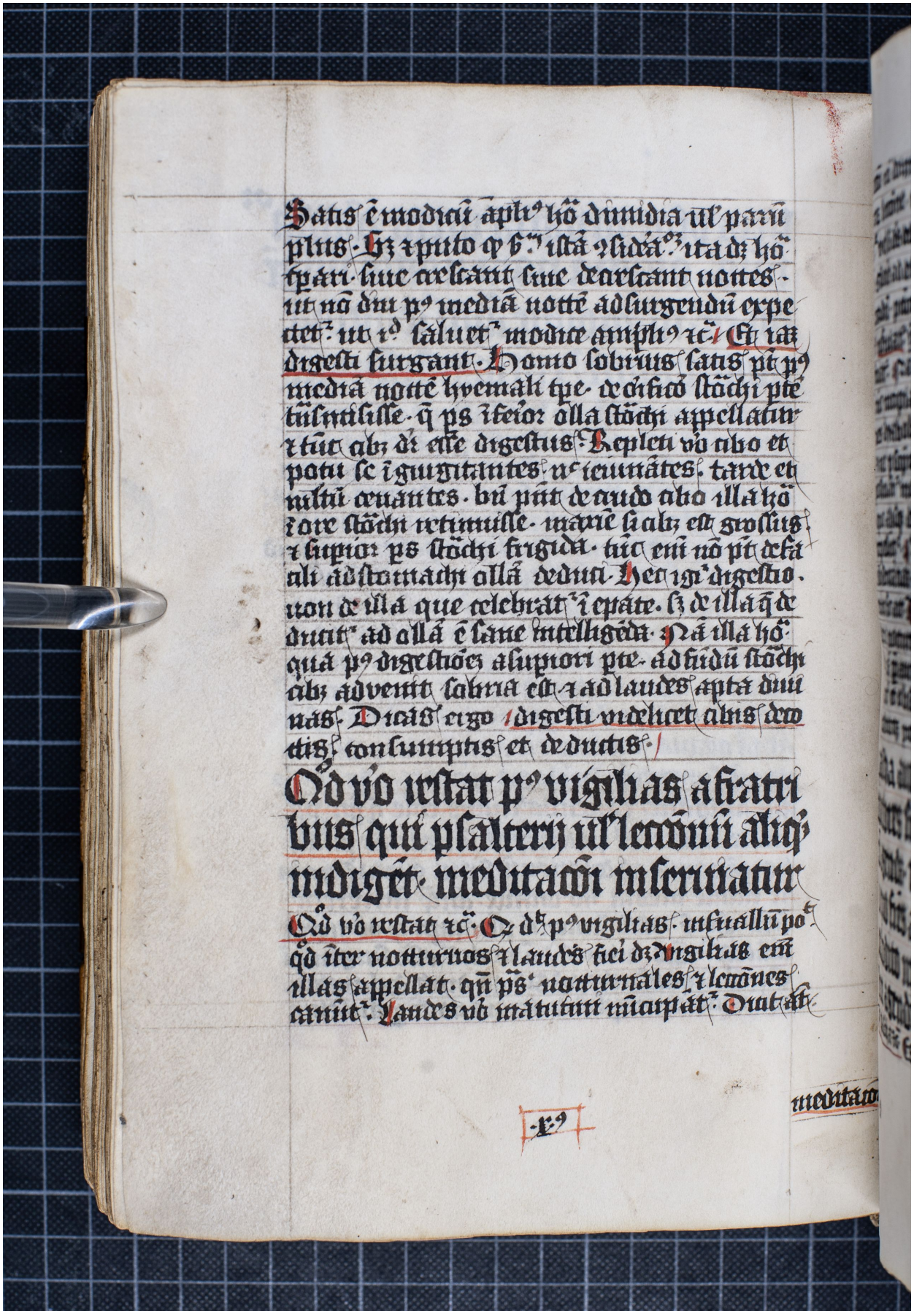

Satis ē modicū aplius hō dimidia vel parū
plus. Sz ꝛ puto q̄ b. istā ꝯsideraōz ita dz hō
tpari. siue crescant siue decrescant nottes.
ut nō diu p⁹ mediā nottē ad surgendū expe
ctet. ut id saluet modice amplius ꝛc. Et iam
digesti surgant. Homo sobrius satis pt p⁹
mediā nottē hyemali tpe. de orificio stōchi pte
transmisisse. q̄ ps īferior olla stōchi appellatur
ꝛ tūc cibz dr esse digestus. Repleti vō cibo et
potu se īgurgitantes. nec ieiunātes. tarde et
multū cenantes. bn̄ pnt de crudo cibo illa hō
īore stōchi retinuisse. maxīe si cibz est grossus
ꝛ supior ps stōchi frigida. tūc enī nō pt de fa
cili ad stomachi ollā deduci. Hec igr digestio.
non de illa que celebrat īepate. sz de illa q̄ de
ducit ad ollā ē sane intelligēda. Nā illa hō
qua p⁹ digestiōez a supiori pte. ad fūdū stōchi
cibz advenit sobria est ꝛ ad laudes apta diui
nas. Dicas ergo digesti videlicet cibis deco
ctis. consumptis et deductis.

Qd vō restat p⁹ vigilias a fratri
bus qui psalterij vel lectōnū aliq̄
indigēt meditacōi inseruiatur

Qd vō restat ꝛc. Q dr p⁹ vigilias. in fuallū po
qd īter notturnos ꝛ laudes fieri dz. Vigilias enī
illas appellat. qn̄ ps nocturnales ꝛ lectōnes
canūt. Laudes vō matutini nūcupāt. Dicit at

meditacō