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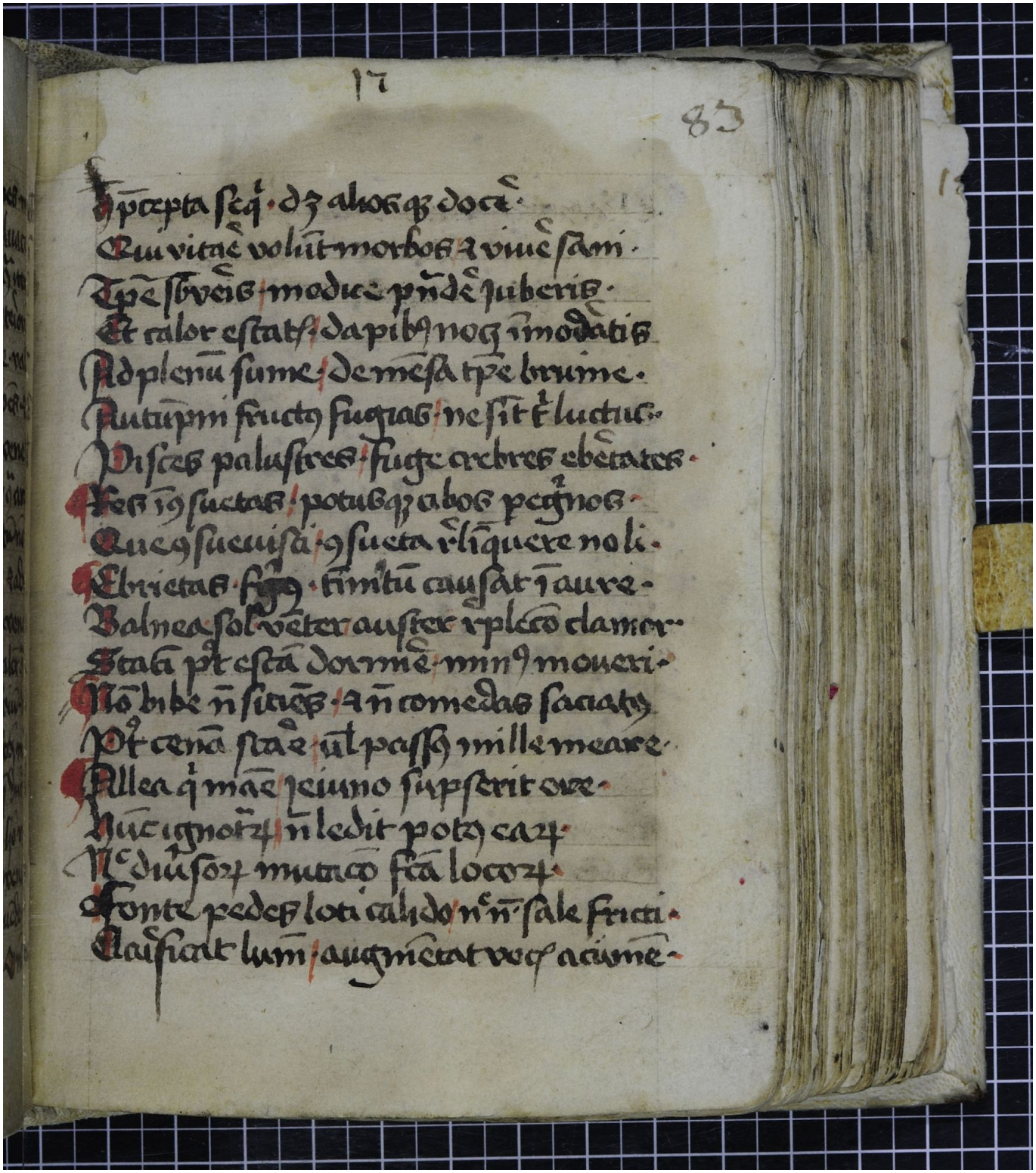

17

83

Hæc præcepta sequ. dz alios qz doce.
Qui vitare volut morbos a vine sani.
Tpe sbveis modice pnde suberis.
Et calor estatis dapibus noctis imoderatis
Ad plenu sume de mesa tpe brume.
Autumpni fructus fugias ne sit tibi luctus.
Pisces palustres fuge arcbres ebetates.
Pes in suctas potubq abos pegnos.
Quecq sucuisa sucta reliquere noli.
Ebrietas fugi timitu causat iaure.
Balnea sol veter auster repleto clamor.
Stata pt esta dormre mnq moueri.
Nō bibe in sitiens a in comedas saciatus
Pt cena stare ut passus mille meare.
Ollera q mane ieuno supserit ore.
Nuc ignotorq in edit potq carq.
Medusorq mutuo fta locorq.
Fonte pedes loti calido nec in sale fricti.
Claficat lum augmentat vocq acume.