BENEDICTUS REGUARDATUS DE NURSIA · DE BALNEIS PUTEOLANIS · CINCIUS ROMANUS
Siena (?), 8. Jahrzehnt 15. Jh. /vor 1478 Seite 5v
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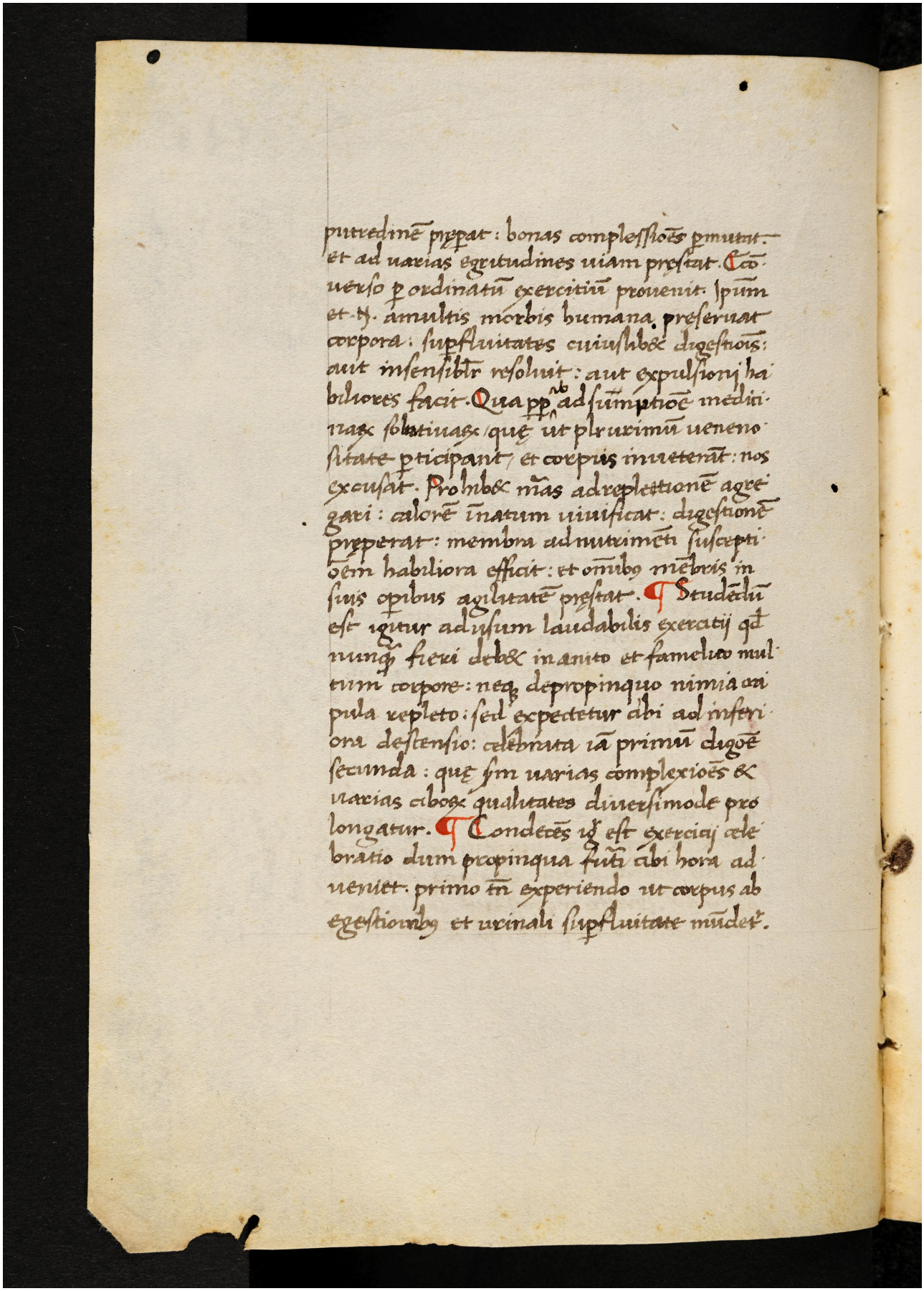

putredinē prepat: bonas complessiōes pmutat.
et ad uarias egritudines uiam prestat. Eco-
uerso p ordinatū exercitiū prouenit. Ipūm
et .ij. amultis morbis humana preseruat
corpora: supfluitates cuiuslibet digestiōis:
aut insensibilr resoluit: aut expulsioni ha-
biliores facit. Qua pp ad sūmptiōe medici-
narū solutiuarū que ut plrurimū ueneno-
sitate pticipant, et corpus inueterāt: nos
excusat. Prohibet mās ad replectionē agre-
gari: calorē īnatum uiuificat: digestionē
preperat: membra ad nutrimēti suscepti-
ōem habiliora efficit: et omnibus mēbris in
suis opibus agilitatē prestat. ¶ Studēdū
est igitur ad usum laudabilis exercitij qd
nunq̄ fieri debet in anito et famelico mul-
tum corpore: neq; de propinquo nimia cri-
pula repleto: sed expectetur cibi ad inferi-
ora descensio: celebrata iā primū digōe
secunda: que sm uarias complexiōes et
uarias ciborū qualitates diuersimode pro-
longatur. ¶ Condecēs ig est exercitij cele-
bratio dum propinqua futi cibi hora ad-
ueniet. primo tn̄ experiendo ut corpus ab
egestionibus et urinali supfluitate mūdet.