Siena (?), 8. Jahrzehnt 15. Jh. /vor 1478

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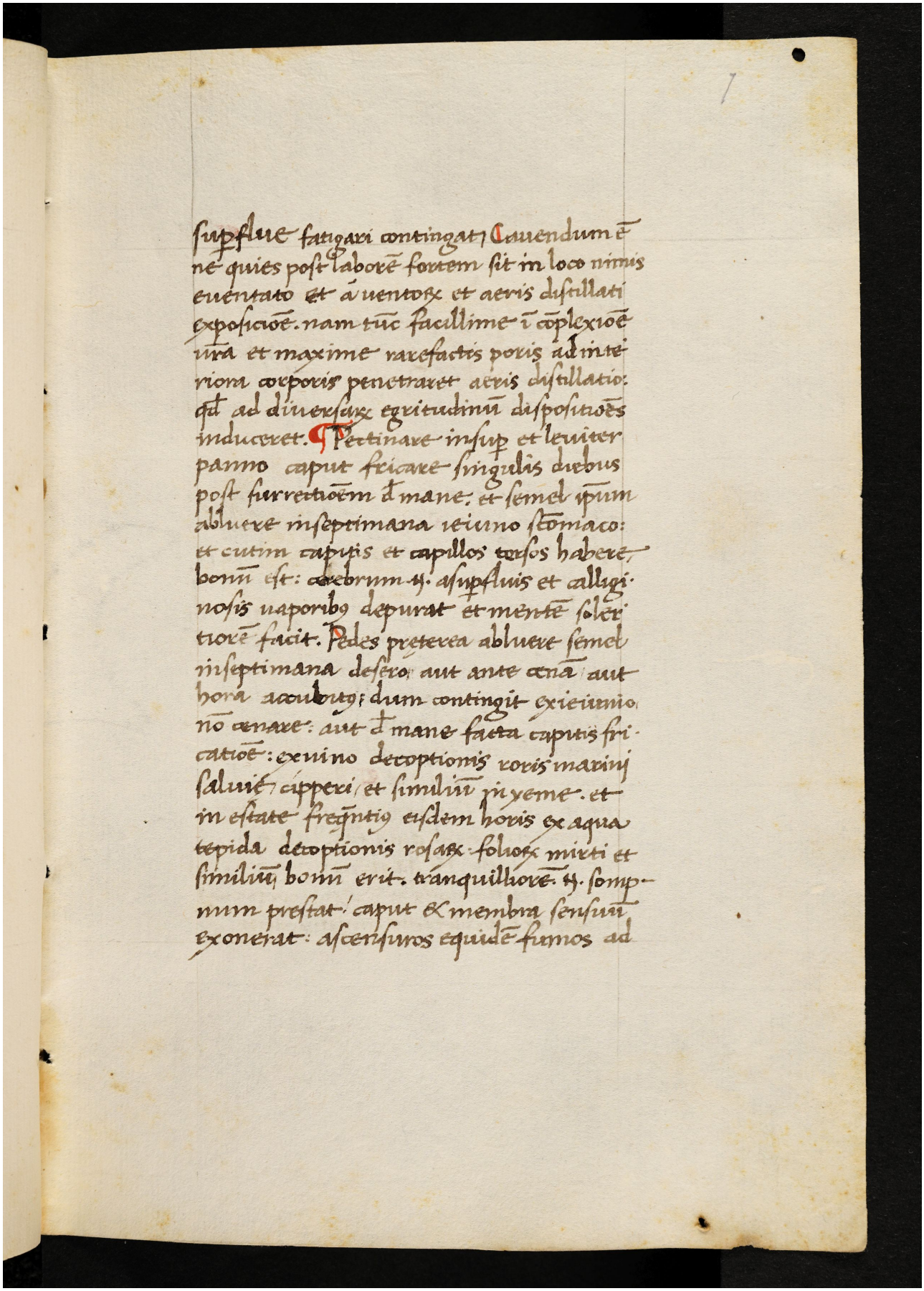

supflue fatigari contingat. Cauendum ne quies post laborē fortem sit in loco nimis euentato et a uentos et aeris distillati exposicioē. nam tūc facillime ī cōplexioē ura et maxime rarefactis poris ad interiora corporis penetraret aeris distillatio: qd ad diuersas egritudinū dispositiōes induceret. ¶ Pectinare insup et leuiter pannō caput fricare singulis diebus post surrectiōem d mane: et semel ipum abluere in septimana ieiuno stōmaco: et cutim capitis et capillos tersos habere, bonū est: cerebrum ij. a supfluis et calligi nosis uaporibo depurat et mentē soler tiorē facit. Pedes preterea abluere semel in septimana desero, aut ante cenā aut hora acubitij; dum contingit exieiunio no cenare: aut d mane facta capitis fri catioē: ex uino decoptionis roris marini saluie, capperi, et similiū in yeme. et in estate frequentij eisdem horis ex aqua tepida decoptionis rosarū foliorū mirti et similiū, bonū erit. tranquillioreē ij. somp nium prestat. caput & membra sensuū exonerat: ascensuros equidē sumos ad