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

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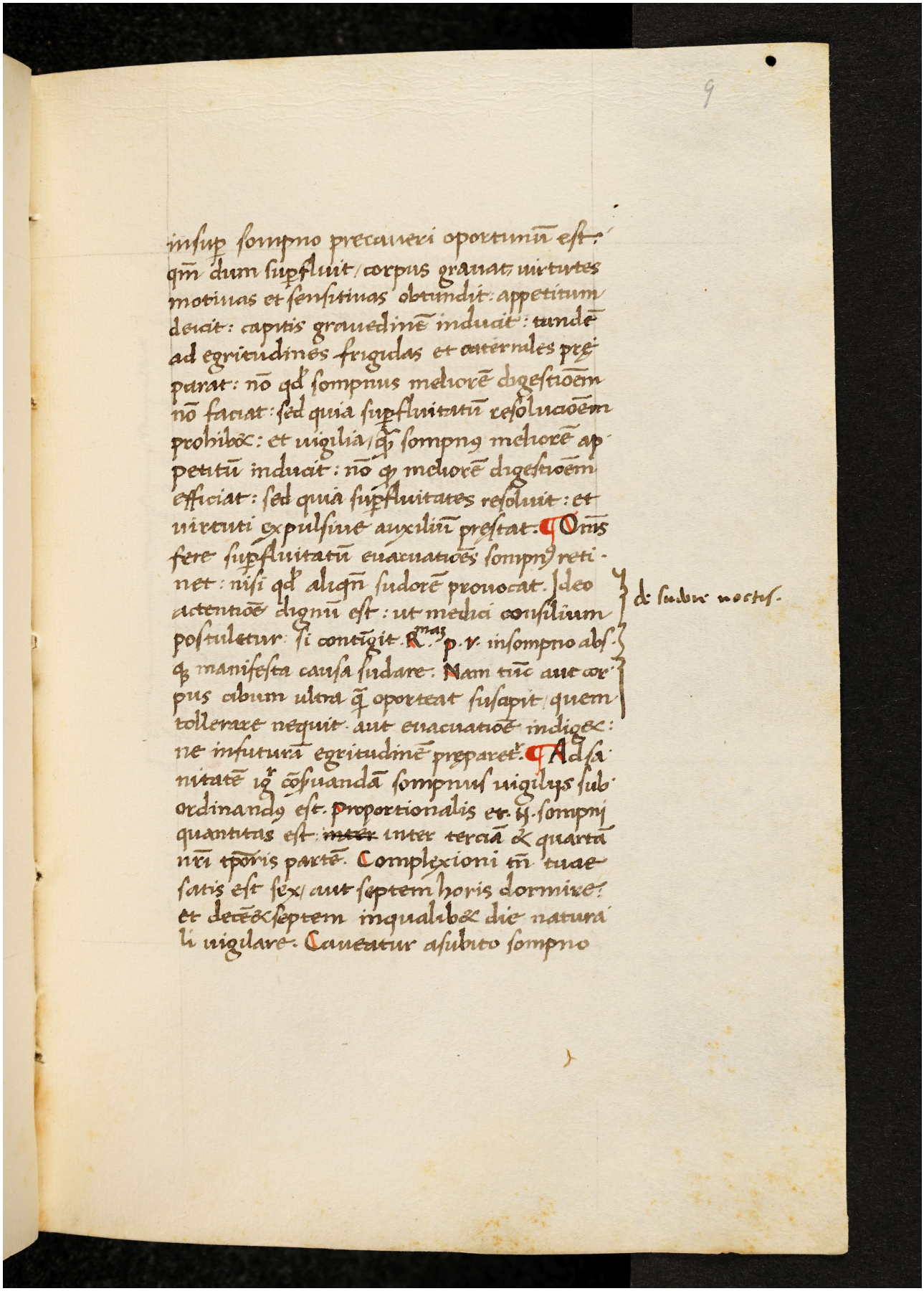

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insup sompno precaueri oportunū est.
qm dum supfluit / corpus grauat / uirtutes
motiuas et sensitiuas obtundit: appetitum
deiicit: capitis grauedinē inducit: tunde
ad egritudines frigidas et cauernales pre
parat: nō qd sompnus meliorē digestiōem
nō faciat: sed quia supfluitatū resolucōem
prohibēt: et uigilia / q̄ sompnq̄ meliorē ap
petitū inducit: nō q̄ meliorē digestiōem
efficiat: sed quia supfluitates resoluit: et
uirtuti expulsiue auxiliū prestat. ¶ Omis
fere supfluitatū euacuatiōes sompnq̄ reti-
net: nisi qd aliqn sudorē prouocat. Ideo
attentiōe dignū est: ut medici consilium
postuletur si contigit R.mas p. v. in sompno abs.
q̄ manifesta causa sudare. Nam tūc aut cor
pus cibum ultra q̄ oporteat susapit / quem
tollerare nequit. aut euacuatiōē indigēt:
ne in futurū egritudinē preparet. ¶ Ad sa
nitatē igr cōseuandā sompnus uigilys sub
ordinandq̄ est. proportionalis et ij. sompni
quantitas est ~~inter~~ inter tertiā & quartā
nri tpōris partē. Complexioni tn tuae
satis est sex / aut septem horis dormire:
et decē & septem inqualibēt die natura
li uigilare. Caueatur a subito sompno

d: sudor noctis.