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

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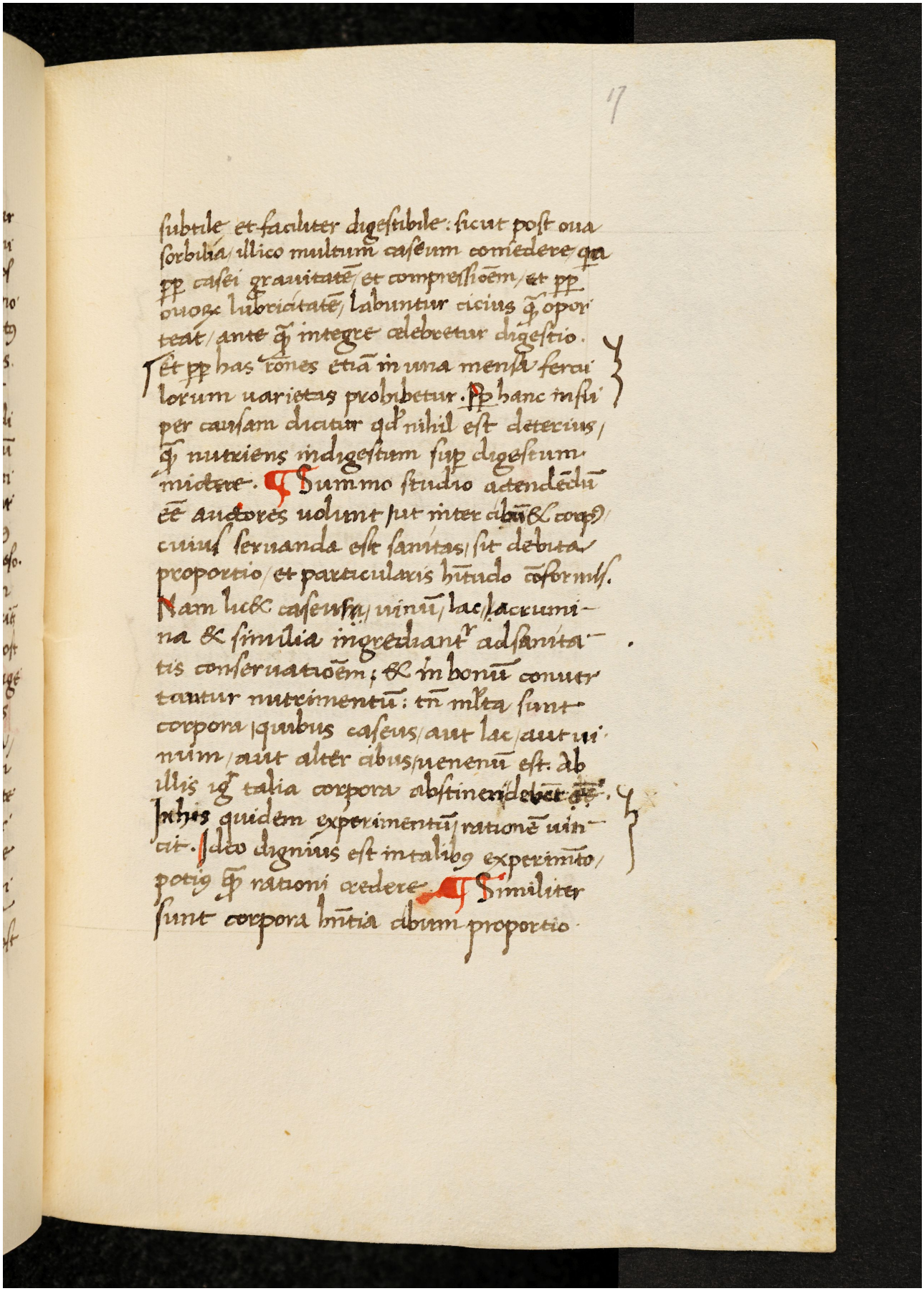

subtile et faciliter digestibile: sicut post ova
sorbilia/ illico multum caseum comedere qa
pp casei grauitatē/ et compressiōem/ et pp
ouorū lubricitatē/ labuntur cicius q̄ oporteat/ ante q̄ integre celebretur digestio.
Et pp has rōnes etiā in una mensa ferculorum uarietas prohibetur. Pp hanc insuper causam dicitur qd nihil est deterius/ q̄ nutriens indigestum sup digestum mittere. ¶ Summo studio attendēdū
et auctores uolunt/ ut inter cibū & corp/
cuius seruanda est sanitas/ sit debita
proportio/ et particularis hūtudo cōformis.
Nam lac & caseus/ uinū/ lac/ lacrumina & similia ingrediant ad sanitatis conseruatiōem; & in bonū conuertantur nutrimentū: tn multa sunt
corpora/ quibus caseus/ aut lac/ aut uinum/ aut alter cibus/ uenenū est. Ab
illis q̄ talia corpora abstinere debent q̄.
Iste quidem experimentū/ rationē uincit. Ideo dignius est in talib9 experimto/
potiq̄ q̄ rationi cedere. ¶ Similiter
sunt corpora hūtia cibum proportio