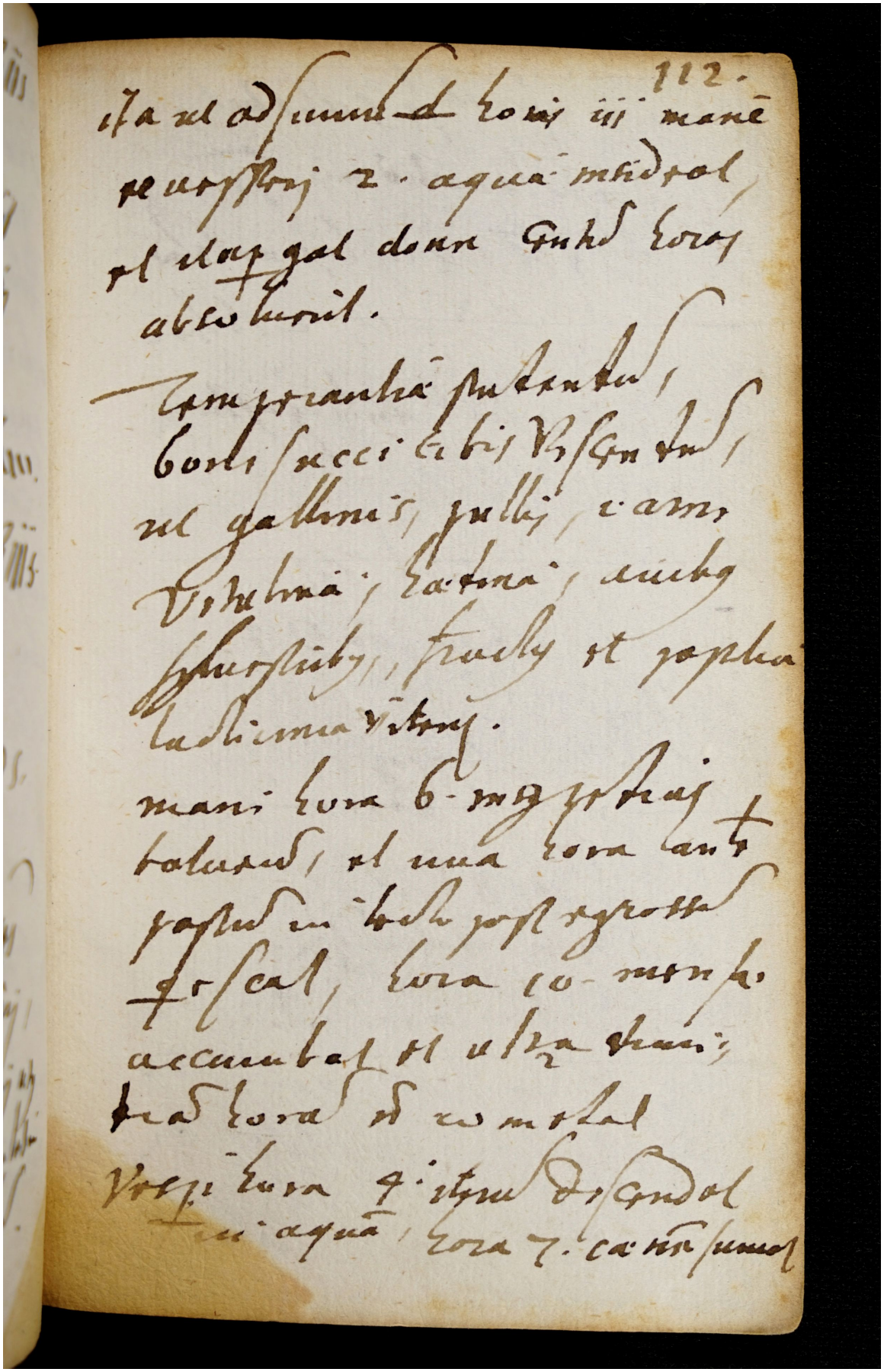
Quelle: https://manuscripta.at/?ID=46791
Copyright: Salzburg, Universitätsbibliothek



112.

ita vel adsumend hora iij mane
pro vesperij 2. aqua mirabil
et ita gal donec Guhd hora
abscondit.

Temperantia sustentat,
bonis succi cibis vescendum,
vel gallinis, pullis, carnis
vitulina, haedina, cuiusq
generibus, fructis et pomis
laudissima vitanij.

mane hora 6. mag pro vesperij
balneum, et una hora ante
pastum in lecto post exercitia
quiescat, hora 10. mensa
accumbat et ultra dimidiam
hora vel minus stat
vespere hora 4. item descendat
in aqua, hora 7. cum sumat