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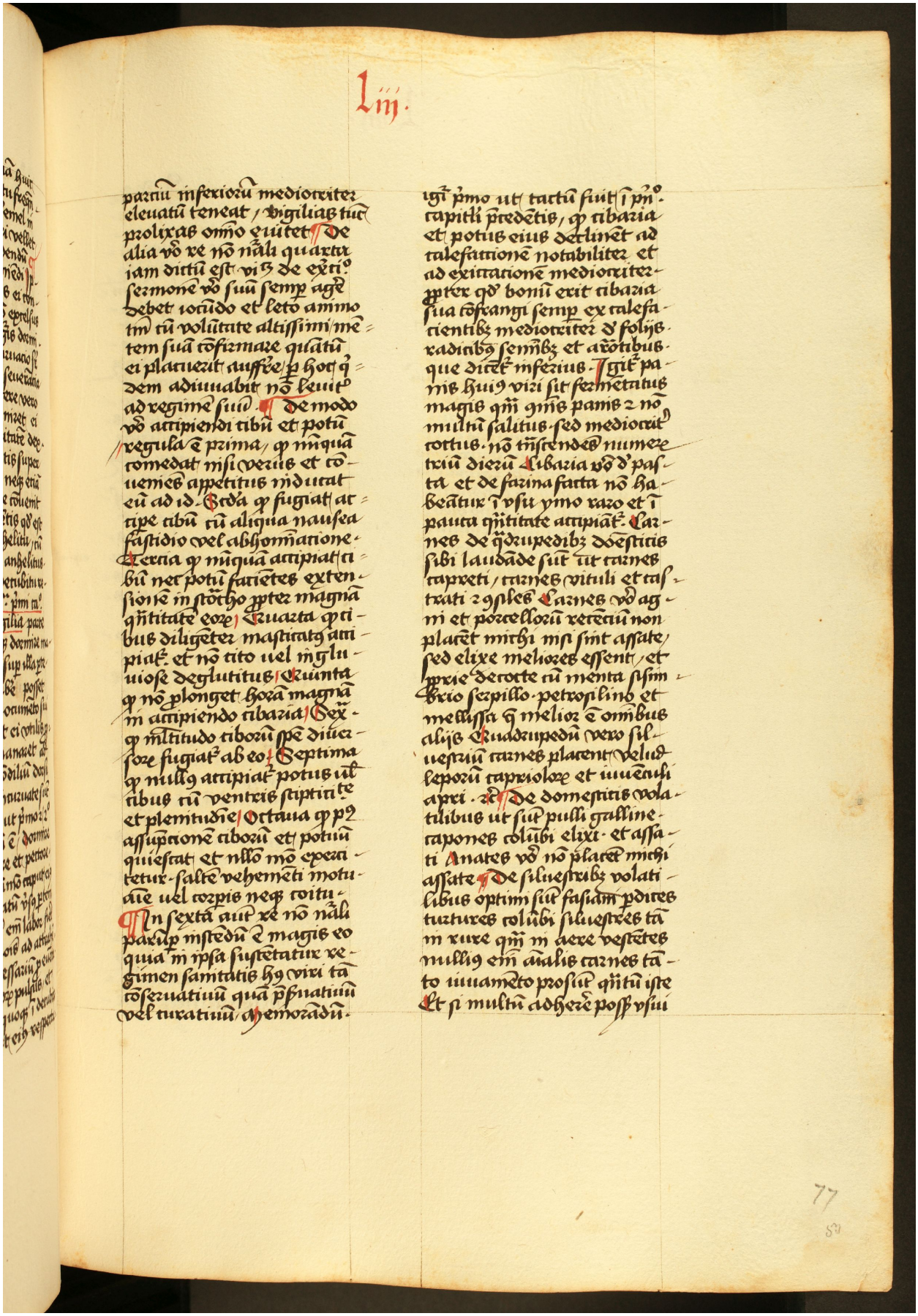

lm.

partiu inferiorū mediocriter
eleuatū teneat / vigilias tuc
prolixas omno euitet ¶ De
alia vo re no nali quartu
iam dictū est vi3 de exti°
sermone vo suū semp agd
debet iocūdo et leto animo
tm cū volūtate altissimi me
tem suā cōfirmare qlātū
ei placuerit auffere / p hoc q
dem adiuuabit no leuit°
ad regime suū ¶ De modo
vo accipiendi cibū et potū
/ regula e prima / q mūquā
comedat nisi veris et cō
uenies appetitus inducat
eū ad id. Secda q fugiat ac
cipe cibū cū aliqua nausea
fastidio vel abhomīatione.
Tercia q mūquā accipiat ci
bū nec potū faciēte exten
sione in stōtho ppter magna
qntitate eorū / Quarta q ci
bus diligēter mastīatq ami
piat. et no cito uel mglu
uiose deglutitus / Quinta
q no plonget hora magna
in accipiendo cibaria / Sex
q multitudo ciborū spe diuer
sorū fugiat ab eo / Septima
q nullq accipiat potus ut
cibus cū ventris stipticite
et plenitudie / Octaua q p
assumpcione ciborū et potū
quiescat et nullo mo exerci
tetur - salte vehemēti motu
aīe uel corpis neq coitu -
¶ In sexta aut re no nali
parcup mstedū e magis eo
quia in ipsa sustētatur re
gimen sanitatis hq viri ta
cōseruatiuū quā pīnatiuū
vel curatiuū / q memorādū -

igi primo ut tactū fiat / i pm°
capitli predētis / q cibaria
et potus eius declinet ad
calefactione notabiliter et
ad exitatione mediocriter
ppter qd bonū erit cibaria
sua cōfrangi semp ex calefa
cientibz mediocriter d folijs
radicibz semībz et acōtibus
que dicēt inferius - Igit pa
nis huiq viri sit fermētatus
magis qm gmis pans 2 no
multū salitus - sed mediocrit°
cotctus - no tm stendes numero
triū dierū Cibaria vo d pas
ta et de farina facta no ha
beatur i vsu ymo raro et i
pauca qntitate accipiat. Car
nes de qdrupedibz domesticis
sibi laudāde sūt ut carnes
capreti / carnes vituli et cas
trati 2 gsles Carnes vo ag
ni et porcellorū recentū non
placet mihi nisi sint assate /
sed elixe meliores essent / et
prie decocte cū menta sism
brio serpillo - petrosilino et
mellissa q melior e omibus
alijs Quadrupedū vero sil
uestriū carnes placent / veluti
leporū capreolorū et iuuenci
apri - ꝛc ¶ De domesticis vola
tilibus ut sūt pulli galline
capones colūbi elixi - et assa
ti Anates vo no placet mihi
assate ¶ De siluestribz volati
libus optim sūt fasiam pdices
turtures colūbi siluestres tū
in rure qm in aere vesētes
nullig em aīalis carnes tā
to iuuamēto prosūt qntū iste
Et si multū adherē possūt vsui