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Item a tercio modicte de rebus fructibus & herbariis descendit, denundans eis quod dicitur "conspondeantur" inter se de quo ab aliis preceptum fuit dictum in longo & tendere et non quod ita ordinatur propter hoc.

**eratu. q.ca. de difficultate uriae.** Similiter ex hisma retentione fecali plura pro-  
ueniunt nocumeta. Indurant emi feces in intestinis ppter cstrinu suctione ves-  
naru meseraicaru cu in testinis continuatur oem humiditate a fecibus lugens  
tum; et sic remanent seccae. Difficiles exitus intestina opilan. Ad quā opilatio  
is ppter ventositatē reductiois prohibitionē et aliarū feci acernatione sequunt  
nocumeta in extu posterius posita. id Spasmus z. Octauum est. nō fortiter  
copulare anūre hoc em sequit tenacissime exit⁹ longam. Ultimus subdit  
auctor q oia ista debite cōseruans longo tpe sagis viliere poterit. pam 891

*Si tibi deficiant medici, medici tibi siant*

Hec tis mens leta. requies. moderata dieta. s. pro nobis. et ponit.

## Gebrechen dyr erzt-nym an die drey

## Freud-messig malzeit-rw darbey.

iii: **Carmia**  
in Ropis et pa  
in fidei h[ab]ent  
her[em]ate  
vli: Titulo de mo  
lso in Vulgaribus

Auctor: in hoc passu tangit tria remedia generalia pro cōseruatione sanitatis nature humanae et precipue ipsorum nobilium. Primum est q̄ animus hoīs debet esse letus et gaudēs cū leticia sine gaudiū eratē floridā facit, hominē in iuuentute conseruat, virtutē confortat, vitam prolongat, ingeniu acuit, et ad singulos ac tenuis hoīem abilioē reddit. Et debet istud gaudiū in regimine santratis cōueniens esse trātū et nō excessiu, quia excessiu hincopīm et morte inducit, et mali me gaudiū cōpetit his qui multū curant et solliciti cuib⁹ destruant. Et post eest in ipsis de nouo acquiri per vīsum cibi et vīni et dēstabilium: et dimissione sōz que tristitia inducuntur inhabilitare cū sibi dilectis et similibus: quī virzīus cōfortatur, teste Alucēna, p. l. c. de casu virtutis subito sic dicente: Et scias q̄ virtus augmentat cibo et vīno subtili cōvenientibus: et odoribus bonis ex tranquillitate et gaudio et dimissione eo z que cōtristant et rixari faciunt: et res nouatione rerum amabilium et habitatione cū dilectis. Secundum est tranquillitas animi. Nobiles em ppter nimis magnas et diuerias curas quas habēt plus sedunt ceteris partibus q̄s qui mediocres sunt. Inquietatio vero mentis somnium marime impedit qui nobilibus summe vīlis est, qui cōmuster nature sic te sunt atēs colerice: quidq; marime somnus est vīlis. Tertium est moderata dicta, i. moderata sumptus cibi et potus. Non cōmentia vero superflui cibi et pos-  
sus postea dicemus.

*Lumina mane manus surgens gelida lauet vnde*

**H**ac illuc modicum pergit. modicum sua membræ

**E**xtendat, crines pectat, dentes fricet, ista

**Confortant cerebrum, confortant cetera membra**

*Sunt passus loco calesta pranse vel i. frigesce minute.*

Augen vnd hend wasch frue gar reyn  
Mit gehu bewest deyn leib vnd neyn

Augen vnd hend wasch frue gar reyn

Mit gehn beweg deyn leib vnd peyn  
Kem deyn har-deyn zet auch reyh

Dyß sterckt das hyrn vnd ganzen leyb

Nachm̄ bad bis warm nach tisch geh