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Sitzſam laß dein hitz vorgehe.

¶ In h textu autor ponit ſex documēta quib⁹ cerebrū confortat: et ſilr ſingula
corporis mēbra. Primū eſt. poſtq̄ȝ homo demane ſurrexerit debet lauare ocu-
los in aqua frigida. Mundari eñ debēt vt ab eis remoueant immūdicie palpe-
bris adherētes et circa oculos exiſtētes: ne ab ipis oculi corrodāt. Et iſtud ſatȝ
innuit Auicē. in trac. c. de rememoratiōe cōſeruatiōis ſanitatis oculi. ⁊ rememo-
ratione eoꝝ que nocēt ipſi vt dicit. Ex eis aūt que abſtergūt oculū et acuūt ipm
eſt ſubmergi in aqua clara et aperire oculū in ea. Et idē vult trac. 4. ca. de cura
debilitatis viſus dicēs Et ingredi aquā clarā viridē: et ſubmergi in ea et aperi-
re ambos oculos in ea: ſcḋ quātitatē qua poſſibile eſt. eſt ex eis que ſeruāt ſani-
tatē oculi et cōfortāt ipm et ꝓpᷣe in iuuētute. Cauſa aūt quare oculi magis de-
bent lauari in aqua frigida q̄ȝ calida eſt. q̄ vnūquodq̄ȝ cōſeruat ſuo ſili vt dicit
Aui. f. 1. c. 1. Et ideo vult Ga. i tex. cano. illo. Calidiora calidioribus indigēt adiu-
torijs. frigidiora frigidioribus ſed ſic eſt. q̄ oculi ſunt frigide nature: ḡ poti⁹ de-
bent lauari aqua frigida q̄ȝ calida. Scḋm eſt q̄ homo debet lauare manus q̄
ſunt inſtrumēta quib⁹ mundant organa per que exeūt ſuperfluitates cerebri. vt
ſunt aures. oculi. nares. Et ḡ ob hoc manus debēt eſſe mūde. Plus tñ debēt la-
uari in aqua frigida q̄ȝ in aqua calida. q̄ lotio manuū in aqua calida generat
vermes in ventre. Et hoc ſpecialiter dummodo man⁹ in aqua calida lauantur
poſt ſumptionē cibi. vt innuit Aui. 16. i trac. 5. c. 1. vbi agit de vermibus in vētre
genitis. Et rō eſt. q̄ per lotionē manuū in aqua calida poſt ſumptionē cibi tra-
hit calor naturalis q̄ cōplet digeſtio in ſtomacho ad extra. quare imperfecta fit
digeſtio: que potiſſima cauſa eſt vermiū. Tertiū eſt. q̄ poſtq̄ȝ homo ſurrexerit
a ſomno debet paulatim incedere ſiue ſe mouere. Cuius cauſa eſt vt ſuꝑfluita-
tes prime et ſcḋe digeſtionū q̄ ſunt feces et vrina deſcendāt et ꝑparent faciliori
euacuatiōi. Quartū eſt. q̄ poſtq̄ȝ homo ſurrexit a ſomno debet extēdere man⁹
et pedes et alia membra. Cui⁹ cauſa eſt. vt trahant vitales ſpūs ad mēbra exte-
riora. et per h ſubtiliant ſpūs cerebri. Quintū eſt q̄ debet crines pectere. Cuius
cauſa eſt. vt aperiant pori. per hoc capitȝ et exeāt vapores cerebri derelicti poſt
ſomnū et ſubtilient ei⁹ ſpūs. Unde vſus pectinis multū cōfert viſui ⁊ maxie ſen-
ſibus ꝓdeſt. Unde dicit Aui. 3. i trac. 4. c. de cura debilitatȝ viſus. Admonſtra-
tio pectinis ſuper caput iuuatiua eſt: et cōfert ꝓpᷣe ſenſibus. quare oportet q̄
adminiſtret oī die multotiēs qm̄ attrahit vapores ad ſuperiora et mouet eos a
pte oculi. Sextū eſt q̄ homo debet mūdare et fricare dentes. Cui⁹ cauſa eſt q̄
immūdicies dentiū eſt cauſa fetoris anhelit⁹. Silr a dentib⁹ immūdis ſpūs im-
mundi eleuant ad cerebrū ipm perturbātes. Preterea. cōmixtio limoſitatȝ den-
tiū cū ipſo cibo ad ſtomachū miſſa eſt cauſa corruptiōis cibi in ſtomacho. Mo-
dū aūt cōſeruādi ſanitatē dentiū et bonitatē odoris eoꝝ tāgit Aui. 7. i. c. de cō-
ſeruatiōe dentiū ſub his verbȝ. Et ex eo q̄ cōſeruāt ſanitatē dentiū eſt vt colluat
os in mēſe bis cū vino i q̄ decocta eſt radix titimalli. Eſt eñ ꝓueniēs ad vltimū
in faciēdo bonū odorē: et nō aduenit faciēti illud dolor dentiū. Ulteri⁹ autor in
vltio verſu ſubdit aliqua ꝑcepta generalia. Primū eſt q̄ homo lot⁹ ſtupha vel
balneo debet ſe tenere calidū. q̄ tūc pori ſunt apti. Et ſic defacili frigus poſſet
ſubſtrare: ⁊ magna nocumēta corpori inferre. Aliud eſt q̄ poſtq̄ȝ homo ſumpſe-
rit cibū debet modicū ſtare vt cibus perfecte deſcendat ad fundū ſtomachi in q̄
cōplet digeſtio: deinde lente ambulet et non fortiter. ne ꝓpter motū fortē calor
trahat ad ptes exteriores. et per hoc impediat cibi digeſtio. Aliud eſt q̄ homo
frigidus debet cauere ne ſubito ſe calefaciat. ſed paulatim Mutaitones eñ ſu-
bite naturā ledunt. Omnia eñ extra naturā moleſta ſunt. vt dicit Ga. in com-
mento illius canonis Scḋm multū et repente.