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laudabilē ſanguinē generat carnē augmētat: totū corpus laudabilr̄ humectat exteriora pulchra facit. vt refert Iſaac in dietꝫ vl'ib⁹. Et ibi etiā auctoritate Ruffi dicit ꝙ lac bibentes ieiunos eſſe oportet: et bibat calidū cū exeat vbera: neqꝫ aliquid cōmedat quouſqꝫ digerat: et labor nimius motus caueat. Non eſt tn̄ quieſcendū oīno a deambulatione ſed deambulandum eſt ſuauiter quouſqꝫ in ſtomachi fundū deſcendiſſe ſentiat. In diſtemperatis vero corporibus lac non cōuenit. In calidis eñ corporib⁹ cito mutat in fumoſitatē ꝛ colerā. In frigidis vero in acetoſitatē et putredinē. In ſtomacho etiā immundo lac nō cōuenit: qꝛ in eo corrumpit. Circa electionē aūt lactis ſciendū eſt ꝙ magis eligendū eſt lac mediocre in via nutrimēti et nō ſubtiliſſimū. ſicut lac camelli aut etiā aſininum. neqꝫ pinguiſſimū et groſſiſſimū. ſicut lac vaccarū et pecudū. Eligendū eſt igitur lac capre. non eñ habet tm̄ aquoſitatis ſicut lac cameli qđ nō eſt aptū ad nutriendū rōne nimie humiditatis. ſed ventris ſubductiuū: nec habet tm̄ pinguedinis et groſſiciei ſeu caſeitatis et vnctuoſitatis ſicut vaccarū et pecudū qđ ꝓpter groſſiciem et vnctuoſitatē eſt venarū opilatiuū. ventoſitatū generatiuū. et difficilioris digeſtionis ꝙ̄ ſit neceſſariū in regimie ſanitatis Eligat igit lac capre non nimis ꝓpinque ꝑtui: nec nimis diſtantis a partu non pinguātis. nutrite in bonis paſcuis et in tp̄e quo reperiunt meliora paſcua. Quintū eſt cōmeſtio caſei: et poteſt intelligi de oī caſeo. maxime tn̄ de veteri Cuius rō eſt: quia caſeus recēs eſt frigidus et humidus et groſſe ſubſtantie et difficilis digeſtionis et opilatiuus et lapidis generatiuus et nō multū cōpetit via cibi in regimie ſanitatis. Et caſeus vetus eſt calidus et ſiccus ꝓpter ſal. facit cibū digeri et difficulter digerit parum nutrit et male: in ſtomacho nocet: et nimis deſiccat. et minus cōpetit ꝙ̄ recens. Et ſi aliquis caſeus eſt medius inter nouū veterē et viſcoſum et frangibilē durum et mollē et parū declinās ad aliqualē dulcedinē. nō nimis ſalſus: nō lachrimoſus. cū incidit ſaporis delectabilis et boni odoris: cui⁹ in ſtomacho mora nō diuturna ex bono lacte cōuenienter factus ſufficiēter vnctuoſus talis vtiqꝫ caſeus bonus eſt: et inter alios magis eſt diligēdus. et poſt cibum ſumptus nō multa quātitate. multa vero quātitate ſtipatus in via cibi vl'r eſt malus. ſtomachum grauans et inobediens digeſtioni et opilatiuus. et lapidis in renibus et humorū groſſorū in corpore et ventoſitatū generatiuus Solum igit ille caſeus eſt bonus quē dat auara manus. Sextū eſt caro ſalſa Caro enim ſalſa ſine ſole ſiue fumo exſiccata cuiuſcūqꝫ generis aut animalis fuerint generat ſanguinem groſſum et melācolicū ꝛ perconſequens nocet infirmis nec eſt conueniens ſanis Et iſtud innuit Auicenna ſcđo in doctrina ſcđa ca. xv. in fine dicēs: Et exemplū ſpiſſi pauci nutrimenti mali chimi id eſt mali hūoris eſt caro ſolida. Septimū eſt caro ceruina q̄ ſimilr̄ eſt ſanguinē melancolicū generās teſte Raſi. in almā. c. de animalibus ſilueſtribus et domeſticis. Octauum eſt caro leporina que ſimiliter ſanguinis melancolici eſt generatiua. Dicit eñ Raſ. de ea loco p̄allē. Ipſa eñ pl'us alijs melancolie generatiua eſt Et de iſta etiā dicit Iſaac in dietis vniuerſalibus ꝙ nō cōuenit in via cibi: ſed ſolum in via medicine. Et eſt ſciendū ꝙ iſta caro leporina et ſil'r ceruina cū peruenerint ad antiquitatē ſimpl'r ſunt cuitāde ſi tn̄ aliquo modo cōueniant meliores ſunt iſte carnes cū ꝑtui ſunt ꝓpinque vt ſiccitas eorum obtemperet ab etate. et etiam ſunt cuitande: niſi ſint pingues nam ex earū pinguedine obtemperatur ſiccitas. Nonum eſt caro caprina Decimum eſt caro bouina quia iſte carnes etiā ſunt carnes melancolice. Nam Iſaac in dietis vniuerſalibus de eis dicit Caro caprina et bouina ſunt peſſima dura in digeſtione tarda et digeſta groſſum generant ſanguinē et melancolicū Et Aui. 2. cano. de carne caprina dicit Caprina vero non eſt bona multum et eius humor fortaſſe eſt malus valde: Et ſub iſtis etiā intellige carnē hircinā et vaccinam que peiores ſunt predictis carnibus. ſ. caprinis et bouinis. Nam de eis