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Contact:
Email: landesbibliothek(at)ooe.gv.at
Telephone: +43(732) 7720-53100

et ceruī: deinde thauri et poſtea caprarū: deinde ouium: Et ſm aliquos medul
le thaurorū iuuenū et pinguium multum cōuenientes ſunt. Octaua eſt dulcia
vina de quibus poſterius dicet ibi. Sunt nutritia. Nona eſt cibus guſtu iocun
dior quia talis maxime nutrit: Juxta illud Ypo. z. parte amphoriſmorū dicē
tis: Parum deterior cibus et potus delectabilior quidē melioribus magis de
lectabilis eſt appetendus. Et Ga. in cōmento illius ait Omnis em̄ cibus ſapi
dus in quo quiſqꝫ delectat cū accipitur a ſtomacho cōplexus retinet et cū ma
gna delectatione digeritur plus qꝫ quilibet alius qui fit abhominabilis: fugit
vnde vomitus faſtidiū inflatio rugitus generans: Et hinc eſt ꝙ aliqui melius
valent cū malo cibo qꝫ cū bono: q: maiorē delectationē habent in malo. Decia
eſt oua ſorbilia que in modica quātitate etiā multū nutriūt: de quibus etiam di
ctum eſt ſupra ibi Oua retentia. Undecima eſt ficus mature qui ꝓpter ſuā dul
cedinem multū nutriūt et impinguant. Circa iſtud ſciendū eſt ꝙ licet nutrimen
tum ſic nō exiſtat in robore nutrimēti carnis et granorum: eſt tamē vehementio
ris roboris qꝫ nutrimētum oīm fructuum vt vult Aui. z. cano. c. de ficubus Et
ibidem etiā dicit ꝙ ficus eſt nutribilior ceteris fructibus: Et idem vult Auicen
na in. 1. c. de regimine eius qđ cōmeditur dicens ꝙ inter fructus: fructus magis
nutritiui et ſimiliores ⁊ ꝓpiquiores carnibus in nutriendo ſunt ficus et vue val
de mature et dactili Circa electionē vero earum ſciendū eſt ꝙ ſm Aui. z. cano.
c. 1. de ficubus: Melior eſt alba: quia lenior: deinde rubea ſiue citrina ⁊ deīde ni
gra: Et que vehemēter matura eſt melior eſt et proxima ad hoc vt noceat. Itē
humide et recentes ficus magis et velocius nutritiue ſunt qꝫ ſicce et citius tran
ſeūt de ſtomacho ad epar ⁊ magis humectant epar et magis ꝯlenificāt qꝫ ſicce:
ſicce vero ſunt minus inflatiue: et magis ſtomacho cōuenientes qꝫ humide: De
ſiccis dicit Auicēna loco ꝑallegato. Sicca quidē in ſuis operationibus eſt lau
dabilis: verum ſanguis ex ea generatus nō eſt bonus: et ꝓpter hoc facit pedi
culos: Uerum ſi ſit cū nuce tunc eius chimus id eſt humor fit bon⁹: Et poſt nu
cem cū amigdala. Et poſtea dicit ꝙ adminiſtratio ſicce cum ieiunium adeſt: eſt
mirabilis iuuamenti in aperiendo vias cibi: et ꝓprie cū nuce et amigdala: cū tñ
eius nutrimentū cū nuce fit plus qꝫ cū amigdala Et cōueniunt vtreqꝫ ficus in
hoc ꝙ in ipſis eſt inflatio ⁊ lenificatio et expulſio ſuperfluitatū ad cutem: et pro
uocatio ſudoris et remotio aſꝑitatis gutturis. et mūdificatio et lenitio pectorꝫ
pulmonis et cunne eius aptio opilationū epatis renū et ſplenis. Duodecia res
eſt vua recens id eſt vua dulcis et bene matura Pro quo ſciendū eſt ꝙ vua eſt
triplex: Nam quedam eſt immatura et acerba: et fit ex ea agreſta et iſta ſtringit
ventrē et coleram rubeā reprimit atqꝫ ſanguinē: et multū valet in fluxu ventris
colerico. Alia eſt matura viridis et recens: ex qua fit vinū: Et iſta ſpecialiter qñ
eſt alba et ſine nucleis et cortice ventrē laxat et ceteris fructibus plurimi et me
lioris nutrimenti exiſtit ſicut et ficus. minoris tamen nutrimenti eſt qꝫ ficus vt
habet Aui. z. cano. c. de vua Uerum eſt tamen ꝙ ventoſitatē generat ⁊ inflatio
nes et ventris dolorē: Et ſi remanſerit per duos dies vel tres poſt collectionē
ſuſpenſa donec cortex detumeſcat melius nutrit et minus laxat: nec tantū inflat
Et habentes ſtomachū plenū cibo et immundum malis humoribus nullo mo
do comedant vuas et ſpecialiter recentes et ſine arillis: velociter em̄ in ſtoma
cho immundo corrumpunt et in ſtomacho pleno cibi: quia nimis cito digerunt
et nō poterunt exire de ſtomacho poſt earum digeſtionē ꝓpter cibum nondū
digeſtum: quare tunc in ſtomacho corrumpunt ⁊ alium cibum corrumpunt Et
ſimiliter etiā intelligendū eſt de alijs fructibus laxatiuis. Et ſi aliquis velit ſu
mere vuam viridem et recentē: bonū eſt ꝙ primitus infundat in aqua feruenti
per horam: et deinde ponatur in aquam frigidam: et poſt ſumat Ra. vero in al.
de vua recenti: et ſpecialiter dulci: dicit ꝙ cito corpus impinguat et augmentat: