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ed nerui et lacerti ſunt frigidi. Ideo ad ipſos veniens iſte fumus in ſomno in quo fit retractio caloris ad interiora infrigidat et ingroſſat. Et iſte fumus infrigidatus et ingroſſatus frigiditatem et ingroſſationem inducit in membro ſiue confractionem. ſiue ad membrum cõſimile ꝑperant egritudines conſimiles. Et iſtud verum eſt de ſomno fleubothomie vicino et non de remoto poſtq̄ꝫ fumi illi fuerint conſumpti. Secundum quod dicit eſt ꝙ fleubothomans debet cauere ne faciat nimis profundam aperturã in minutione. ita ꝙ cũ fleubothomo ledat neruum vel arteriam vene ſuppoſitã. Nam ex leſione nerui ſequitur ſpaſmus: ex quo vlterius acerbiſſima mors ſequitur vel ad minus perditio membri puta brachij vel digiti ꝛc. Ex leſione arterie ſequitur fluxus ſanguinis arterialis difficillime curabilis. Tertiũ eſt ꝙ fleubothomatus non illico id eſt immediate poſt fleubothomiam cibum ſumere debet Sed debet expectare quouſq̄ꝫ in eo humores fuerint quieti. ne cibus ante eius digeſtionem ad ſubueniẽdum membro leſo cum ſanguine ſimul attrahatur.

Omnia de lacte vitabis rite minute
Et vitet potum fleubothomatus homo
Frigida vitabis quia ſunt inimica minutis
Interdictus eritq̄ꝫ minutis nubilus aer.
Spiritus exultat ſpectando luce ſerenam.
Omnibus apta quies eſt. motus valde nociuus.

Milch ſpeiß vnd vil trinckens meidt
Bey kaltem trincken durſt ſalt leidt
Den laſſern ſchadt vaſt alle keldt
Erwelte zeit ſey ſchőn vnd hel.
Das macht dir freyes vnd friſches blut
Groß vnrw bőß: die rwe iſt gut.

¶ Hic autor ponit quinq̄ꝫ vitanda ab ipſo fleubothomato. Quorum primum eſt ꝙ fleubothomatus debet vitare lac et lacticinia. Cuius cauſa eſt. Quia ex commotione humorum per fleubothomiam ſepe fluũt humores aliqui ad ſtomachum. Si ergo lac ſumeretur ex commixtione illorum humorum lac in ſtomacho corrumperetur. ex quo de ſe maxime corruptibile eſt. Etiam lac propter dulcedinem eius poſſet trahi indigeſtum ad venas. Et propter commotionem humorum facile corrumpi. Secundum eſt ꝙ fleubothomatus debet cauere a potu nimio. Quia propter euacuationem venarum talis potus traheretur facile ad venas indigeſtus: prout prius dictum eſt. Tertiũ eſt ꝙ fleubothomatus debet vitare omnia frigida tam intus ſumpta q̄ꝫ exterius adhibita: puta cibaria multum frigida: aerem frigidum: balneum frigidum: tenuitatem veſtium: ſeſſionem ſupra petram. frigiditatem capitis vel pedum. Quia cum calor naturalis per fleubothomiam debilitatus eſt. corpus facile ſuperflue infrigidaretur. Quartum eſt ꝙ fleubothomatus non debet ambulare in aere tenebroſo: nebuloſo: turbato. Quia talis contriſtat animam: et pigritiam