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**So ymandt am heupt böß hitze hot
Der reibs vnd waschs mit nachtschatten sobt.**

In hoc passu autor duo notat. Primū est q̄ si dolor capitis accidat ex potu nimio et maxime vini vel alicuius alterius potus quo cōtingit hoīes inebriari. tunc superbibit debet aqua frigida que sui frigiditate atq̄ ingrossatione impedit ne fumi ex tali potu eleuari cerebrum ledant vel ad ipsū eleuent. Scđm est q̄ si summitas capitis vel frons nimio calore vexet tunc debet tpa et frons modeste rare fricari. et postea debent ex aqua decoctiōis morelle calida lauari. q̄ moxella q̄ a cōibus medicis solatrū dicit̄ habet infrigidare. quia frigida est.

**Temporis estiuū ieiunia corpora siccant
Quolibet in mense confert vomitus quoq̄ purgat.
Humores nocuos stomachus quos continet intus.
Ver autumnus hyems estas dominatur in anno.
Tempore vernali calidus fit aer humensq̄
Et nullum tempus melius fit fleubothomie
Vsus tunc homini veneris confert moderatus
Corporis et motus: ventrisq̄ solutio: sudor:
Balnea: purgentur tunc corpora cum medicinis:
Estas more calet: siccatur: noscatur in illa.
Tunc quoq̄ precipue coleram rubeam dominari
Humida frigida fercula dentur. sit venus extra.
Balnea non prosunt. sint rare fleubothomie.
Valis est requies. sit cum moderamine potus.**

**Das fasten ym sommer macht dich hager
All mondt sich brechen hilff dem magen
Das yar hat vier teyl vnd gestalt
Ist lantz herbst sommer vnd winter kale
Der lantz ist messig feucht vnd varm
Den saltz lass vnd reynig den darm
Bewegung des leibs vnd lyb mag sey
Bad schweyß vnd ander erzney
Der sommer ist heysß vnd dreyget sehr
Daryn sich vil die Colera mehr**