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rati frigida, nec ablutio oris cum aqua frigida, bibat si-  
cum valescere exiliū sive gracilis rostrū quatenus aqua  
auspicium ſtomachi ut fortius sitim intigeret, et de ea mi-  
rum digestionem penitus impediatur. Quinto generaliter  
re multam aquā frigidam, quia extinguit calorē imia  
et ſtomachi appetitum dicit et membris omnibus ne-  
tamen q̄ aqua temperate frigida aliqui peraccidens ap-  
pum forteſ efficit coadunando ipsum et ſtringendo.

### ¶ De carnis vitulinis et avibus

Sunt nutritiue multum carnes vituline

Sunt bona gallina et capo turtur ſturna colli

Quiscula vel merula phasianus ethigoneta.

Perdix frigellus oris tremulus amarellus.

Kalpfleſch füſtert wol den leib

Darzu die gianten vogel ſchreib.

In hoc paſſu ancto: Primo laudat carnes vitulinæ  
ne multū ſunt nutritiue. Et iſtud innuit Alii, in. i. c. de ri-  
meditur vbi vult q̄ cibis ſanitatis conſeruatiuſ debet  
carnes, quia ſunt ſimilis nature prius apte fieri ſanguine  
dorum et vitulorū paruorum lactantiuſ et agnorum an-  
tulinas ſumme laudat Ba. 3. ali. vbi vult q̄ carnes vitu-  
larum vel octo aſſlate ſaniores ſunt multo rumis, facili-  
tum nutritiue ſunt. Et de iſtis carnis vitulinis etiā p-  
roponunt carnes eligibilioreſ pro nutrimento nature  
tilii, et enumerant, i. 4. aues q̄rū carnes bone ſunt pro ri-  
tus eſt gallinacuuiſ eſuis ſine comeditio nature huane  
Auenzoar Aner. et He. et dicit Conſi, pre ceteris laude-  
xime qui nondū peperit et galli qm̄ nondū calcauit. Si-  
nis in ſanguinē et ſuperfluitatū paucarum p-ripetatē in  
do complexionē et huozes: cuius brociū optima leproſie  
ne gallinarū dicit Alii, z. caſi. c. de gallinis et gallo q̄ c-  
pelle in intellectu augmenta efficit, clarificat vocē et a-  
lio: gallina fin eun. ibi. ē. que nondū parit oua. Sec-  
gallus caſtratus cuius caries ponit. Con. diſferentia, li-  
carnes. Et carnes iſtas et ſimiliter pſtores digerit ſton-  
tia auiſ eſt turtur que etiā eſt boni nutrimenti et bonū g-  
uis carnem Alii, z. caſi. c. de carne ſumme laudat dicen-  
tior nō eſt q̄ alduragi, i. turturis et gallinarum et ſu-  
cum nutrimento carnium alcubegi, i. perdicuim z. c. Qua-  
ſtarus, et iſta auiſ debet commedi in iuuentute, et eſt  
ſprez. Szm alios eſt ſtarne, quam Ba. iij. al. pre cer-  
dices. Starne caro oī carne auiū lenior inuenit arcti hu-  
i regimie, conuenitio. Et pot per ſtarne intelligi auiſ.

### Colour Chart #13

